

Gallup-Healthways Monthly U.S. Well-Being Report

May 2010

Gallup-Healthways Well-Being Index Reaches Historic High; May Shows Americans Sustaining Well-Being Recovery

The Gallup-Healthways Well-Being Index™ (WBI) measurement of U.S. well-being reached 67.4 in May, surpassing the record of 67.0 documented last month and in August of 2009. The record high WBI score in consecutive months suggests ongoing recovery of American well-being despite challenges such as high unemployment. This improvement was realized through upticks in four of the six components of well-being, including record highs in the Life Evaluation Index and Healthy Behavior Index.

The Life Evaluation Index rebounded one full point from 49.7 in April to an all-time high of 50.7 in May. The 54.0 percent of American adults reporting themselves as thriving in May is up more than 16 percentage points from the low of 37.4 percent recorded in November 2008, meaning that an estimated 36 million more Americans were thriving in May than 18 months ago.

The Emotional Health Index (EHI) matched its highest score with a 79.8 in May, equaling the scores recorded last month and in March of 2008. Individual metrics comprising the EHI were mostly improved in May, including an all-time high of 63.9 percent of respondents reporting that they learned or did something interesting yesterday.

The Healthy Behavior Index (HBI) continued to improve in May, reaching the all-time high of 65.2. The HBI improvement in May was driven by the 53.9 percent of Americans reporting they exercised for 30 minutes at least three times in the past week, up 8.4 points since December of 2009. Gains in HBI are likely to continue providing buoyancy in overall well-being through the summer months, when good weather leads many people to outdoor activities and more frequent exercise.

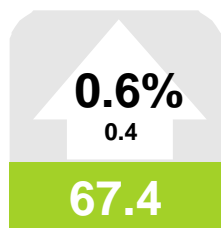
Seasonal influences of cold, flu and headache lessened in May, and the Physical Health Index (PHI) reflects this with an uptick of 0.4 points. Americans reported fewer occurrences of chronic diseases such as high blood pressure and high cholesterol, and more respondents indicated that their health did not keep them from participating in their usual activities. The 77.3 PHI measurement in May is well ahead of the 76.1 measured in May 2009 and the 76.6 measured in May 2008.

The Work Environment Index (WEI) has improved to 48.9 in May from 48.3 last month. The WEI has measured below 50.0 in 15 of the last 17 months after measuring above 50.0 for each month in 2008. While the overall Work Environment Index score increased, fewer Americans expressed satisfaction with their job in May, feeling that they do not always get to use their strengths to do what they do best every day. But an increased number of respondents felt that their supervisor treats them like a partner in May compared to the previous month.

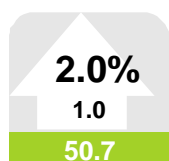
Allison London Brown
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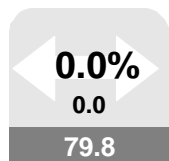
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values is 0-100



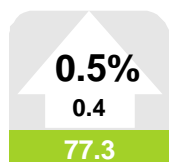
U.S. Well-Being



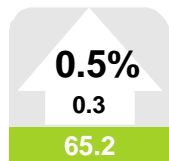
Life Evaluation



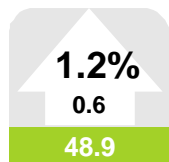
Emotional Health



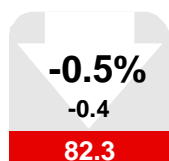
Physical Health



Healthy Behavior



Work Environment



Basic Access

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From Gallup-Healthways Well-Being Index Data
Based on 29,199 surveys completed in May 2010. Total of 855,539 since January 2, 2008.

U.S. Composite and Life Evaluation Score

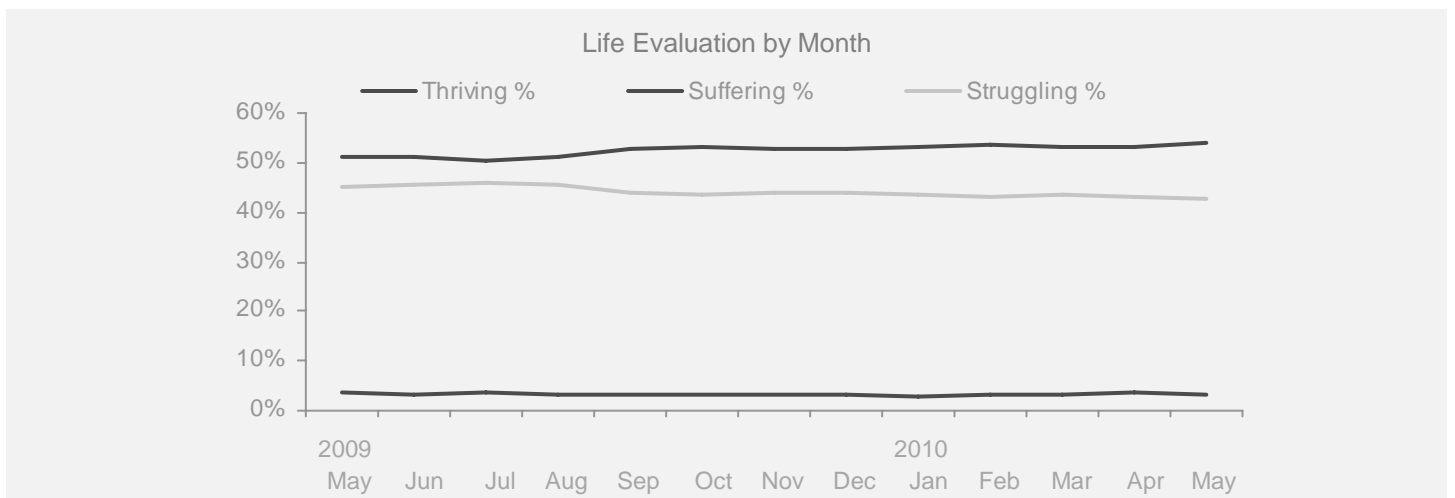
	2009					2010					Change				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	67.4	+0.4	+1.3



Life Evaluation

SCALE 0-100 MoE = Composite Score +/- 0.7% Each Category +/- 0.6%

Life Evaluation	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	50.7	+1.0	+3.2
Thriving %	51.2	51.2	50.4	51.1	52.9	53.2	52.9	52.6	53.3	53.7	53.1	53.3	54.0	+0.7	+2.8
Struggling %	45.1	45.5	45.9	45.6	43.8	43.6	43.7	44.0	43.6	42.9	43.6	43.1	42.8	-0.3	-2.3
Suffering %	3.7	3.4	3.6	3.3	3.4	3.2	3.4	3.4	3.0	3.4	3.3	3.6	3.2	-0.4	-0.5



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National and Regional Composite Well-Being Scores

	2009					2010					Change				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%		
National	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	67.4	+0.4	+1.3
Northeast	66.1	66.4	67.0	67.2	66.4	66.5	67.0	66.3	67.1	66.5	66.8	67.3	67.9	+0.6	+1.8
South	65.7	66.7	65.7	66.1	66.0	65.9	65.9	65.5	66.0	65.8	66.0	66.4	66.5	+0.1	+0.8
Midwest	65.1	66.7	65.8	66.6	66.9	66.6	66.3	65.8	66.5	66.6	66.8	66.7	67.6	+0.9	+2.5
West	67.6	67.6	67.3	68.5	67.9	67.1	68.0	66.8	67.8	67.8	67.9	68.0	67.8	-0.2	+0.2
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%		
National	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	50.7	+1.0	+3.2
Northeast	47.5	47.3	47.8	48.2	49.3	49.2	50.5	49.9	51.7	51.2	48.7	49.1	51.7	+2.6	+4.2
South	48.9	48.1	46.1	46.7	48.6	50.1	48.5	48.3	49.4	50.8	49.2	49.6	49.9	+0.3	+1.0
Midwest	44.0	46.1	44.5	46.2	48.3	49.7	48.3	48.0	49.2	48.6	50.5	48.3	50.9	+2.6	+6.9
West	49.1	49.5	48.9	50.8	51.9	50.8	51.2	51.3	51.2	50.8	51.1	51.6	50.9	-0.7	+1.8
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%		
National	78.6	79.2	78.9	79.1	78.9	78.8	79.5	78.7	79.1	79.1	79.2	79.8	79.8	+0.0	+1.2
Northeast	78.3	78.6	79.2	79.3	78.1	78.7	79.5	78.2	78.8	78.1	78.3	79.3	79.4	+0.1	+1.1
South	78.5	79.1	78.5	78.4	78.9	78.7	79.2	78.7	78.8	78.5	79.4	79.9	79.3	-0.6	+0.8
Midwest	78.2	79.9	79.2	79.6	79.3	79.8	79.7	79.0	79.2	79.7	79.3	79.9	80.2	+0.3	+2.0
West	79.3	79.1	78.9	79.2	79.1	78.2	79.9	78.8	79.7	80.4	79.5	80.1	80.4	+0.3	+1.1
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%		
National	76.1	77.0	77.1	77.3	76.6	76.4	77.1	76.5	77.1	76.8	76.5	76.9	77.3	+0.4	+1.2
Northeast	76.3	77.3	77.4	78.1	76.6	76.8	77.4	76.8	77.4	76.8	77.2	77.3	77.1	-0.2	+0.8
South	75.3	76.0	75.9	76.3	75.8	75.8	75.9	75.8	76.1	75.8	75.6	76.2	76.5	+0.3	+1.2
Midwest	75.8	77.4	77.8	77.6	77.0	76.5	77.5	76.9	77.9	77.0	76.8	76.8	77.9	+1.1	+2.1
West	77.1	77.8	78.0	77.8	77.2	77.0	78.0	76.9	77.7	78.1	77.0	77.7	78.1	+0.4	+1.0
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%		
National	63.1	64.2	64.3	64.8	64.0	63.3	63.0	61.1	62.9	63.1	64.6	64.9	65.2	+0.3	+2.1
Northeast	63.9	64.6	65.3	65.2	64.4	64.4	63.5	61.7	63.3	63.5	65.0	65.6	66.0	+0.4	+2.1
South	61.5	63.5	63.1	63.3	62.8	62.6	61.7	60.2	62.0	61.7	63.3	63.6	64.1	+0.5	+2.6
Midwest	61.5	62.2	62.6	63.1	62.8	60.6	61.4	58.8	61.0	61.6	63.0	63.7	63.9	+0.2	+2.4
West	65.9	66.6	66.8	68.0	66.7	66.0	65.9	64.0	65.5	66.3	67.4	67.1	67.1	+0.0	+1.2
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%		
National	49.2	50.2	48.9	50.5	49.1	48.1	48.7	48.4	48.9	48.0	48.2	48.3	48.9	+0.6	-0.3
Northeast	46.0	46.3	47.8	47.6	46.2	46.2	46.7	47.6	47.1	45.7	47.4	48.0	48.3	+0.3	+2.3
South	49.5	52.2	50.0	51.3	49.8	47.8	49.4	48.9	48.9	47.3	47.5	48.0	49.0	+1.0	-0.5
Midwest	48.6	51.0	48.0	49.5	49.8	49.3	47.5	48.7	48.4	49.0	47.7	48.2	49.1	+0.9	+0.5
West	52.3	50.6	49.5	53.3	50.3	49.2	50.8	48.4	51.3	50.1	50.6	48.9	49.2	+0.3	-3.1
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%		
National	82.2	82.6	82.1	82.6	82.3	82.1	82.3	82.3	82.3	82.2	82.3	82.7	82.3	-0.4	+0.1
Northeast	84.2	84.3	84.2	84.9	83.8	84.0	84.2	83.9	84.5	84.0	84.3	84.4	84.9	+0.5	+0.7
South	80.7	81.2	80.5	80.7	80.2	80.3	80.4	80.9	80.8	80.5	80.8	81.2	80.3	-0.9	-0.4
Midwest	82.5	83.8	82.9	83.6	83.9	83.7	83.6	83.5	83.2	83.6	83.4	83.5	83.8	+0.3	+1.3
West	81.9	81.7	81.5	82.1	82.0	81.4	81.9	81.7	81.4	81.4	81.7	82.3	81.4	-0.9	-0.5

Regions: EAST: ME, NH, VT, MA, RI, CT, NY, NJ, PA, MD, DE, WV, DC. MIDWEST: OH, MI, IN, IL, WI, MN, IA, MO, ND, SD, NE, KS. SOUTH: VA, NC, SC, GA, FL, KY, TN, AL, MS, AR, LA, OK, TX. WEST: MT, AZ, CO, ID, WY, UT, NV, NM, CA, OR, WA, HI, AK.

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National Well-Being Scores by Demographic

	2009					2010					Change				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Gender															
Male	66.6	67.0	66.5	67.2	66.9	66.8	66.9	66.3	66.7	66.8	67.2	66.9	67.6	+0.7	+1.0
Female	65.6	66.7	66.2	66.8	66.5	66.1	66.4	65.8	66.8	66.4	66.3	67.2	67.1	-0.1	+1.5
Age															
18 to 29	67.1	67.2	66.9	68.0	67.5	66.7	67.0	67.0	68.0	68.1	67.6	69.0	68.8	-0.2	+1.7
30 to 44	66.5	67.8	66.9	67.7	66.9	66.9	66.8	66.3	67.0	66.8	67.7	67.3	67.9	+0.6	+1.4
45 to 64	64.8	65.7	65.3	65.5	65.8	65.5	65.8	64.9	65.6	65.3	65.5	65.6	66.1	+0.5	+1.3
65 and older	68.4	67.6	68.0	68.9	68.3	68.6	68.8	67.8	68.3	69.0	68.2	68.2	69.2	+1.0	+0.8
Family Status															
Married	69.2	69.4	69.0	69.4	69.1	69.4	69.3	68.5	69.3	69.1	69.6	69.4	69.8	+0.4	+0.6
Single	64.5	65.0	64.5	65.6	65.3	64.4	64.3	64.6	65.2	65.0	65.0	65.5	66.3	+0.8	+1.8
Divorced	60.3	60.6	60.0	60.5	60.9	59.8	60.9	60.4	60.8	60.8	60.0	60.8	60.6	-0.2	+0.3
Widowed	63.7	64.1	64.2	64.8	64.8	63.6	63.7	64.5	64.1	63.2	64.0	65.5	65.0	-0.5	+1.3
Separated	57.1	59.4	56.9	56.2	57.7	56.3	58.0	54.9	54.7	57.8	56.5	56.1	59.2	+3.1	+2.1
Domestic Partner	63.9	63.6	62.9	63.3	62.7	62.9	63.1	62.9	64.1	63.9	62.4	65.9	65.4	-0.5	+1.5
Ethnicity															
White	66.6	67.4	66.8	67.7	67.5	67.2	67.5	66.7	67.3	67.2	67.3	67.4	67.8	+0.4	+1.2
Black	63.7	64.2	64.8	64.4	63.8	63.8	63.8	63.9	64.9	64.4	65.1	65.1	66.0	+0.9	+2.3
Hispanic	65.0	65.7	64.7	64.7	64.6	64.9	65.3	64.7	65.4	65.3	65.4	66.6	66.1	-0.5	+1.1
Asian	68.6	70.9	70.7	71.0	69.3	70.2	70.2	68.3	70.6	69.9	71.3	71.0	74.7	+3.7	+6.1
Other	64.3	63.3	64.2	64.5	65.1	63.2	62.7	62.0	62.5	63.5	64.2	64.3	64.3	+0.0	+0.0
Household Income															
Under \$1,000	53.3	54.1	53.7	55.3	54.2	52.4	55.3	54.8	54.2	54.3	56.6	56.0	56.1	+0.1	+2.8
\$1,000-\$1,999	58.9	59.7	58.3	57.3	58.9	58.5	58.5	58.3	59.4	58.0	58.3	58.5	59.1	+0.6	+0.2
\$2,000-\$2,999	63.3	63.6	62.3	63.1	62.2	62.7	63.7	62.6	63.7	63.7	63.6	63.7	63.6	-0.1	+0.3
\$3,000-\$3,999	66.8	66.4	65.7	67.2	65.8	65.0	65.7	65.4	65.5	66.1	66.3	66.1	67.5	+1.4	+0.7
\$4,000-\$4,999	68.1	67.9	68.5	68.7	68.1	68.1	68.9	67.7	68.9	68.3	68.3	68.8	69.1	+0.3	+1.0
\$5,000-\$7,499	71.0	71.2	71.0	71.8	70.8	70.8	70.8	70.7	71.2	70.8	71.1	71.6	72.5	+0.9	+1.5
\$7,500-\$9,999	73.9	74.6	73.7	74.0	72.7	72.6	73.3	72.6	73.1	72.7	72.7	74.2	73.4	-0.8	-0.5
\$10,000 +	74.7	74.4	74.2	74.9	75.3	75.3	74.4	73.6	74.3	74.9	74.6	74.7	75.5	+0.8	+0.8

About the Sub-Indices and Methodology

To compile the Gallup-Healthways Well-Being Index, Gallup obtains completed interviews from 1,000 U.S. adults nationally, seven days a week, excluding only major holidays. The survey methods rely on live interviewers, dual-frame random-digit-dial (RDD) sampling – which includes landlines as well as wireless phone sampling – and a random selection method for choosing respondents within a household. Daily tracking includes Spanish-language interviews and interviews in all 50 states. The data are weighted daily to compensate for disproportionalities in selection probabilities and nonresponse. The data are weighted to match targets from the U.S. Census Bureau by age, sex, region, gender, education, ethnicity, and race. For results based on each monthly sample, one can say with 95% confidence that the maximum margins of sampling error are as shown. Demographic results will have a higher level of sampling error. In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

The Gallup-Healthways Well-Being Index Composite Score is comprised of six sub-indices: Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. The Life Evaluation Sub-Index is partially based on the Cantril Self-Anchoring Striving Scale and combines the evaluation of one's present life situation with one's anticipated life situation five years from now. The Emotional Health Sub-Index is primarily a composite of respondents' daily experiences, asking respondents to think about how they felt yesterday along nine dimensions. The Physical Health Sub-Index is comprised of questions related to: Body Mass Index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experiences. The Healthy Behavior Sub-Index includes items measuring life style habits with established relationships to health outcomes. The Work Environment Sub-Index surveys workers on several factors to gauge their feelings and perceptions about their work environment. The Basic Access Sub-Index is based on thirteen items measuring resident's access to food, shelter, healthcare and a safe and satisfying place to live.