

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

November 2010

WELL-BEING UNCHANGED IN NOVEMBER AND STILL HOVERS NEAR 2010 LOW

For the first time since reporting began in January 2008, the Gallup-Healthways Well-Being Index™ (WBI) Composite Score showed no monthly change. November stayed at the 66.5 level posted in October and neither of those scores was significantly above September's 66.4, the lowest point of this year. However, the nation is well above the lowest recorded WBI score of 63.3 in December 2008 in the midst of the nation's economic crisis.

With help from the Thanksgiving Holiday, the happiest day of the year each of the last two years, the Emotional Health Index (EHI) edged up for the second consecutive month, hitting 79.4 in November. Driving the EHI boost were strong response in those reporting smiling and laughing, 82.3 percent, and those experiencing enjoyment, 84.8 percent.

The Life Evaluation Index rebounded slightly to 49.7 in November, rising the past two consecutive months since falling to its year-to-date low of 48.4 in September. In November, 53.3 percent of the country was considered thriving and those considered suffering increased for the third time since July 2009 to 3.6 percent. Americans grading their current life situation on a scale of zero to 10 averaged a 6.9, for November. That score has remained unchanged since September.

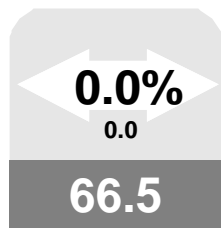
The Work Environment Index, which has been setting record lows in the past few months, remained essentially flat at 48.2 in November. Five of the worst months since polling began were in the past six months.

The Basic Access Index (BAI) hit its lowest mark since October 2009 at 82.1. America dropped below the 83 mark in December 2008, and hasn't recovered since. A component of the BAI is tracking respondents' ability to pay for health care and medicine, which has been steadily declining in the last seven months. It is now at its lowest level since the 78.4 percent measured at the heart of the economic meltdown in 2008.

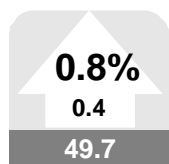
Allison London Brown
Healthways, Inc.

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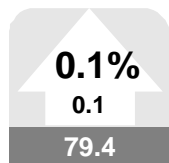
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



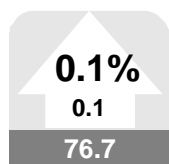
U.S. Well-Being



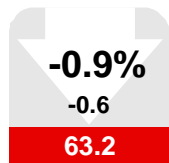
Life Evaluation



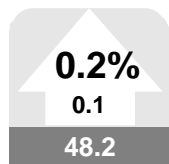
Emotional Health



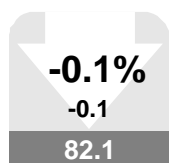
Physical Health



Healthy Behavior



Work Environment



Basic Access

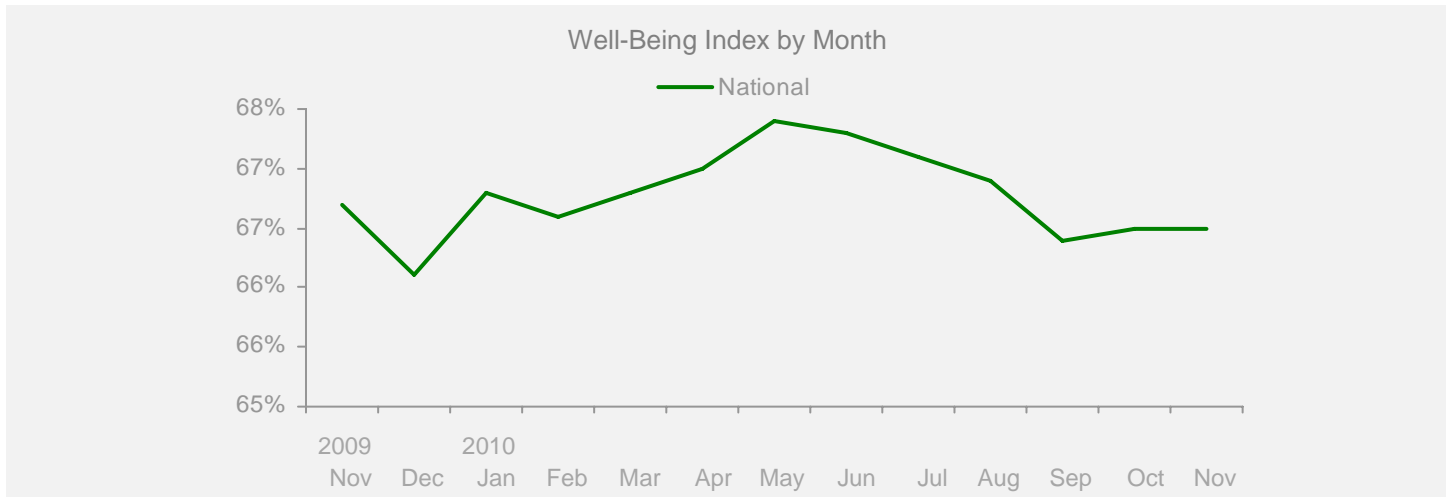
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 27,218 surveys completed in November 2010. Total of 1,035,791 since January 2, 2008.

U.S. Composite and Life Evaluation Score

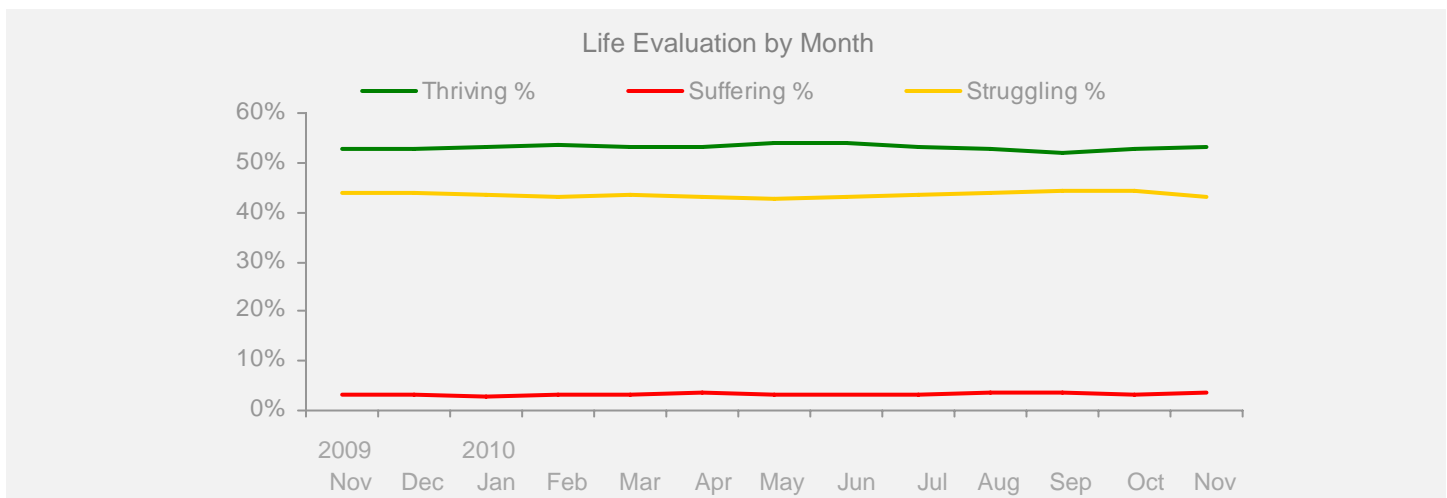
	2009		2010		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Change		
	Nov	Dec	Jan	Feb										Month	Year	
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%															
National	66.7	66.1	66.8	66.6	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	+0.0	-0.2	



Life Evaluation

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

Life Evaluation	49.5	49.3	50.3	50.4	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	+0.4	+0.2
Thriving %	52.9	52.6	53.3	53.7	53.1	53.3	54.0	53.9	53.0	52.8	52.0	52.6	53.3	+0.7	+0.4
Struggling %	43.7	44.0	43.6	42.9	43.6	43.1	42.8	43.1	43.6	43.7	44.4	44.1	43.1	-1.0	-0.6
Suffering %	3.4	3.4	3.0	3.4	3.3	3.6	3.2	3.1	3.4	3.5	3.6	3.3	3.6	+0.3	+0.2



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National and Regional Composite Well-Being Scores

	2009		2010		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Change	
	Nov	Dec	Jan	Feb										Month	Year
Well-Being Index														MoE = National +/- 0.2% Regional +/- 0.4%	
National	66.7	66.1	66.8	66.6	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	+0.0	-0.2
Northeast	67.0	66.3	67.1	66.5	66.8	67.3	67.9	67.0	67.9	67.8	66.7	66.1	66.8	+0.7	-0.2
South	65.9	65.5	66.0	65.8	66.0	66.4	66.5	66.6	66.2	66.4	65.9	66.0	65.9	-0.1	+0.0
Midwest	66.3	65.8	66.5	66.6	66.8	66.7	67.6	67.7	66.6	65.9	65.8	66.7	66.0	-0.7	-0.3
West	68.0	66.8	67.8	67.8	67.9	68.0	67.8	68.1	68.2	67.7	67.3	67.5	67.8	+0.3	-0.2
Life Evaluation														MoE = National +/- 0.7% Regional +/- 1.4%	
National	49.5	49.3	50.3	50.4	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	+0.4	+0.2
Northeast	50.5	49.9	51.7	51.2	48.7	49.1	51.7	49.1	51.5	49.6	49.2	48.7	49.2	+0.5	-1.3
South	48.5	48.3	49.4	50.8	49.2	49.6	49.9	50.6	47.8	50.2	48.7	49.4	50.3	+0.9	+1.8
Midwest	48.3	48.0	49.2	48.6	50.5	48.3	50.9	50.8	48.2	46.2	46.5	49.7	47.7	-2.0	-0.6
West	51.2	51.3	51.2	50.8	51.1	51.6	50.9	52.4	51.7	50.7	49.2	49.2	51.3	+2.1	+0.1
Emotional Health														MoE = National +/- 0.3% Regional +/- 0.5%	
National	79.5	78.7	79.1	79.1	79.2	79.8	79.8	79.6	79.5	79.3	79.0	79.3	79.4	+0.1	-0.1
Northeast	79.5	78.2	78.8	78.1	78.3	79.3	79.4	79.2	79.1	79.7	78.5	78.4	79.1	+0.7	-0.4
South	79.2	78.7	78.8	78.5	79.4	79.9	79.3	79.4	78.9	78.7	79.1	79.2	78.9	-0.3	-0.3
Midwest	79.7	79.0	79.2	79.7	79.3	79.9	80.2	80.2	80.4	79.6	79.3	80.1	80.0	-0.1	+0.3
West	79.9	78.8	79.7	80.4	79.5	80.1	80.4	79.6	80.0	79.6	79.1	79.3	79.7	+0.4	-0.2
Physical Health														MoE = National +/- 0.2% Regional +/- 0.3%	
National	77.1	76.5	77.1	76.8	76.5	76.9	77.3	77.2	77.5	77.4	76.2	76.6	76.7	+0.1	-0.4
Northeast	77.4	76.8	77.4	76.8	77.2	77.3	77.1	77.3	77.5	77.8	76.3	76.5	77.3	+0.8	-0.1
South	75.9	75.8	76.1	75.8	75.6	76.2	76.5	76.1	76.3	76.4	75.7	75.6	75.5	-0.1	-0.4
Midwest	77.5	76.9	77.9	77.0	76.8	76.8	77.9	78.1	78.0	77.5	76.2	77.4	76.6	-0.8	-0.9
West	78.0	76.9	77.7	78.1	77.0	77.7	78.1	77.7	78.6	78.5	77.0	77.3	77.9	+0.6	-0.1
Healthy Behavior														MoE = National +/- 0.2% Regional +/- 0.4%	
National	63.0	61.1	62.9	63.1	64.6	64.9	65.2	64.9	65.5	65.0	64.5	63.8	63.2	-0.6	+0.2
Northeast	63.5	61.7	63.3	63.5	65.0	65.6	66.0	65.6	66.9	66.8	65.1	64.0	64.1	+0.1	+0.6
South	61.7	60.2	62.0	61.7	63.3	63.6	64.1	64.1	64.4	63.6	63.3	63.3	61.8	-1.5	+0.1
Midwest	61.4	58.8	61.0	61.6	63.0	63.7	63.9	63.7	63.6	63.3	62.5	61.6	61.0	-0.6	-0.4
West	65.9	64.0	65.5	66.3	67.4	67.1	67.1	66.7	67.8	67.1	67.3	66.5	66.2	-0.3	+0.3
Work Environment														MoE = National +/- 0.6% Regional +/- 1.2%	
National	48.7	48.4	48.9	48.0	48.2	48.3	48.9	48.4	48.1	47.7	47.6	48.1	48.2	+0.1	-0.5
Northeast	46.7	47.6	47.1	45.7	47.4	48.0	48.3	46.9	47.9	48.2	47.1	45.1	47.2	+2.1	+0.5
South	49.4	48.9	48.9	47.3	47.5	48.0	49.0	48.3	48.9	48.8	47.5	48.1	48.3	+0.2	-1.1
Midwest	47.5	48.7	48.4	49.0	47.7	48.2	49.1	48.7	46.2	45.3	46.8	48.0	47.1	-0.9	-0.4
West	50.8	48.4	51.3	50.1	50.6	48.9	49.2	49.7	48.7	48.2	49.2	51.2	50.3	-0.9	-0.5
Basic Access														MoE = National +/- 0.2% Regional +/- 0.4%	
National	82.3	82.3	82.3	82.2	82.3	82.7	82.3	82.8	82.5	82.4	82.4	82.2	82.1	-0.1	-0.2
Northeast	84.2	83.9	84.5	84.0	84.3	84.4	84.9	84.0	84.4	84.5	83.9	83.8	83.8	+0.0	-0.4
South	80.4	80.9	80.8	80.5	80.8	81.2	80.3	81.2	80.8	80.6	80.9	80.7	80.4	-0.3	+0.0
Midwest	83.6	83.5	83.2	83.6	83.4	83.5	83.8	84.3	83.4	83.4	83.7	83.5	83.3	-0.2	-0.3
West	81.9	81.7	81.4	81.4	81.7	82.3	81.4	82.4	82.3	82.0	82.0	81.4	81.7	+0.3	-0.2

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		
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Month	Year
Gender															
Male	66.9	66.3	66.7	66.8	67.2	66.9	67.6	67.4	67.1	67.1	66.6	66.8	67.0	+0.2	+0.1
Female	66.4	65.8	66.8	66.4	66.3	67.2	67.1	67.1	67.0	66.6	66.1	66.2	66.1	-0.1	-0.3
Age															
18 to 29	67.0	67.0	68.0	68.1	67.6	69.0	68.8	67.9	68.8	68.6	68.0	67.9	67.9	+0.0	+0.9
30 to 44	66.8	66.3	67.0	66.8	67.7	67.3	67.9	68.0	67.9	66.7	67.3	67.0	67.0	+0.0	+0.2
45 to 64	65.8	64.9	65.6	65.3	65.5	65.6	66.1	66.1	65.6	65.7	64.5	65.1	65.2	+0.1	-0.6
65 and older	68.8	67.8	68.3	69.0	68.2	68.2	69.2	69.2	68.9	68.8	68.4	68.5	68.2	-0.3	-0.6
Family Status															
Married	69.3	68.5	69.3	69.1	69.6	69.4	69.8	70.1	69.7	69.2	68.9	69.2	69.3	+0.1	+0.0
Single	64.3	64.6	65.2	65.0	65.0	65.5	66.3	65.7	66.0	65.9	65.1	64.8	65.5	+0.7	+1.2
Divorced	60.9	60.4	60.8	60.8	60.0	60.8	60.6	60.8	60.5	60.6	59.5	60.7	59.9	-0.8	-1.0
Widowed	63.7	64.5	64.1	63.2	64.0	65.5	65.0	64.0	65.4	65.3	63.3	63.8	63.4	-0.4	-0.3
Separated	58.0	54.9	54.7	57.8	56.5	56.1	59.2	56.7	59.2	56.8	56.4	55.3	55.8	+0.5	-2.2
Domestic Partner	63.1	62.9	64.1	63.9	62.4	65.9	65.4	65.2	62.9	64.7	65.1	64.7	63.1	-1.6	+0.0
Ethnicity															
White	67.5	66.7	67.3	67.2	67.3	67.4	67.8	67.9	67.6	67.5	66.6	66.9	66.9	+0.0	-0.6
Black	63.8	63.9	64.9	64.4	65.1	65.1	66.0	65.2	65.3	64.4	65.3	65.1	65.5	+0.4	+1.7
Hispanic	65.3	64.7	65.4	65.3	65.4	66.6	66.1	66.3	66.4	65.9	66.6	66.3	65.9	-0.4	+0.6
Asian	70.2	68.3	70.6	69.9	71.3	71.0	74.7	72.6	72.3	71.3	72.0	70.8	71.4	+0.6	+1.2
Other	62.7	62.0	62.5	63.5	64.2	64.3	64.3	62.4	63.8	63.0	63.0	62.5	62.7	+0.2	+0.0
Household Income															
Under \$1,000	55.3	54.8	54.2	54.3	56.6	56.0	56.1	55.3	54.1	54.8	54.2	55.4	53.6	-1.8	-1.7
\$1,000-\$1,999	58.5	58.3	59.4	58.0	58.3	58.5	59.1	59.2	58.8	57.9	58.1	58.2	57.8	-0.4	-0.7
\$2,000-\$2,999	63.7	62.6	63.7	63.7	63.6	63.7	63.6	63.7	63.0	62.1	62.4	62.5	63.2	+0.7	-0.5
\$3,000-\$3,999	65.7	65.4	65.5	66.1	66.3	66.1	67.5	66.6	66.9	66.4	66.1	65.6	66.0	+0.4	+0.3
\$4,000-\$4,999	68.9	67.7	68.9	68.3	68.3	68.8	69.1	68.6	69.3	68.4	68.5	68.9	68.2	-0.7	-0.7
\$5,000-\$7,499	70.8	70.7	71.2	70.8	71.1	71.6	72.5	72.1	72.1	71.5	71.1	71.3	70.9	-0.4	+0.1
\$7,500-\$9,999	73.3	72.6	73.1	72.7	72.7	74.2	73.4	73.8	74.2	74.0	72.9	73.3	73.5	+0.2	+0.2
\$10,000 +	74.4	73.6	74.3	74.9	74.6	74.7	75.5	75.0	74.5	75.0	74.7	74.7	75.6	+0.9	+1.2

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.