

STATE OF WELL-BEING 2010

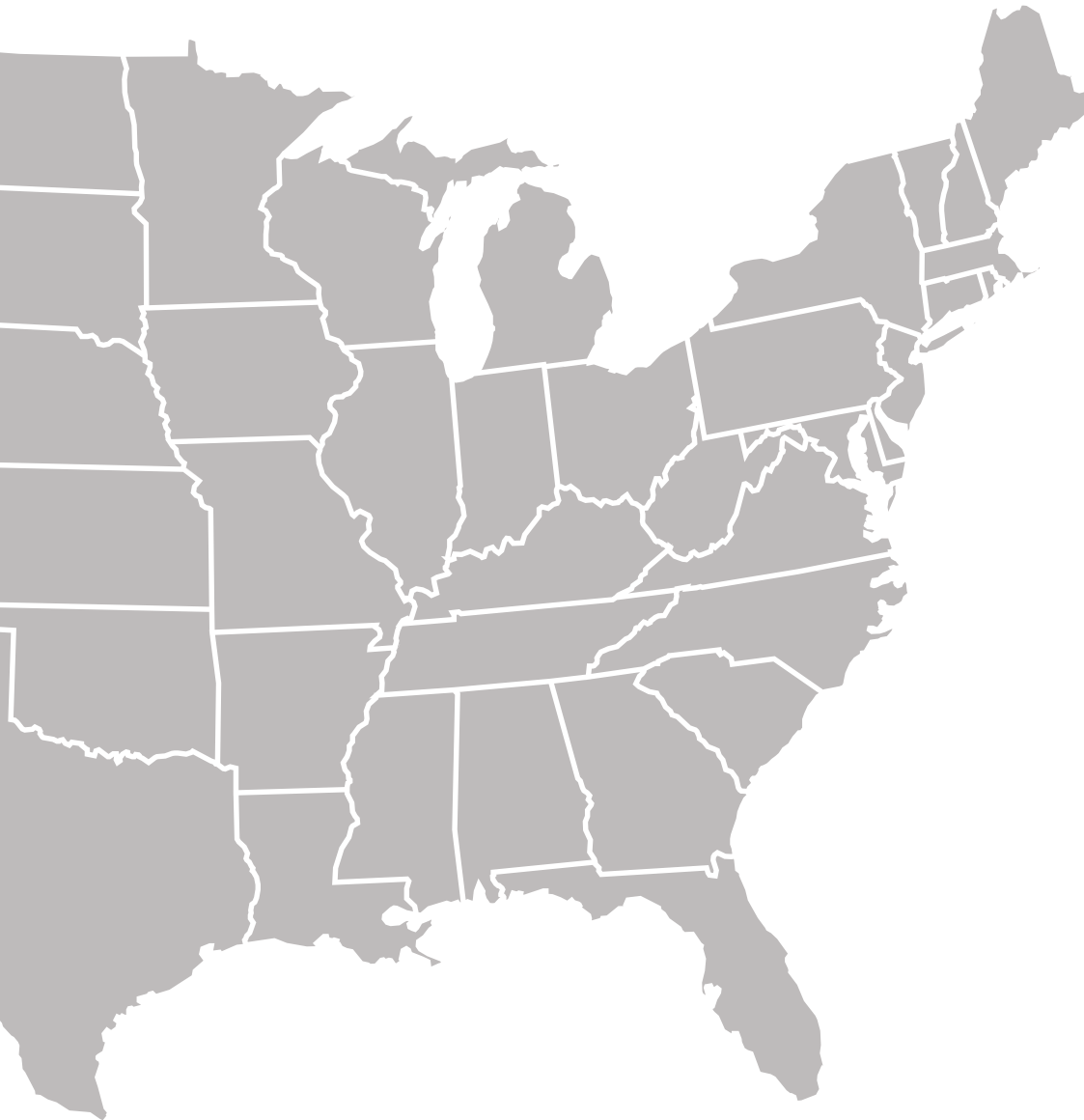
City, State and Congressional District Well-Being Reports

The Top Ten Cities
for Well-Being

Congressional
District Rankings

The Best and Worst
Places to Work

The State with the
Highest Ever Score





The Gallup-Healthways Well-Being Index® (WBI) is the preeminent source for health and well-being data in the United States.

About the Gallup-Healthways Well-Being Index

Surveying 1,000 Americans a day, 350 days a year, the WBI is the first and most comprehensive survey of its kind, providing the largest database of behavioral economic metrics. It's the only measure of total well-being in existence today.

The WBI gives governments, communities, employers and health plans unmatched insight into the health of their populations. Leaders are using the WBI findings to quantify and benchmark the well-being of their employees and citizens to inform decisions regarding health benefits, work environments, corporate culture and community investment.

With three years of data collection and surveys of more than 1.1 million Americans, the WBI has garnered significant national and international recognition. The WBI and associated City, State and Congressional District Reports provide leaders with the intelligence they need to assess and enhance health, happiness and productivity. Over the next quarter century, the WBI will survey more than 9 million people in the United States, providing timely and in-depth information about Americans' health and well-being.

For more information:

Healthways: 615.614.4440

Gallup: 404.267.7711

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wellbeingindex@healthways.com



Methodology:

The research and methodology underlying the Gallup-Healthways Well-Being Index and the State and Congressional District Well-Being Reports are based on the World Health Organization definition of health, which is, "...not only the absence of infirmity and disease but also a state of physical, mental and social well-being."

To compile the Well-Being Index, Gallup obtains completed interviews from 1,000 U.S. adults nationally, seven days a week, excluding only major holidays.

Based on their response, individuals and communities receive an overall well-being composite score and score of each of six sub-indices including life evaluation, emotional health, physical health, healthy behavior, work environment and basic access.

Changes in condition can be tracked over time, and the introduction of both controlled and uncontrolled variable considered. Discrete populations can also be ranked one against another for a stratified view of their relative well-being.

Top 10 Well-Being States & State Composite Rankings

Rankings from data collected January 2, 2010 – December 30, 2010

Top 10 States

1. Hawaii	6. Minnesota
2. Wyoming	7. South Dakota
3. North Dakota	8. Utah
4. Alaska	9. Connecticut
5. Colorado	10. Nebraska



Well-Being Index scores among states vary by a narrow range of just 9.3 points!

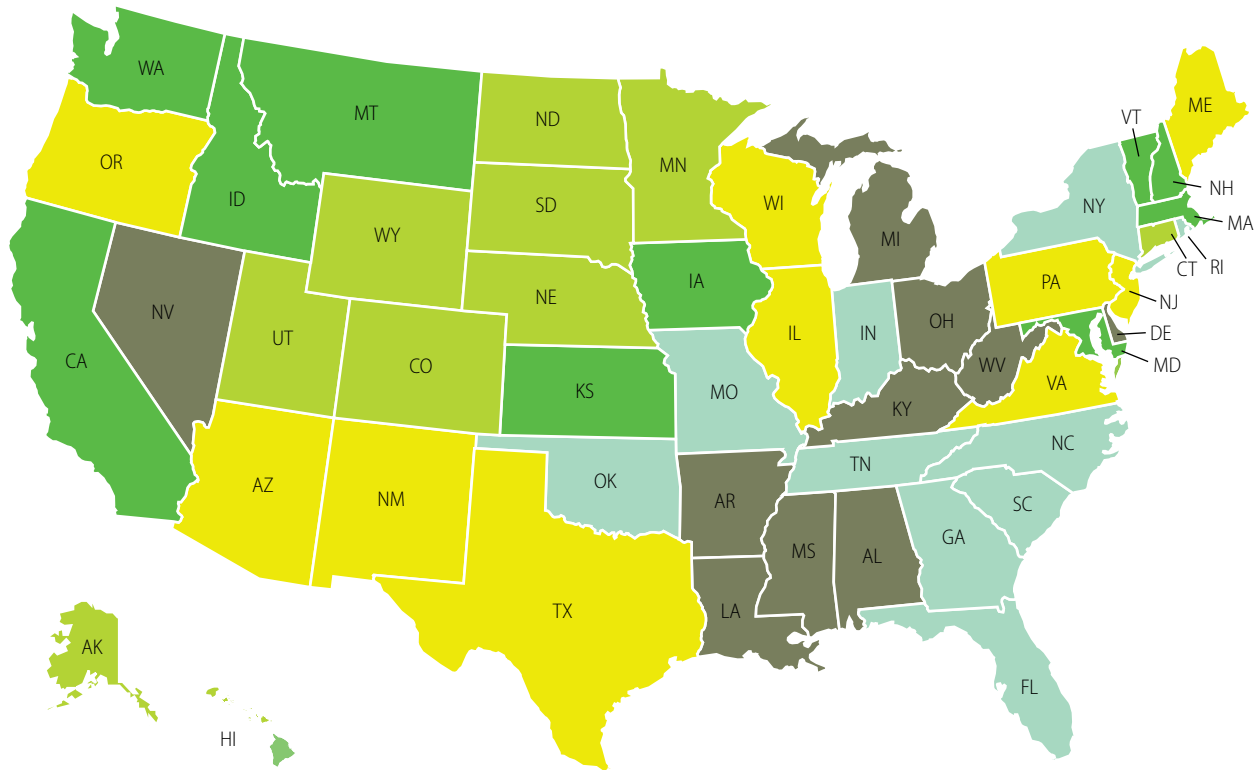
State Composite Rankings

1. Hawaii	18. California	35. South Carolina
2. Wyoming	19. Iowa	36. North Carolina
3. North Dakota	20. Idaho	37. Florida
4. Alaska	21. Virginia	38. Oklahoma
5. Colorado	22. Wisconsin	39. Indiana
6. Minnesota	23. New Mexico	40. Tennessee
7. South Dakota	24. New Jersey	41. Michigan
8. Utah	25. Maine	42. Louisiana
9. Connecticut	26. Illinois	43. Nevada
10. Nebraska	27. Texas	44. Delaware
11. Massachusetts	28. Oregon	45. Ohio
12. Washington	29. Arizona	46. Alabama
13. Maryland	30. Pennsylvania	47. Arkansas
14. Montana	31. Georgia	48. Mississippi
15. New Hampshire	32. New York	49. Kentucky
16. Kansas	33. Rhode Island	50. West Virginia
17. Vermont	34. Missouri	

* Source: Gallup-Healthways Well-Being Index Survey 2010, n= X

State Composite Map

Rankings from data collected January 2, 2010 – December 30, 2010



■ Top Quintile
 ■ 2nd Quintile
 ■ 3rd Quintile
 ■ 4th Quintile
 ■ 5th Quintile

Survey Sample Size by State

Rankings from data collected January 2, 2010 – December 30, 2010

Alabama	6,063	Indiana	8,057	Nebraska	2,323	South Carolina	5,312
Alaska	1,231	Iowa	4,322	Nevada	3,025	South Dakota	1,098
Arizona	7,661	Kansas	3,690	New Hampshire	1,845	Tennessee	8,208
Arkansas	3,781	Kentucky	5,881	New Jersey	8,740	Texas	21,880
California	35,543	Louisiana	4,993	New Mexico	2,743	Utah	3,596
Colorado	6,899	Maine	2,448	New York	18,200	Vermont	1,235
Connecticut	3,916	Maryland	6,840	North Carolina	12,274	Virginia	10,476
Delaware	1,150	Massachusetts	7,308	North Dakota	974	Washington	9,777
Florida	19,028	Michigan	10,244	Ohio	13,078	West Virginia	2,975
Georgia	9,659	Minnesota	7,211	Oklahoma	5,416	Wisconsin	7,913
Hawaii	1,016	Mississippi	3,362	Oregon	6,031	Wyoming	1,000
Idaho	2,344	Missouri	7,562	Pennsylvania	18,334		
Illinois	12,149	Montana	2,073	Rhode Island	1,294		

Top 10 Well-Being Cities and Congressional Districts

Rankings from data collected January 2, 2010 – December 30, 2010

Top 10 Large Cities *

1. Washington-Arlington-Alexandria, DC-VA-MD-WV
2. Austin-Round Rock, TX
3. San Jose-Sunnyvale-Santa Clara, CA
4. Seattle-Tacoma-Bellevue, WA
5. San Francisco-Oakland-Fremont, CA
6. Minneapolis-St.Paul-Bloomington, MN-WI
7. Boston-Cambridge-Quincy, MA-NH
8. San Diego-Carlsbad-San Marcos, CA
9. Raleigh-Cary, NC
10. Hartford-West Hartford-East Hartford, CT

Top Mid-Size Cities

1. Boulder, CO
2. Lincoln, NE
3. Fort Collins-Loveland, CO
4. Provo-Orem, UT
5. Honolulu, HI
6. Madison, WI
7. Cedar Rapids, IA
8. Gainesville, FL
9. Bridgeport-Stamford-Norwalk, CT
10. Peoria, IL

Top 10 Small Cities

1. Burlington-South Burlington, VT
2. Olympia, WA
3. Bellingham, WA
4. Bremerton-Silverdale, WA
5. Topeka, KS
6. Barnstable Town, MA
7. Charlottesville, VA
8. Kennewick-Pasco-Richland, WA
9. Medford, OR
10. Amarillo, TX

Top 10 Congressional Districts

1. California District 14
2. California District 36
3. Colorado District 2
4. Hawaii District 1
5. Georgia District 6
6. Virginia District 8
7. Washington District 8
8. North Carolina District 4
9. Hawaii District 2
10. Minnesota District 2



* Ranking of 188 Cities

* Source: Gallup-Healthways Well-Being Index Survey 2010, n=X

* U.S. Census Bureau definitions for Metropolitan Statistical Areas (MSAs) were used to define city populations; City Population = below 250,000 (small); 250,000 to 1 million (mid-size); over 1 million (large)

City Composite Rankings

Rankings from data collected January 2, 2010 – December 30, 2010

*Boulder, Colorado tops the
City Composite Rankings*



1.	Boulder, CO	25.	San Diego-Carlsbad-San Marcos, CA	49.	Albuquerque, NM	73.	Richmond, VA
2.	Lincoln, NE	26.	Raleigh-Cary, NC	50.	Charlotte-Gastonia-Concord, NC-SC	74.	New Haven-Milford, CT
3.	Fort Collins-Loveland, CO	27.	Durham, NC	51.	Kansas City, MO-KS	75.	Colorado Springs, CO
4.	Provo-Orem, UT	28.	Hartford-West Hartford-East Hartford, CT	52.	Wichita, KS	76.	Salt Lake City, UT
5.	Honolulu, HI	29.	Bremerton-Silverdale, WA	53.	Montgomery, AL	77.	Kennewick-Pasco-Richland, WA
6.	Madison, WI	30.	Topeka, KS	54.	Santa Cruz-Watsonville, CA	78.	Des Moines-West Des Moines, IA
7.	Cedar Rapids, IA	31.	Oxnard-Thousand Oaks-Ventura, CA	55.	Virginia Beach-Norfolk-Newport News, VA-NC	79.	Port St. Lucie, FL
8.	Gainesville, FL	32.	Ann Arbor, MI	56.	Dallas-Fort Worth-Arlington, TX	80.	Chattanooga, TN-GA
9.	Bridgeport-Stamford-Norwalk, CT	33.	Barnstable Town, MA	57.	Santa Barbara-Santa Maria-Goleta, CA	81.	Portland-Vancouver-Beaverton, OR-WA
10.	Washington-Arlington-Alexandria, DC-VA-MD-WV	34.	Holland-Grand Haven, MI	58.	Ogden-Clearfield, UT	82.	St. Louis, MO-IL
11.	Austin-Round Rock, TX	35.	Winston-Salem, NC	59.	Huntsville, AL	83.	Nashville-Davidson-Murfreesboro-Franklin, TN
12.	San Jose-Sunnyvale-Santa Clara, CA	36.	Denver-Aurora, CO	60.	San Antonio, TX	84.	Houston-Sugar Land-Baytown, TX
13.	Peoria, IL	37.	Naples-Marco Island, FL	61.	Rochester, NY	85.	Pensacola-Ferry Pass-Brent, FL
14.	Santa Rosa-Petaluma, CA	38.	Portland-South Portland-Biddeford, ME	62.	Los Angeles-Long Beach-Santa Ana, CA	86.	Boise City-Nampa, ID
15.	Lancaster, PA	39.	Charlottesville, VA	63.	Rockford, IL	87.	Canton-Massillon, OH
16.	Burlington-South Burlington, VT	40.	Lansing-East Lansing, MI	64.	Salem, OR	88.	Chicago-Naperville-Joilet, IL-IN-WI
17.	Seattle-Tacoma-Bellevue, WA	41.	El Paso, TX	65.	Eugene-Springfield, OR	89.	McAllen-Edinburg-Mission, TX
18.	Charleston-N Charleston-Summerville, SC	42.	Grand Rapids-Wyoming, MI	66.	Poughkeepsie-Newburgh-Middletown, NY	90.	New York-North New Jersey-Long Island, NY-NJ-PA
19.	San Francisco-Oakland-Fremont, CA	43.	Atlanta-Sandy Springs-Marietta, GA	67.	Phoenix-Mesa-Scottsdale, AZ	91.	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD
20.	Trenton-Ewing, NJ	44.	Omaha-Council Bluffs, NE-IA	68.	Savannah, GA	92.	Bradenton-Sarasota-Venice, FL
21.	Minneapolis-St. Paul-Bloomington, MN-WI	45.	Tallahassee, FL	69.	Norwich-New London, CT	93.	Albany-Schenectady-Troy, NY
22.	Boston-Cambridge-Quincy, MA-NH	46.	Manchester-Nashua, NH	70.	Little Rock-N Little Rock-Conway, AR	94.	Worcester, MA
23.	Olympia, WA	47.	Duluth, MN-WI	71.	Sacramento--Arden-Arcade--Roseville, CA	95.	Medford, OR
24.	Bellingham, WA	48.	Anchorage, AK	72.	Salinas, CA		

City Composite Rankings (continued)

Rankings from data collected January 2, 2010 – December 30, 2010

96. Baltimore-Towson, MD	122. Bakersfield, CA	144. Allentown-Bethlehem-Easton, PA-NJ	168. Kingsport-Bristol-Bristol, TN-VA
97. Harrisburg-Carlisle, PA	123. Cincinnati-Middletown, OH-KY-IN	145. Fort Wayne, IN	169. Knoxville, TN
98. San Luis Obispo-Paso Robles, CA	124. Greenville-Mauldin-Easley, SC	146. Tampa-St. Petersburg-Clearwater, FL	170. Louisville-Jefferson County, KY-IN
99. Tucson, AZ	125. Oklahoma City, OK	147. Tulsa, OK	171. Dayton, OH
100. Jackson, MS	126. Hagerstown-Martinsburg, MD-WV	148. Lakeland-Winter Haven, FL	172. Evansville, IN-KY
101. Pittsburgh, PA	127. Reading, PA	149. Asheville, NC	173. Lynchburg, VA
102. Vallejo-Fairfield, CA	128. Fresno, CA	150. Flint, MI	174. Mobile, AL
103. Milwaukee-Waukesha-West Allis, WI	129. Miami-Fort Lauderdale-Pompano Beach, FL	151. Greensboro-High Point, NC	175. Roanoke, VA
104. Ocala, FL	130. Syracuse, NY	152. Stockton, CA	176. South Bend-Mishawaka, IN-MI
105. Modesto, CA	131. Riverside-San Bernardino-Ontario, CA	153. Myrtle Beach-North Myrtle Beach-Conway, SC	177. Toledo, OH
106. Spokane, WA	132. Davenport-Moline-Rock Island, IA-IL	154. Binghamton, NY	178. Shreveport-Bossier City, LA
107. Amarillo, TX	133. Fayetteville, Springdale-Rogers, AR-MO	155. Memphis, TN-MS-AR	179. Utica-Rome, NY
108. Springfield, MO	134. Springfield, MA	156. Deltona-Daytona Beach-Ormond Beach, FL	180. Prescott, AZ
109. New Orleans-Metairie-Kenner, LA	135. Cape Coral-Fort Myers, FL	157. Palm Bay-Melbourne-Titusville, FL	181. Lake Havasu City-Kingman, AZ
110. Kalamazoo-Portage, MI	136. Birmingham-Hoover, AL	158. Las Vegas-Paradise, NV	182. Spartanburg, SC
111. Buffalo-Niagara Falls, NY	137. Wilmington, NC	159. Charleston, WV	183. Hickory-Lenoir-Morganton, NC
112. Augusta-Richmond County, GA-SC	138. Reno-Sparks, NV	160. Detroit-Warren-Livonia, MI	184. Fort Smith, AR-OK
113. Indianapolis-Carmel, IN	139. Chico, CA	161. Corpus Christi, TX	185. Redding, CA
114. York-Hanover, PA	140. Jacksonville, FL	162. Clarksville, TN-KY	186. Beaumont-Port Arthur, TX
115. Lexington-Fayette, KY	141. Akron, OH	163. Columbia, SC	187. Youngstown-Warren-Boardman, OH-PA
116. Orlando-Kissimmee, FL	142. Providence-New Bedford-Fall River, RI-MA	164. Greeley, CO	188. Huntington-Ashland, WV-KY-OH
117. Baton Rouge, LA	143. Erie, PA	165. Scranton-Wilkes-Barre, PA	
118. Columbus, OH		166. Fayetteville, NC	
119. Visalia-Porterville, CA		167. Cleveland-Elyria-Mentor, OH	
120. Killeen-Temple-Fort Hood, TX			
121. Green Bay, WI			



Survey Sample Size by City

Rankings from data collected January 2, 2010 – December 30, 2010



Akron, OH	743	Bradenton-Sarasota-Venice, FL	1,043	Corpus Christi, TX	335	Grand Rapids-Wyoming, MI	842
Albany-Schenectady-Troy, NY	1,215	Bremerton-Silverdale, WA	421	Dallas-Fort Worth-Arlington, TX	5,430	Greeley, CO	366
Albuquerque, NM	1,157	Bridgeport-Stamford-Norwalk, CT	823	Davenport-Moline-Rock Island, IA-IL	502	Green Bay, WI	415
Allentown-Bethlehem-Easton, PA-NJ	1,016	Buffalo-Niagara Falls, NY	1,449	Dayton, OH	1,001	Greensboro-High Point, NC	942
Amarillo, TX	337	Burlington-South Burlington, VT	372	Deltona-Daytona Beach-Ormond Beach, FL	614	Greenville-Mauldin-Easley, SC	722
Anchorage, AK	660	Canton-Massillon, OH	491	Denver-Aurora, CO	3,167	Hagerstown-Martinsburg, MD-WV	378
Ann Arbor, MI	379	Cape Coral-Fort Myers, FL	781	Des Moines-West Des Moines, IA	690	Harrisburg-Carlisle, PA	877
Asheville, NC	696	Cedar Rapids, IA	354	Detroit-Warren-Livonia, MI	3,583	Hartford-West Hartford-East Hartford, CT	1,451
Atlanta-Sandy Springs-Marietta, GA	5,014	Charleston, WV	490	Duluth, MN-WI	436	Hickory-Lenoir-Morganton, NC	491
Augusta-Richmond County, GA-SC	608	Charleston-N Charleston-Summerville, SC	713	Durham, NC	694	Holland-Grand Haven, MI	337
Austin-Round Rock, TX	1,601	Charlotte-Gastonia-Concord, NC-SC	1,918	El Paso, TX	563	Honolulu, HI	626
Bakersfield, CA	807	Charlottesville, VA	339	Erie, PA	451	Houston-Sugar Land-Baytown, TX	4,359
Baltimore-Towson, MD	3,221	Chattanooga, TN-GA	602	Eugene-Springfield, OR	616	Huntington-Ashland, WV-KY-OH	414
Barnstable Town, MA	414	Chicago-Naperville-Joilet, IL-IN-WI	8,036	Evansville, IN-KY	484	Huntsville, AL	507
Baton Rouge, LA	850	Chico, CA	373	Fayetteville, NC	438	Indianapolis-Carmel, IN	1,954
Beaumont-Port Arthur, TX	427	Cincinnati-Middletown, OH-KY-IN	2,360	Fayetteville, Springdale-Rogers, AR-MO	542	Jackson, MS	590
Bellingham, WA	359	Clarksville, TN-KY	328	Flint, MI	416	Jacksonville, FL	1,440
Binghamton, NY	363	Cleveland-Elyria-Mentor, OH	2,163	Fort Collins-Loveland, CO	426	Kalamazoo-Portage, MI	413
Birmingham-Hoover, AL	1,392	Colorado Springs, CO	920	Fort Smith, AR-OK	397	Kansas City, MO-KS	2,443
Boise City-Nampa, ID	802	Columbia, SC	828	Fort Wayne, IN	521	Kennewick-Pasco-Richland, WA	343
Boston-Cambridge-Quincy, MA-NH	4,894	Columbus, OH	1,884	Fresno, CA	880	Killeen-Temple-Fort Hood, TX	416
Boulder, CO	415			Gainesville, FL	328		

Survey Sample Size by City (continued)

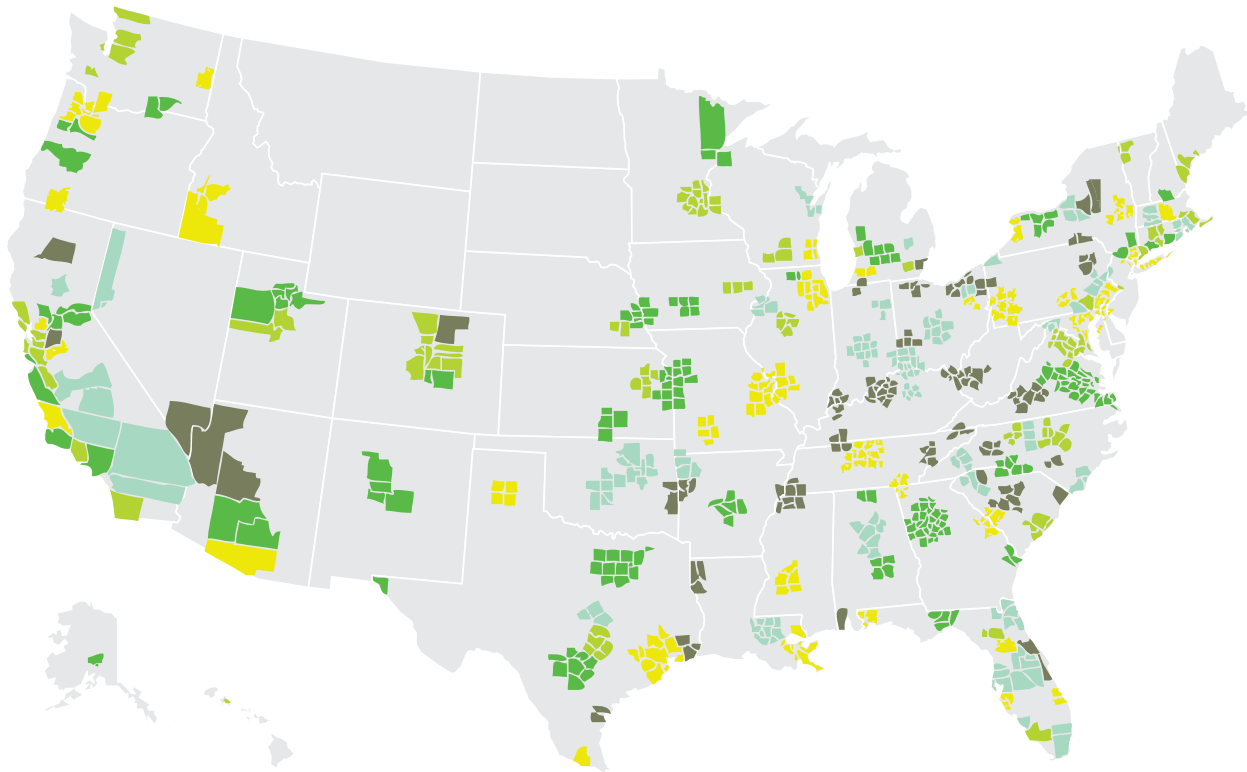
Rankings from data collected January 2, 2010 – December 30, 2010



Kingsport-Bristol-Bristol, TN-VA	444	McAllen-Edinburg-Mission, TX	354	New Orleans-Metairie-Kenner, LA	1,141	Poughkeepsie-Newburgh-Middletown, NY	747
Knoxville, TN	1,024	Medford, OR	333	New York-North New Jersey-Long Island, NY-NJ-PA	14,793	Prescott, AZ	421
Lake Havasu City-Kingman, AZ	350	Memphis, TN-MS-AR	1,245	Norwich-New London, CT	366	Providence-New Bedford-Fall River, RI-MA	1,869
Lakeland-Winter Haven, FL	662	Miami-Fort Lauderdale-Pompano Beach, FL	3,771	Ocala, FL	519	Provo-Orem, UT	566
Lancaster, PA	721	Milwaukee-Waukesha-West Allis, WI	2,010	Ogden-Clearfield, UT	709	Raleigh-Cary, NC	1,307
Lansing-East Lansing, MI	526	Minneapolis-St. Paul-Bloomington, MN-WI	4,095	Oklahoma City, OK	1,745	Reading, PA	591
Las Vegas-Paradise, NV	1,863	Mobile, AL	530	Olympia, WA	463	Redding, CA	355
Lexington-Fayette, KY	502	Modesto, CA	537	Omaha-Council Bluffs, NE-IA	1,068	Reno-Sparks, NV	617
Lincoln, NE	359	Montgomery, AL	477	Orlando-Kissimmee, FL	1,824	Richmond, VA	1,563
Little Rock-N Little Rock-Conway, AR	809	Myrtle Beach-North Myrtle Beach-Conway, SC	366	Oxnard-Thousand Oaks-Ventura, CA	888	Riverside-San Bernardino-Ontario, CA	3,880
Los Angeles-Long Beach-Santa Ana, CA	10,153	Naples-Marco Island, FL	402	Palm Bay-Melbourne-Titusville, FL	728	Roanoke, VA	452
Louisville-Jefferson County, KY-IN	1,632	Nashville-Davidson-Murfreesboro-Franklin, TN	1,913	Pensacola-Ferry Pass-Brent, FL	600	Rochester, NY	1,408
Lynchburg, VA	393	New Haven-Milford, CT	827	Peoria, IL	427	Rockford, IL	374
Madison, WI	779			Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	6,827	Sacramento--Arden-Arcade--Roseville, CA	2,515
Manchester-Nashua, NH	505			Phoenix-Mesa-Scottsdale, AZ	4,493	Salem, OR	601
				Pittsburgh, PA	3,796	Salinas, CA	351
				Port St. Lucie, FL	452	Salt Lake City, UT	1,358
				Portland-South Portland-Biddeford, ME	871	San Antonio, TX	1,688
				Portland-Vancouver-Beaverton, OR-WA	2,958	San Diego-Carlsbad-San Marcos, CA	3,069
						San Francisco-Oakland-Fremont, CA	4,202

City Composite Map & Survey Sample Size by City (continued)

Rankings from data collected January 2, 2010 – December 30, 2010



■ Top Quintile
 ■ 2nd Quintile
 ■ 3rd Quintile
 ■ 4th Quintile
 ■ 5th Quintile

San Jose-Sunnyvale-Santa Clara, CA	1,491	Shreveport-Bossier City, LA	516	Tampa-St. Petersburg-Clearwater, FL	3,033	Visalia-Porterville, CA	424
San Luis Obispo-Paso Robles, CA	406	South Bend-Mishawaka, IN-MI	397	Toledo, OH	762	Washington-Arlington-Alexandria, DC-VA-MD-WV	6,407
Santa Barbara-Santa Maria-Goleta, CA	482	Spartanburg, SC	324	Topeka, KS	356	Wichita, KS	812
Santa Cruz-Watsonville, CA	342	Spokane, WA	767	Trenton-Ewing, NJ	405	Wilmington, NC	479
Santa Rosa-Petaluma, CA	771	Springfield, MA	789	Tucson, AZ	1,309	Winston-Salem, NC	702
Savannah, GA	381	Springfield, MO	569	Tulsa, OK	1,356	Worcester, MA	935
Scranton--Wilkes-Barre, PA	798	St. Louis, MO-IL	3,406	Utica-Rome, NY	445	York-Hanover, PA	636
Seattle-Tacoma-Bellevue, WA	4,282	Stockton, CA	593	Vallejo-Fairfield, CA	418	Youngstown-Warren-Boardman, OH-PA	748
		Syracuse, NY	810	Virginia Beach-Norfolk-Newport News, VA-NC	1,949		
		Tallahassee, FL	435				

Congressional District Rankings

Rankings from data collected January 2, 2010 – December 30, 2010

1.	CA-14	31.	CA-15
2.	CA-36	32.	WI-05
3.	CO-02	33.	CA-40
4.	HI-01	34.	TX-21
5.	GA-06	35.	PA-07
6.	VA-08	36.	KS-03
7.	WA-08	37.	TX-03
8.	NC-04	38.	CA-11
9.	HI-02	39.	FL-22
10.	MN-02	40.	CA-30
11.	CA-46	41.	CA-53
12.	WA-01	42.	NJ-11
13.	CA-48	43.	NY-08
14.	MD-08	44.	TX-25
15.	AZ-05	45.	MA-10
16.	MO-02	46.	WY-01
17.	CA-06	47.	NE-01
18.	VA-10	48.	WI-02
19.	NJ-12	49.	IL-09
20.	VA-11	50.	CA-52
21.	CA-50	51.	FL-18
22.	WA-07	52.	CA-12
23.	NY-18	53.	TX-28
24.	PA-08	54.	IA-02
25.	CA-08	55.	PA-16
26.	CT-04	56.	NJ-05
27.	CO-06	57.	MA-05
28.	TX-10	58.	NE-02
29.	MA-07	59.	MA-06
30.	IL-10	60.	NY-19



South Dakota residents were most positive about their work situations

61.	NJ-07	81.	CA-39	101.	TX-23	121.	MN-08
62.	GA-07	82.	GA-05	102.	IL-14	122.	PA-06
63.	CA-24	83.	CA-42	103.	NM-03	123.	MA-08
64.	IL-18	84.	AK-01	104.	ME-01	124.	OR-01
65.	DC-01	85.	MI-03	105.	CT-02	125.	NY-11
66.	IN-05	86.	MN-03	106.	TN-05	126.	FL-24
67.	CA-44	87.	GA-13	107.	CO-01	127.	MN-07
68.	IL-06	88.	NC-09	108.	UT-01	128.	CA-27
69.	TX-24	89.	TX-16	109.	MA-09	129.	MI-08
70.	PA-18	90.	MD-04	110.	TX-14	130.	NY-09
71.	MN-06	91.	CO-04	111.	IL-05	131.	MA-04
72.	VA-01	92.	SC-01	112.	KS-02	132.	MN-05
73.	CA-26	93.	TX-26	113.	NC-13	133.	MN-01
74.	CA-09	94.	NY-03	114.	VA-02	134.	WA-02
75.	MA-03	95.	NY-14	115.	CT-01	135.	CA-17
76.	CA-10	96.	MI-09	116.	TX-07	136.	OH-12
77.	MD-05	97.	SD-01	117.	IL-16	137.	TN-07
78.	IL-13	98.	TX-22	118.	WI-03	138.	PA-04
79.	UT-02	99.	MD-06	119.	CO-05	139.	MT-01
80.	ND-01	100.	UT-03	120.	ID-02	140.	IA-01

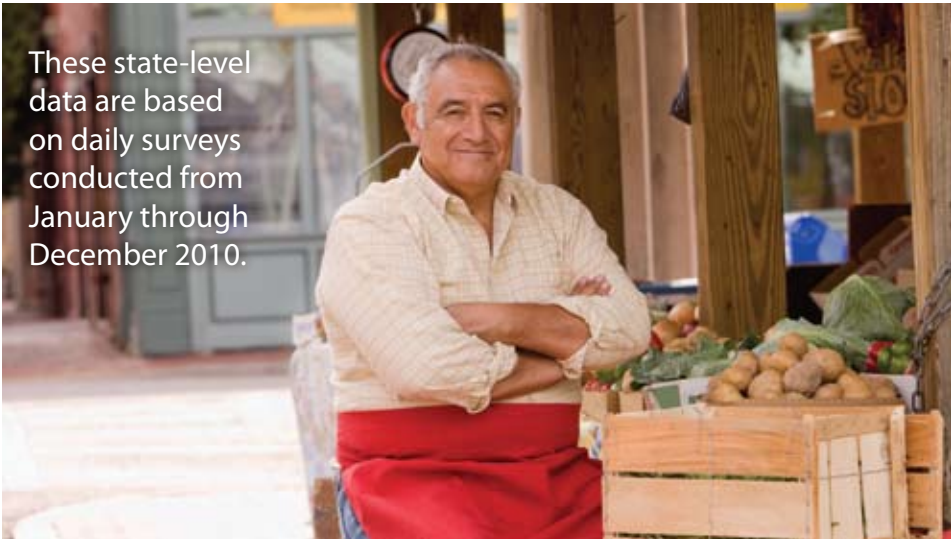


Congressional District Rankings (continued)

Rankings from data collected January 2, 2010 – December 30, 2010

Five of the top 10 states that shine in well-being are located in the West

141. AL-06	171. TX-31	191. TX-17	211. PA-17	231. FL-01	251. CA-38
142. AZ-06	172. CT-03	192. AZ-08	212. MA-01	232. SC-02	252. PA-02
143. OR-05	173. IL-11	193. WI-08	213. CA-33	233. OR-03	253. MI-02
144. IA-03	174. CA-23	194. TX-30	214. VA-04	234. CA-37	254. CA-05
145. CT-05	175. WI-07	195. MO-06	215. PA-15	235. TX-27	255. NJ-04
146. VA-07	176. CA-01	196. OH-02	216. MS-03	236. CA-51	256. TX-04
147. MN-04	177. NM-01	197. NJ-09	217. WA-03	237. OR-04	257. NJ-10
148. PA-13	178. ID-01	198. MD-03	218. PA-09	238. FL-08	258. IL-19
149. IL-08	179. CA-45	199. MO-05	219. CA-21	239. NE-03	259. CA-32
150. NJ-03	180. MD-01	200. CA-19	220. CO-07	240. NM-02	260. NJ-06
151. NY-29	181. FL-13	201. CA-07	221. NY-28	241. AZ-03	261. NY-02
152. VT-01	182. MO-01	202. CA-22	222. IA-04	242. PA-05	262. TX-06
153. CA-29	183. CA-47	203. LA-02	223. VA-06	243. TX-09	263. FL-07
154. IN-04	184. WA-04	204. MO-07	224. FL-19	244. WA-05	264. IL-15
155. NH-01	185. AR-03	205. FL-06	225. PA-19	245. FL-20	265. NY-24
156. NY-05	186. GA-09	206. FL-10	226. LA-01	246. OK-03	266. AZ-04
157. NH-02	187. WA-09	207. LA-06	227. OK-04	247. GA-03	267. FL-11
158. RI-02	188. MD-07	208. IL-07	228. TN-09	248. OR-02	268. GA-04
159. CA-03	189. IN-03	209. CA-28	229. NC-12	249. WA-06	269. MO-03
160. KS-04	190. FL-14	210. CO-03	230. TX-11	250. NY-25	270. AR-02
161. TX-18					271. GA-10
162. WI-06					272. GA-08
163. TX-32					273. MI-10
164. CA-16					274. IL-12
165. NY-20					275. NY-01
166. AZ-02					276. TX-12
167. TX-15					277. TN-08
168. CA-04					278. FL-16
169. OH-16					279. AL-02
170. NY-26					280. LA-07



These state-level data are based on daily surveys conducted from January through December 2010.

Congressional District Rankings (continued)

Rankings from data collected January 2, 2010 – December 30, 2010

281. IN-09	310. NV-02	340. NC-01	369. MI-12		
282. CA-49	311. NC-08	341. PA-14	370. AL-05		
283. MI-11	312. KY-03	342. TX-22	371. IN-02		
284. NV-03	313. NJ-08	342. TN-06	372. NY-10		
285. NY-21	314. NY-13	343. MI-01	373. NC-07		
286. PA-10	315. RI-01	344. GA-01	374. MI-06		
287. FL-09	316. NY-06	345. SC-06	375. CA-31		
288. NY-23	317. PA-03	346. FL-04	376. CA-41		
289. KS-01	318. MA-02	347. AL-03	377. NY-07		
290. OK-01	319. GA-12	348. IL-02	378. OH-08		
291. FL-05	320. FL-03	349. OH-11	379. IL-17	398. OH-04	418. TX-08
292. TX-01	321. TN-03	350. IL-04	380. IN-07	399. NC-03	419. GA-02
293. ME-02	322. FL-21	351. PA-12	381. MO-08	400. CA-18	420. PA-01
294. IL-09	323. OK-05	352. NY-27	382. TX-29	401. LA-03	421. TX-05
294. MI-15	324. MO-09	353. SC-04	383. KY-01	402. CA-35	422. TN-04
295. OH-15	325. SC-05	354. NJ-13	384. AL-07	403. OH-09	423. AL-04
296. NC-05	326. SC-03	355. OH-13	385. FL-15	404. KY-02	424. MS-01
297. AZ-07	327. OK-02	356. OH-05	386. NY-16	405. TX-20	425. OH-06
298. GA-11	328. CA-43	357. NC-02	387. IN-01	406. CA-20	426. WI-04
299. MO-04	329. DE-01	358. MI-07	388. KY-06	407. MS-04	427. AR-01
300. NJ-01	330. TX-13	359. FL-02	389. MS-02	408. OH-03	428. OH-17
301. FL-12	331. CA-25	360. OH-01	390. MN-04	409. AR-04	429. NY-12
302. MD-02	332. VA-05	361. MI-04	390. WV-02	410. OH-10	430. IL-01
303. IA-05	333. VA-03	362. TN-02	391. CA-02	411. NC-10	431. VA-09
304. NC-06	334. WI-01	363. NC-11	392. CA-34	412. IN-06	432. WV-03
305. NY-15	335. TN-01	364. WV-01	393. MI-05	413. PA-11	433. FL-23
306. CA-13	336. NJ-02	365. AZ-01	394. NV-01	414. LA-05	434. FL-17
307. NY-04	337. TX-19	366. MI-14	395. OH-07	415. KY-04	435. KY-05
308. NY-22	338. NY-17	367. TX-02	396. FL-25	416. AL-01	
309. OH-14	339. LA-04	368. IN-08	397. IL-03	417. OH-18	436. MI-13



Congressional Districts Survey Sample Size

Rankings from data collected January 2, 2010 – December 30, 2010

AK-01	1,231	CA-11	856	CA-41	908
AL-01	950	CA-12	541	CA-42	526
AL-02	906	CA-13	412	CA-43	453
AL-03	734	CA-14	638	CA-44	662
AL-04	816	CA-15	518	CA-45	916
AL-05	947	CA-16	511	CA-46	638
AL-06	978	CA-17	659	CA-47	325
AL-07	637	CA-18	631	CA-48	829
AR-01	786	CA-19	880	CA-49	835
AR-02	927	CA-20	469	CA-50	804
AR-03	1,064	CA-21	774	CA-51	505
AR-04	933	CA-22	954	CA-52	773
AZ-01	987	CA-23	685	CA-53	629
AZ-02	1,467	CA-24	866	CO-01	683
AZ-03	843	CA-25	746	CO-02	799
AZ-04	333	CA-26	725	CO-03	1156
AZ-05	773	CA-27	466	CO-04	1033
AZ-06	1,249	CA-28	532	CO-05	1047
AZ-07	609	CA-29	526	CO-06	1201
AZ-08	1,229	CA-30	859	CO-07	890
CA-01	1,063	CA-31	362	CT-01	842
CA-02	1,127	CA-32	323	CT-02	944
CA-03	990	CA-33	408	CT-03	700
CA-04	1,251	CA-34	369	CT-04	600
CA-05	645	CA-35	416	CT-05	797
CA-06	1081	CA-36	656	DC-01	662
CA-07	569	CA-37	440	DE-01	1150
CA-08	568	CA-38	304	FL-01	921
CA-09	705	CA-39	455	FL-02	836
CA-10	790	CA-40	558	FL-03	323
				FL-04	883
				FL-05	1329
				FL-06	1077
				FL-07	999
				FL-08	763
				FL-09	837
				FL-10	806
				FL-11	514
				FL-12	850
				FL-13	1,130
				FL-14	1,111
				FL-15	947
				FL-16	909
				FL-17	332
				FL-18	442
				FL-19	961
				FL-20	541
				FL-21	300
				FL-22	709
				FL-23	308
				FL-24	733
				FL-25	399
				GA-01	778
				GA-02	400
				GA-03	902
				GA-04	412
				GA-05	585
				GA-06	677
				GA-07	840
				GA-08	787
				GA-09	999
				GA-10	894
				GA-11	794
				GA-12	661
				GA-13	788
				HI-01	451
				HI-02	546
				IA-01	857
				IA-02	857
				IA-03	862
				IA-04	790
				IA-05	827
				ID-01	1279
				ID-02	1029
				IL-01	391
				IL-02	441
				IL-03	526
				IL-04	303
				IL-05	494
				IL-06	529
				IL-07	501
				IL-08	685
				IL-09	528
				IL-10	655



Congressional Districts Survey Sample Size (continued)

Rankings from data collected January 2, 2010 – December 30, 2010

IL-11	818	LA-03	590	MI-06	847	MS-04	790	NE-02	789	NM-01	961
IL-12	771	LA-04	831	MI-07	773	MT-01	2073	NE-03	757	NM-02	872
IL-13	674	LA-05	739	MI-08	691	NC-01	678	NH-01	881	NM-03	855
IL-14	730	LA-06	758	MI-09	611	NC-02	791	NH-02	951	NV-01	501
IL-15	764	LA-07	752	MI-10	559	NC-03	997	NJ-01	704	NV-02	1195
IL-16	801	MA-01	757	MI-11	659	NC-04	1042	NJ-02	758	NV-03	1299
IL-17	758	MA-02	828	MI-12	600	NC-05	1031	NJ-03	948	NY-01	638
IL-18	838	MA-03	760	MI-13	322	NC-06	1142	NJ-04	800	NY-02	570
IL-19	848	MA-04	707	MI-14	377	NC-07	875	NJ-05	723	NY-03	542
IN-01	821	MA-05	744	MI-15	619	NC-08	915	NJ-06	525	NY-04	575
IN-02	909	MA-06	680	MN-01	872	NC-09	1019	NJ-07	834	NY-05	392
IN-03	890	MA-07	670	MN-02	774	NC-10	930	NJ-08	538	NY-06	423
IN-04	931	MA-08	473	MN-03	890	NC-11	1,211	NJ-09	505	NY-07	302
IN-05	932	MA-09	658	MN-04	839	NC-12	709	NJ-10	334	NY-08	600
IN-06	852	MA-10	958	MN-05	738	NC-13	814	NJ-11	831	NY-09	343
IN-07	705	MD-01	976	MN-06	901	ND-01	974	NJ-12	785	NY-10	434
IN-08	910	MD-02	870	MN-07	997	NE-01	726	NJ-13	358	NY-11	321
IN-09	1,021	MD-03	788	MN-08	1112					NY-12	304
KS-01	892	MD-04	596	MO-01	662						
KS-02	927	MD-05	922	MO-02	901						
KS-03	880	MD-06	1045	MO-03	768						
KS-04	929	MD-07	647	MO-04	840						
KY-01	969	MD-08	900	MO-05	756						
KY-02	1,028	ME-01	1,204	MO-06	890						
KY-03	947	ME-02	1,218	MO-07	929						
KY-04	937	MI-01	974	MO-08	905						
KY-05	1,046	MI-02	862	MO-09	823						
KY-06	883	MI-03	759	MS-01	904						
LA-01	772	MI-04	863	MS-02	742						
LA-02	449	MI-05	624	MS-03	854						



Southern states continue to have the lowest well-being in the nation



Congressional Districts Survey Sample Size (continued)

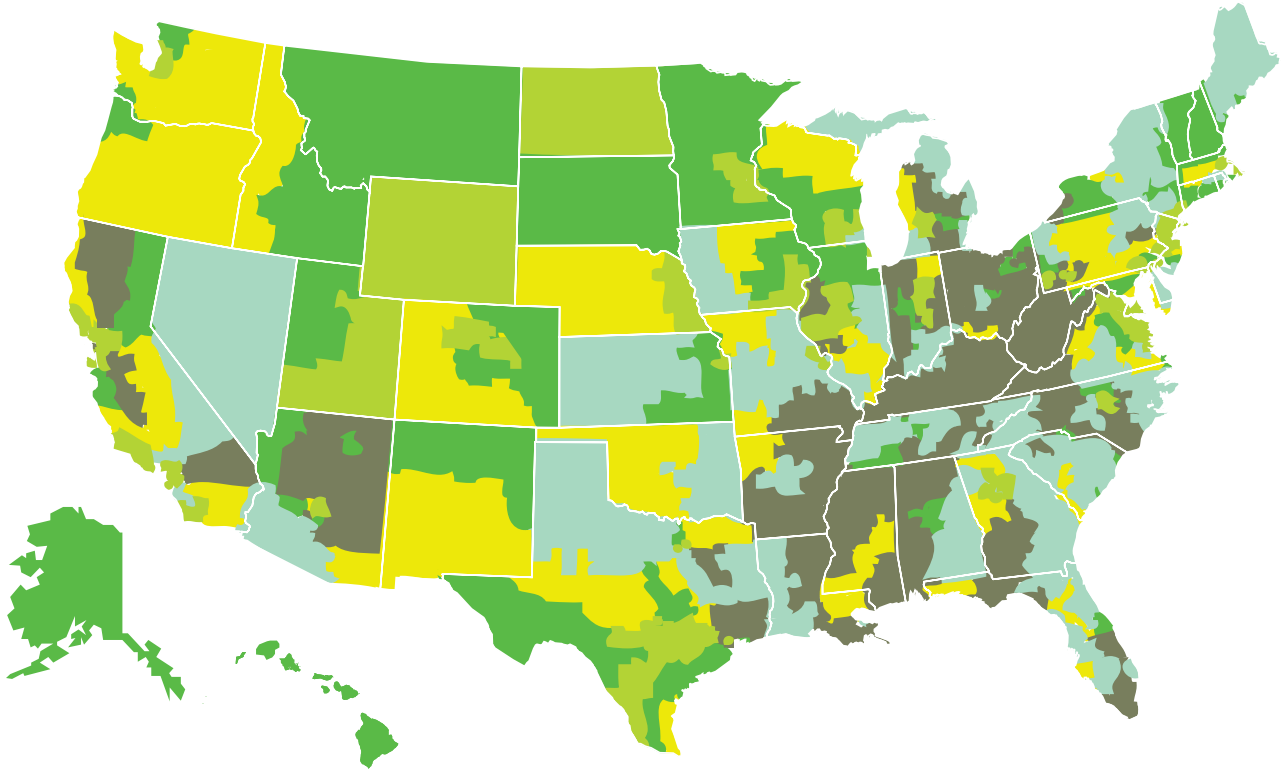
Rankings from data collected January 2, 2010 – December 30, 2010

NY-13	436	OH-09	700	PA-06	1151	TN-03	873	TX-19	714	VA-09	1,027
NY-14	709	OH-10	579	PA-07	865	TN-04	1,033	TX-20	400	VA-10	1,052
NY-15	429	OH-11	525	PA-08	845	TN-05	898	TX-21	712	VA-11	966
NY-16	306	OH-12	857	PA-09	1180	TN-06	925	TX-22	751	VT-01	1,235
NY-17	452	OH-13	755	PA-10	1175	TN-07	1,105	TX-23	700	WA-01	987
NY-18	618	OH-14	753	PA-11	905	TN-08	858	TX-24	579	WA-02	1,325
NY-19	712	OH-15	674	PA-12	1095	TN-09	398	TX-25	906	WA-03	1266
NY-20	982	OH-16	718	PA-13	795	TX-01	900	TX-26	1,134	WA-04	1019
NY-21	984	OH-17	665	PA-14	787	TX-02	555	TX-27	484	WA-05	1257
NY-22	903	OH-18	775	PA-15	878	TX-03	628	TX-28	457	WA-06	1096
NY-23	981	OK-01	1106	PA-16	884	TX-04	910	TX-29	371	WA-07	859
NY-24	962	OK-02	1043	PA-17	1,060	TX-05	704	TX-30	385	WA-08	953
NY-25	872	OK-03	1049	PA-18	1,097	TX-06	627	TX-31	964	WA-09	933
NY-26	991	OK-04	1121	PA-19	1,123	TX-07	614	TX-32	692	WI-01	930
NY-27	818	OK-05	1002	RI-01	604	TX-08	823	UT-01	1,167	WI-02	1028
NY-28	597	OR-01	1118	RI-02	683	TX-09	346	UT-02	1,365	WI-03	1012
NY-29	1,045	OR-02	1363	SC-01	1,040	TX-10	737	UT-03	1,023	WI-04	688
OH-01	631	OR-03	939	SC-02	876	TX-11	816	VA-01	1,009	WI-05	1058
OH-02	804	OR-04	1386	SC-03	876	TX-12	680	VA-02	767	WI-06	938
OH-03	730	OR-05	1159	SC-04	882	TX-13	875	VA-03	603	WI-07	1100
OH-04	724	PA-01	448	SC-05	830	TX-14	693	VA-04	889	WI-08	1089
OH-05	821	PA-02	584	SC-06	733	TX-15	429	VA-05	1,058	WV-01	971
OH-06	807	PA-03	1097	SD-01	1,098	TX-16	525	VA-06	1,076	WV-02	1027
OH-07	691	PA-04	1064	TN-01	959	TX-17	844	VA-07	1,055	WV-03	947
OH-08	717	PA-05	1158	TN-02	1,047	TX-18	501	VA-08	830	WY-01	1000



Congressional Composite Ranking Map

Rankings from data collected January 2, 2010 – December 30, 2010



■ Top Quintile ■ 2nd Quintile ■ 3rd Quintile ■ 4th Quintile ■ 5th Quintile

About the State, Congressional District & City Reports



Survey Dates:

January 2, 2010 through
December 30, 2010

Sample Information:

Total Surveys:

352,840 respondents
aged 18 and older

Maximum Sample Size:

Cities: 14,793 respondents
States: 35,543 respondents
Congressional Districts:
2,073 respondents

Minimum Sample Size:

Cities: 324 respondents
States: 974 respondents
Congressional District:
300 respondents *

Margin of Error:

For results based on the overall 352,840 respondents, one can say with 95% confidence that the maximum margin of sampling error is ± 0.2 percentage points.

Composite Result:

0 (bottom) – 100 (top) Scale

- For results based on 5,000, ± 1.4 percentage points
- For results based on 1,000, ± 3.1 percentage points
- For results based on 500, ± 4.4 percentage points
- For results based on 300, ± 5.7 percentage points

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 Well-Being Index composite result is an average of six domains: life evaluation, emotional health, physical health, healthy behaviors, work environment and basic access. Among states, overall Well-Being Index results ranged from a high of 71.0 (Hawaii) to a low of 61.7 (West Virginia). The 2010 national average for Well-Being was 66.8, Life Evaluation – 49.8, Emotional Health – 79.3, Physical Health – 76.9, Healthy Behaviors – 64.1, Work Environment – 48.2 and Basic Access – 82.3.

For detailed descriptions of the domains, visit the methodology section of www.well-beingindex.com.

Position Scale:

Each State is positioned from 1-50, based on composite scores as compared to all States; Each Congressional District is positioned from 1-436, based on composite scores as compared to all Congressional Districts; Each City (Metropolitan Statistical Area) is positioned from 1-188, based on composite scores as compared to all Cities.

Survey Methods:

The survey methods for Gallup-Healthways Well-Being Index® relies on live (not automated) interviewers, dual-frame random-digit-dial (RDD) sampling (which includes landlines as well as wireless phone sampling to reach those in wireless-only households), and a random selection method for choosing respondents within a household. Additionally, daily tracking includes Spanish-language interviews for respondents who speak only Spanish, includes interviews in Alaska and Hawaii. The data are weighted daily to compensate for disproportional ties in selection probabilities and non-response. The data are weighted to match targets from the U.S. Census Bureau by age, sex, region, gender, education, ethnicity and race.

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.



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