

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

April 2011

### GALLUP AND HEALTHWAYS RELEASE APRIL 2011 U.S. WELL-BEING REPORT

#### *The Well-Being of Americans Remains Low and Percentage of*

The Gallup-Healthways Well Being Index (WBI) composite score of 66.2 remains relatively low and unchanged from March's score of 66.3. This is the eighth consecutive month that the score has remained between 66.0 and 66.7, showing little movement in the overall well-being of the nation.

Dropping from 84.1 since October 2008, the Basic Access Index remains at 82.1. The percentage of Americans with health insurance recorded its lowest level to-date, at just 82.7 percent. For the second month in a row, the number of Americans who had easy access to fresh fruits and vegetables declined.

This percentage remains at 90.3, two points from the 92.1 measured one year ago—translating to fewer than four million fewer Americans with easy access to fruits and vegetables.

Although the Physical Health and Healthy Behavior sub-indices improved due to seasonal effects with scores of 76.9 and 64.0, respectively, the overall stagnation resulted from a decline in Life Evaluation to 48.4. This decline was mostly due to the percentage of Americans thriving, which dropped four full points to 52.1 from March's score of 56.5.

Other key findings:

Healthy behaviors saw an increase of two points in the number of Americans who exercised 30 minutes for at least three days a week. The number of Americans smoking came in at the typical 20.6 percent in April.

The Work Environment Index stayed flat and low at 47.0, still not rebounding to pre-recession numbers above 50.0 in 2008.

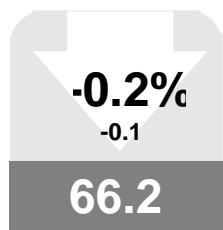
The Emotional Health Index remains at 78.8, while those who feel stress dropped to 58.3, showing a three-month decline.

For more on the science and methodology behind the WBI, please visit [www.well-beingindex.com](http://www.well-beingindex.com).

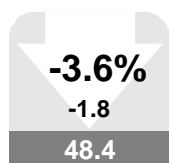
**Vicki Shepard**  
Healthways, Inc.

**Patrick Bogart**  
Gallup, Inc.

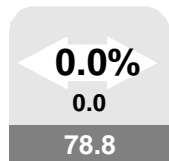
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



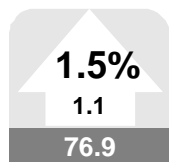
U.S. Well-Being



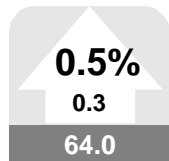
Life Evaluation



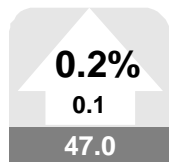
Emotional Health



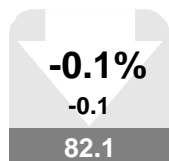
Physical Health



Healthy Behavior



Work Environment



Basic Access

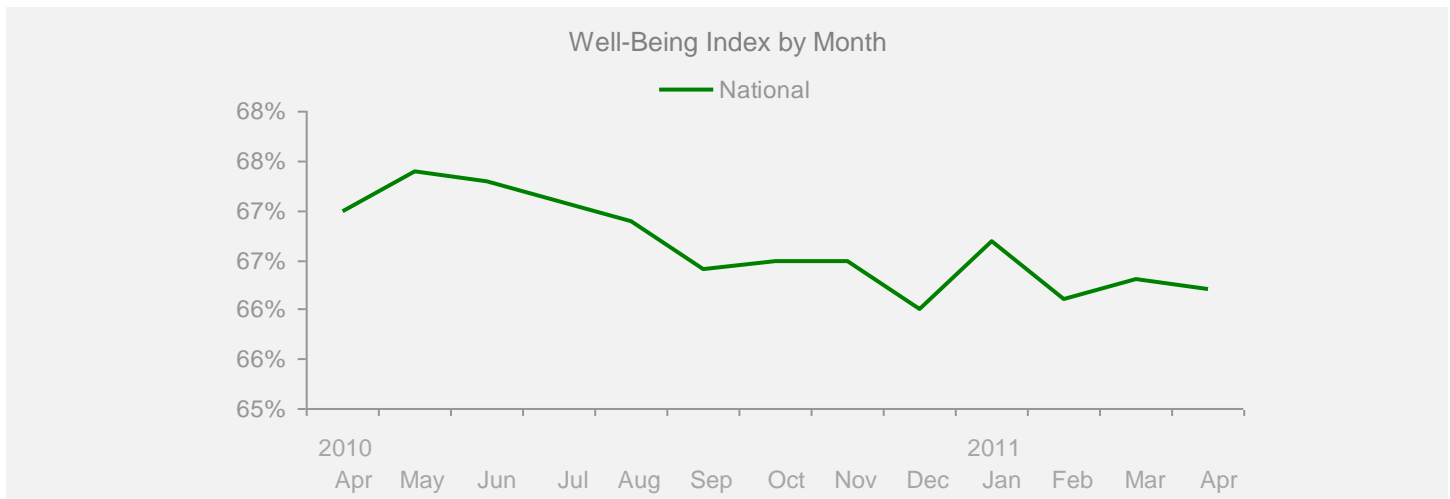
**Gallup-Healthways Monthly U.S. Well-Being Report**

From Gallup-Healthways Well-Being Index Data

Based on 29,309 surveys completed in April 2011. Total of 1,149,850 since January 2, 2008.

**U.S. Composite and Life Evaluation Score**

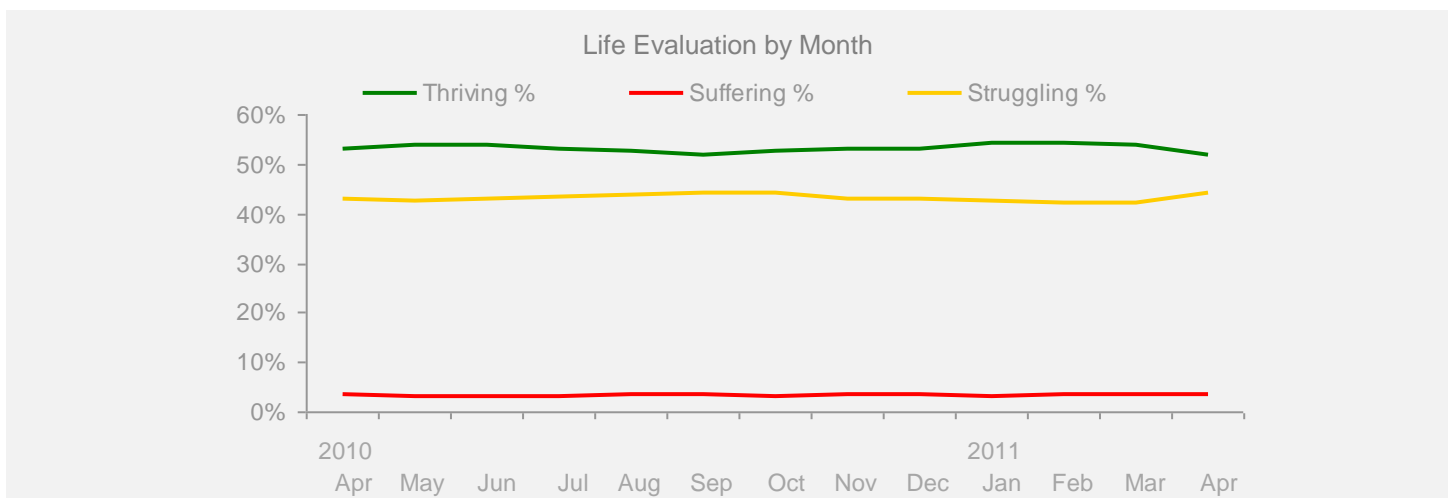
	2010												2011				Change	
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Month	Year			
<b>Well-Being Index</b>	SCALE 0-100 MoE = +/- 0.2%																	
<b>National</b>	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	-0.1	-0.8			



**Life Evaluation**

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

<b>Life Evaluation</b>	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	-1.8	-1.3
Thriving %	53.3	54.0	53.9	53.0	52.8	52.0	52.6	53.3	53.2	54.2	54.2	53.9	52.1	-1.8	-1.2
Struggling %	43.1	42.8	43.1	43.6	43.7	44.4	44.1	43.1	43.2	42.6	42.1	42.4	44.3	+1.9	+1.2
Suffering %	3.6	3.2	3.1	3.4	3.5	3.6	3.3	3.6	3.6	3.2	3.7	3.7	3.6	-0.1	+0.0



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**National and Regional Composite Well-Being Scores**

	2010					2011								Change	
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Month	Year
<b>Well-Being Index</b> <span style="float: right;">MoE = National +/- 0.2% Regional +/- 0.4%</span>															
<b>National</b>	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	-0.1	-0.8
Northeast	67.3	67.9	67.0	67.9	67.8	66.7	66.1	66.8	66.7	66.6	66.1	65.8	66.1	+0.3	-1.2
South	66.4	66.5	66.6	66.2	66.4	65.9	66.0	65.9	64.9	66.2	65.6	65.9	65.6	-0.3	-0.8
Midwest	66.7	67.6	67.7	66.6	65.9	65.8	66.7	66.0	65.8	66.7	66.0	65.7	66.0	+0.3	-0.7
West	68.0	67.8	68.1	68.2	67.7	67.3	67.5	67.8	66.9	67.7	67.0	67.8	67.3	-0.5	-0.7
<b>Life Evaluation</b> <span style="float: right;">MoE = National +/- 0.7% Regional +/- 1.4%</span>															
<b>National</b>	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	-1.8	-1.3
Northeast	49.1	51.7	49.1	51.5	49.6	49.2	48.7	49.2	51.5	51.5	49.3	49.2	48.9	-0.3	-0.2
South	49.6	49.9	50.6	47.8	50.2	48.7	49.4	50.3	48.2	51.4	51.8	50.2	47.6	-2.6	-2.0
Midwest	48.3	50.9	50.8	48.2	46.2	46.5	49.7	47.7	49.1	49.9	48.8	47.7	47.3	-0.4	-1.0
West	51.6	50.9	52.4	51.7	50.7	49.2	49.2	51.3	50.4	51.2	51.7	53.5	50.4	-3.1	-1.2
<b>Emotional Health</b> <span style="float: right;">MoE = National +/- 0.3% Regional +/- 0.5%</span>															
<b>National</b>	79.8	79.8	79.6	79.5	79.3	79.0	79.3	79.4	78.7	79.4	79.1	78.8	78.8	+0.0	-1.0
Northeast	79.3	79.4	79.2	79.1	79.7	78.5	78.4	79.1	78.1	79.2	78.2	78.0	77.9	-0.1	-1.4
South	79.9	79.3	79.4	78.9	78.7	79.1	79.2	78.9	78.5	79.0	79.0	78.8	78.6	-0.2	-1.3
Midwest	79.9	80.2	80.2	80.4	79.6	79.3	80.1	80.0	78.7	79.8	79.5	78.7	79.3	+0.6	-0.6
West	80.1	80.4	79.6	80.0	79.6	79.1	79.3	79.7	79.5	79.6	79.4	79.7	79.6	-0.1	-0.5
<b>Physical Health</b> <span style="float: right;">MoE = National +/- 0.2% Regional +/- 0.3%</span>															
<b>National</b>	76.9	77.3	77.2	77.5	77.4	76.2	76.6	76.7	76.3	76.7	76.2	75.8	76.9	+1.1	+0.0
Northeast	77.3	77.1	77.3	77.5	77.8	76.3	76.5	77.3	76.5	76.9	76.7	75.9	76.7	+0.8	-0.6
South	76.2	76.5	76.1	76.3	76.4	75.7	75.6	75.5	75.3	75.7	75.2	75.0	76.2	+1.2	+0.0
Midwest	76.8	77.9	78.1	78.0	77.5	76.2	77.4	76.6	76.3	77.4	76.5	76.2	77.2	+1.0	+0.4
West	77.7	78.1	77.7	78.6	78.5	77.0	77.3	77.9	77.4	77.4	76.7	76.7	77.7	+1.0	+0.0
<b>Healthy Behavior</b> <span style="float: right;">MoE = National +/- 0.2% Regional +/- 0.4%</span>															
<b>National</b>	64.9	65.2	64.9	65.5	65.0	64.5	63.8	63.2	61.1	62.8	63.1	63.7	64.0	+0.3	-0.9
Northeast	65.6	66.0	65.6	66.9	66.8	65.1	64.0	64.1	61.5	63.3	63.0	63.8	64.4	+0.6	-1.2
South	63.6	64.1	64.1	64.4	63.6	63.3	63.3	61.8	60.2	62.0	61.9	62.7	62.5	-0.2	-1.1
Midwest	63.7	63.9	63.7	63.6	63.3	62.5	61.6	61.0	59.0	61.0	61.4	62.4	62.9	+0.5	-0.8
West	67.1	67.1	66.7	67.8	67.1	67.3	66.5	66.2	64.0	65.4	66.4	66.2	66.7	+0.5	-0.4
<b>Work Environment</b> <span style="float: right;">MoE = National +/- 0.6% Regional +/- 1.2%</span>															
<b>National</b>	48.3	48.9	48.4	48.1	47.7	47.6	48.1	48.2	48.4	48.2	45.4	46.9	47.0	+0.1	-1.3
Northeast	48.0	48.3	46.9	47.9	48.2	47.1	45.1	47.2	48.4	45.0	45.4	44.0	44.8	+0.8	-3.2
South	48.0	49.0	48.3	48.9	48.8	47.5	48.1	48.3	47.8	48.4	44.6	48.5	48.5	+0.0	+0.5
Midwest	48.2	49.1	48.7	46.2	45.3	46.8	48.0	47.1	48.8	48.3	46.2	45.6	46.3	+0.7	-1.9
West	48.9	49.2	49.7	48.7	48.2	49.2	51.2	50.3	49.0	50.9	45.9	49.0	47.6	-1.4	-1.3
<b>Basic Access</b> <span style="float: right;">MoE = National +/- 0.2% Regional +/- 0.4%</span>															
<b>National</b>	82.7	82.3	82.8	82.5	82.4	82.4	82.2	82.1	81.7	82.1	82.4	82.2	82.1	-0.1	-0.6
Northeast	84.4	84.9	84.0	84.4	84.5	83.9	83.8	83.8	84.1	83.7	83.9	83.9	84.1	+0.2	-0.3
South	81.2	80.3	81.2	80.8	80.6	80.9	80.7	80.4	79.7	80.6	81.1	80.4	80.4	+0.0	-0.8
Midwest	83.5	83.8	84.3	83.4	83.4	83.7	83.5	83.3	82.9	83.6	83.5	83.9	83.2	-0.7	-0.3
West	82.3	81.4	82.4	82.3	82.0	82.0	81.4	81.7	81.3	81.6	81.7	81.8	81.8	+0.0	-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**

	2010								2011				Change		
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Month	Year
<b>Gender</b>															
Male	66.9	67.6	67.4	67.1	67.1	66.6	66.8	67.0	66.3	66.9	66.4	66.2	66.6	+0.4	-0.3
Female	67.2	67.1	67.1	67.0	66.6	66.1	66.2	66.1	65.6	66.5	65.7	66.4	65.8	-0.6	-1.4
<b>Age</b>															
18 to 29	69.0	68.8	67.9	68.8	68.6	68.0	67.9	67.9	67.2	67.6	67.0	68.0	67.6	-0.4	-1.4
30 to 44	67.3	67.9	68.0	67.9	66.7	67.3	67.0	67.0	66.0	67.2	66.7	67.0	66.3	-0.7	-1.0
45 to 64	65.6	66.1	66.1	65.6	65.7	64.5	65.1	65.2	64.7	65.4	65.1	64.7	64.9	+0.2	-0.7
65 and older	68.2	69.2	69.2	68.9	68.8	68.4	68.5	68.2	67.9	68.8	67.8	68.3	68.6	+0.3	+0.4
<b>Family Status</b>															
Married	69.4	69.8	70.1	69.7	69.2	68.9	69.2	69.3	68.6	69.5	68.8	69.0	68.7	-0.3	-0.7
Single	65.5	66.3	65.7	66.0	65.9	65.1	64.8	65.5	64.5	65.4	64.7	64.9	65.6	+0.7	+0.1
Divorced	60.8	60.6	60.8	60.5	60.6	59.5	60.7	59.9	60.3	60.1	59.7	59.7	60.2	+0.5	-0.6
Widowed	65.5	65.0	64.0	65.4	65.3	63.3	63.8	63.4	63.7	64.2	63.2	63.0	63.0	+0.0	-2.5
Separated	56.1	59.2	56.7	59.2	56.8	56.4	55.3	55.8	56.2	56.1	54.5	58.2	54.0	-4.2	-2.1
Domestic Partner	65.9	65.4	65.2	62.9	64.7	65.1	64.7	63.1	62.8	63.0	63.9	64.1	63.4	-0.7	-2.5
<b>Ethnicity</b>															
White	67.4	67.8	67.9	67.6	67.5	66.6	66.9	66.9	66.6	67.2	66.7	66.8	67.3	+0.5	-0.1
Black	65.1	66.0	65.2	65.3	64.4	65.3	65.1	65.5	63.3	64.6	64.4	62.8	64.0	+1.2	-1.1
Hispanic	66.6	66.1	66.3	66.4	65.9	66.6	66.3	65.9	64.9	65.5	64.7	66.4	65.4	-1.0	-1.2
Asian	71.0	74.7	72.6	72.3	71.3	72.0	70.8	71.4	69.4	69.2	71.0	69.7	68.7	-1.0	-2.3
Other	64.3	64.3	62.4	63.8	63.0	63.0	62.5	62.7	63.9	64.4	61.7	63.5	61.4	-2.1	-2.9
<b>Household Income</b>															
Under \$1,000	56.0	56.1	55.3	54.1	54.8	54.2	55.4	53.6	54.0	54.4	55.2	54.9	54.9	+0.0	-1.1
\$1,000-\$1,999	58.5	59.1	59.2	58.8	57.9	58.1	58.2	57.8	57.2	58.0	57.8	58.7	58.3	-0.4	-0.2
\$2,000-\$2,999	63.7	63.6	63.7	63.0	62.1	62.4	62.5	63.2	63.0	63.0	62.8	62.0	62.6	+0.6	-1.1
\$3,000-\$3,999	66.1	67.5	66.6	66.9	66.4	66.1	65.6	66.0	66.2	66.5	66.0	66.1	66.2	+0.1	+0.1
\$4,000-\$4,999	68.8	69.1	68.6	69.3	68.4	68.5	68.9	68.2	68.1	69.2	68.0	68.0	68.5	+0.5	-0.3
\$5,000-\$7,499	71.6	72.5	72.1	72.1	71.5	71.1	71.3	70.9	71.1	71.2	70.1	71.2	70.7	-0.5	-0.9
\$7,500-\$9,999	74.2	73.4	73.8	74.2	74.0	72.9	73.3	73.5	72.4	73.5	74.2	72.7	72.5	-0.2	-1.7
\$10,000 +	74.7	75.5	75.0	74.5	75.0	74.7	74.7	75.6	74.6	75.5	74.4	74.8	75.1	+0.3	+0.4

**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.