

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

August 2011

Well-Being Index Data Reveals Decline in Obesity Rates Since 2010

The overall WBI composite score remains relatively high at 66.1. This is the first year-over-year obesity scores have declined since measurement began in 2008. The obesity score was at 25.9% in August, continuing a slow trend in obesity reduction nationally over the course of 2011.

Key findings:

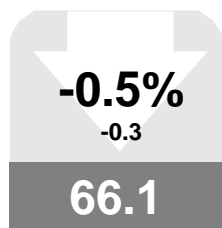
- In the Physical Health Index (PHI), the percentage of respondents who said they felt well-rested yesterday fell nearly two points to 69.0% in August, the lowest level in 12 months. The overall PHI score inched up to a typical 77.5 in July and stayed there at 77.3 in August.
- The Work Environment Index, which hasn't been above 49.0 since September 2009, remained low at 47.1 in August, its third-lowest rating since the inception of the WBI. The lowest scores in successive measurement have come in the last seven months.
- The Life Evaluation Index dropped to 47.6 in August, the lowest since July 2009. The 51.5% of Americans that are Thriving is also the lowest since August 2009, and the 4.0% that are suffering is the highest since the 5.1% measured in March 2009.
- The Basic Access Index was close to a recorded low at 81.9 in August as 4.1 million fewer American adults reported easy access to fresh produce than one year ago.
- The percentage of Americans who have visited the dentist in the last 12 months, which hit its lowest recorded level at 63.9% in May, has finally pulled back up over 65% in August at 65.4%.
- The percentage of Americans with health insurance finally climbed higher in August at 83.2%, the first time over 83% since March and up 1.2 points from last month's 82.0%.
- Those with a personal doctor rose one point to 78.8% in August, but still nearly two points lower than what was estimated in each of the last three August measurement periods.
- The Emotional Health Index dropped one full point to 78.4 in August, an atypical decline for this time of year. The percentage of Americans without stress "a lot of the day yesterday" dropped back in August to just 58.5%, down 2.6 points since July and the lowest since February 2009. The percentage of Americans who are without worry "a lot of the day yesterday" also dropped 2.7 points to 66.1%, the lowest since March 2009.

For more on the science and methodology behind the WBI, please visit www.well-beingindex.com.

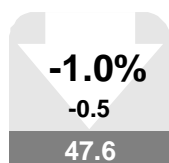
Vicki Shepard
Healthways, Inc.

Patrick Bogart
Gallup, Inc.

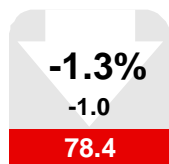
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



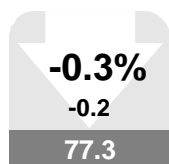
U.S. Well-Being



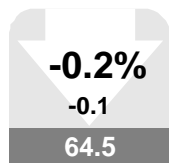
Life Evaluation



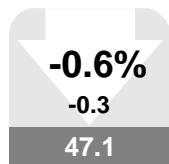
Emotional Health



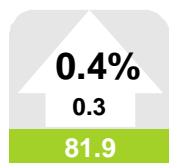
Physical Health



Healthy Behavior



Work Environment



Basic Access

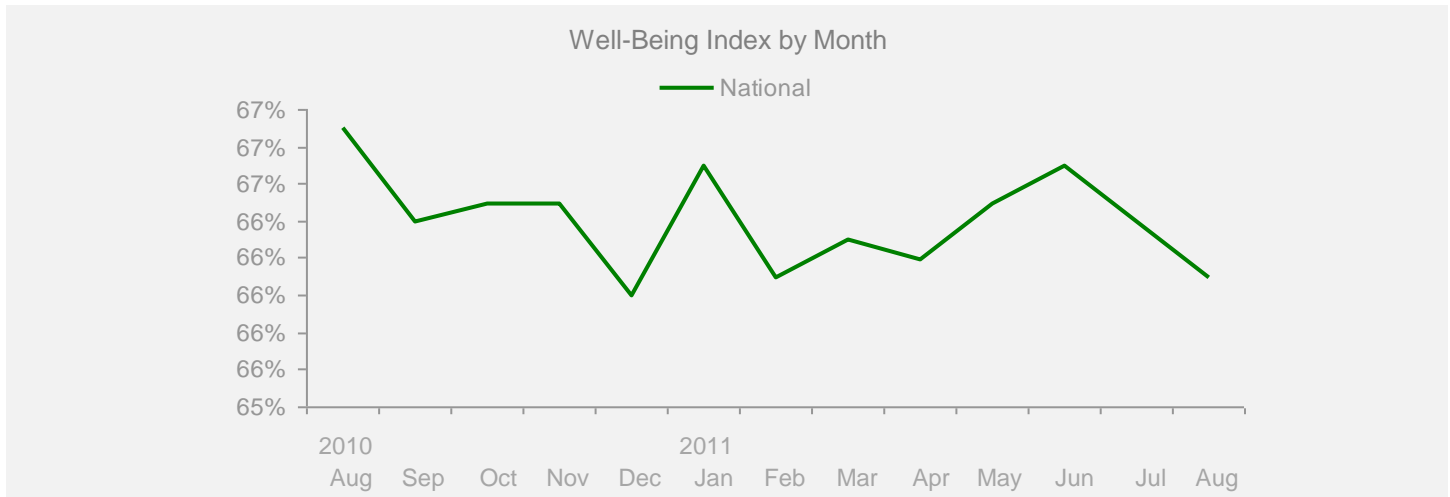
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 30,344 surveys completed in August 2011. Total of 1,271,155 since January 2, 2008.

U.S. Composite and Life Evaluation Score

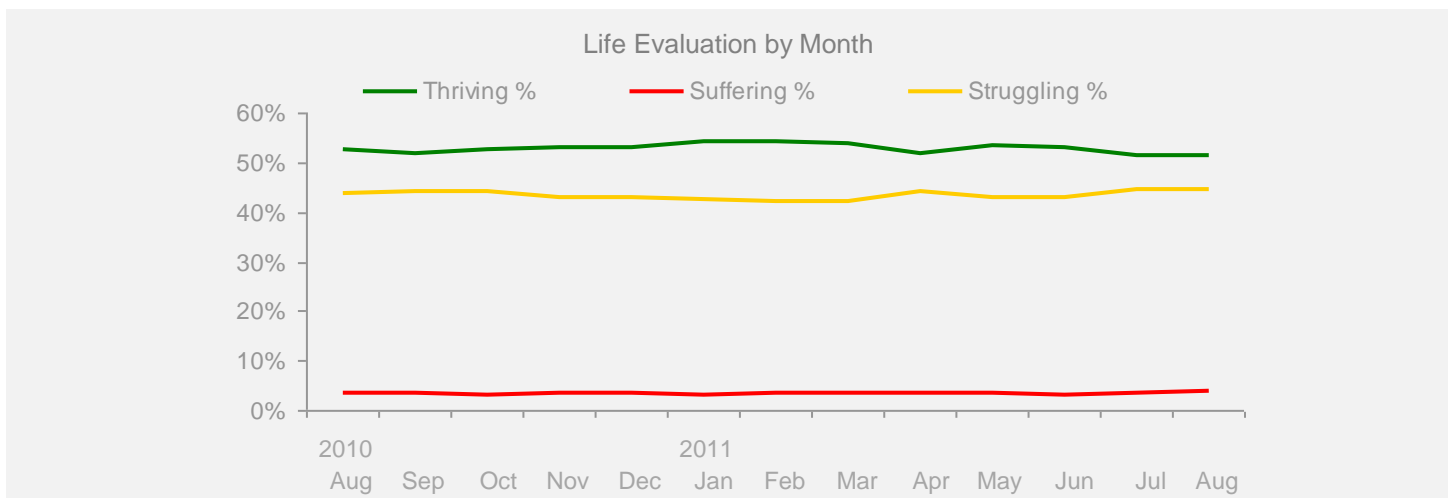
| | 2010 | | | | | 2011 | | | | | | | | Change | |
|-------------------------|----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|--------|------|
| | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Month | Year |
| Well-Being Index | SCALE 0-100 MoE = +/- 0.2% | | | | | | | | | | | | | | |
| National | 66.9 | 66.4 | 66.5 | 66.5 | 66.0 | 66.7 | 66.1 | 66.3 | 66.2 | 66.5 | 66.7 | 66.4 | 66.1 | -0.3 | -0.8 |



Life Evaluation

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

| | | | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Life Evaluation | 49.3 | 48.4 | 49.3 | 49.7 | 49.6 | 51.0 | 50.6 | 50.2 | 48.4 | 50.0 | 49.9 | 48.1 | 47.6 | -0.5 | -1.7 |
| Thriving % | 52.8 | 52.0 | 52.6 | 53.3 | 53.2 | 54.2 | 54.2 | 53.9 | 52.1 | 53.5 | 53.3 | 51.7 | 51.5 | -0.2 | -1.3 |
| Struggling % | 43.7 | 44.4 | 44.1 | 43.1 | 43.2 | 42.6 | 42.1 | 42.4 | 44.3 | 43.0 | 43.2 | 44.6 | 44.5 | -0.1 | +0.8 |
| Suffering % | 3.5 | 3.6 | 3.3 | 3.6 | 3.6 | 3.2 | 3.7 | 3.7 | 3.6 | 3.5 | 3.4 | 3.7 | 4.0 | +0.3 | +0.5 |



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National and Regional Composite Well-Being Scores

| | 2010 | | | | | 2011 | | | | | Change | | | | |
|--|------|------|------|------|------|------|------|------|------|------|--------|------|------|-------|------|
| | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Month | Year |
| Well-Being Index MoE = National +/- 0.2% Regional +/- 0.4% | | | | | | | | | | | | | | | |
| National | 66.9 | 66.4 | 66.5 | 66.5 | 66.0 | 66.7 | 66.1 | 66.3 | 66.2 | 66.5 | 66.7 | 66.4 | 66.1 | -0.3 | -0.8 |
| Northeast | 67.8 | 66.7 | 66.1 | 66.8 | 66.7 | 66.6 | 66.1 | 65.8 | 66.1 | 66.7 | 66.7 | 66.7 | 66.4 | -0.3 | -1.4 |
| South | 66.4 | 65.9 | 66.0 | 65.9 | 64.9 | 66.2 | 65.6 | 65.9 | 65.6 | 65.7 | 66.1 | 65.5 | 65.6 | +0.1 | -0.8 |
| Midwest | 65.9 | 65.8 | 66.7 | 66.0 | 65.8 | 66.7 | 66.0 | 65.7 | 66.0 | 66.8 | 66.3 | 66.2 | 65.8 | -0.4 | -0.1 |
| West | 67.7 | 67.3 | 67.5 | 67.8 | 66.9 | 67.7 | 67.0 | 67.8 | 67.3 | 67.3 | 68.1 | 67.7 | 66.9 | -0.8 | -0.8 |
| Life Evaluation MoE = National +/- 0.7% Regional +/- 1.4% | | | | | | | | | | | | | | | |
| National | 49.3 | 48.4 | 49.3 | 49.7 | 49.6 | 51.0 | 50.6 | 50.2 | 48.4 | 50.0 | 49.9 | 48.1 | 47.6 | -0.5 | -1.7 |
| Northeast | 49.6 | 49.2 | 48.7 | 49.2 | 51.5 | 51.5 | 49.3 | 49.2 | 48.9 | 50.0 | 49.3 | 47.4 | 47.2 | -0.2 | -2.4 |
| South | 50.2 | 48.7 | 49.4 | 50.3 | 48.2 | 51.4 | 51.8 | 50.2 | 47.6 | 49.6 | 50.1 | 47.5 | 47.9 | +0.4 | -2.3 |
| Midwest | 46.2 | 46.5 | 49.7 | 47.7 | 49.1 | 49.9 | 48.8 | 47.7 | 47.3 | 49.3 | 48.9 | 46.8 | 46.8 | +0.0 | +0.6 |
| West | 50.7 | 49.2 | 49.2 | 51.3 | 50.4 | 51.2 | 51.7 | 53.5 | 50.4 | 51.1 | 51.2 | 50.7 | 48.2 | -2.5 | -2.5 |
| Emotional Health MoE = National +/- 0.3% Regional +/- 0.5% | | | | | | | | | | | | | | | |
| National | 79.3 | 79.0 | 79.3 | 79.4 | 78.7 | 79.4 | 79.1 | 78.8 | 78.8 | 79.6 | 79.6 | 79.4 | 78.4 | -1.0 | -0.9 |
| Northeast | 79.7 | 78.5 | 78.4 | 79.1 | 78.1 | 79.2 | 78.2 | 78.0 | 77.9 | 79.2 | 79.2 | 79.0 | 78.2 | -0.8 | -1.5 |
| South | 78.7 | 79.1 | 79.2 | 78.9 | 78.5 | 79.0 | 79.0 | 78.8 | 78.6 | 79.2 | 79.2 | 79.0 | 78.3 | -0.7 | -0.4 |
| Midwest | 79.6 | 79.3 | 80.1 | 80.0 | 78.7 | 79.8 | 79.5 | 78.7 | 79.3 | 80.2 | 79.9 | 79.5 | 78.4 | -1.1 | -1.2 |
| West | 79.6 | 79.1 | 79.3 | 79.7 | 79.5 | 79.6 | 79.4 | 79.7 | 79.6 | 79.9 | 80.3 | 80.3 | 78.7 | -1.6 | -0.9 |
| Physical Health MoE = National +/- 0.2% Regional +/- 0.3% | | | | | | | | | | | | | | | |
| National | 77.4 | 76.2 | 76.6 | 76.7 | 76.3 | 76.7 | 76.2 | 75.8 | 76.9 | 76.9 | 77.4 | 77.5 | 77.3 | -0.2 | -0.1 |
| Northeast | 77.8 | 76.3 | 76.5 | 77.3 | 76.5 | 76.9 | 76.7 | 75.9 | 76.7 | 77.2 | 77.7 | 78.0 | 77.5 | -0.5 | -0.3 |
| South | 76.4 | 75.7 | 75.6 | 75.5 | 75.3 | 75.7 | 75.2 | 75.0 | 76.2 | 76.1 | 76.7 | 76.4 | 76.4 | -0.3 | +0.0 |
| Midwest | 77.5 | 76.2 | 77.4 | 76.6 | 76.3 | 77.4 | 76.5 | 76.2 | 77.2 | 77.4 | 77.3 | 77.4 | 77.3 | -0.1 | -0.2 |
| West | 78.5 | 77.0 | 77.3 | 77.9 | 77.4 | 77.4 | 76.7 | 76.7 | 77.7 | 77.4 | 77.8 | 78.1 | 78.3 | +0.2 | -0.2 |
| Healthy Behavior MoE = National +/- 0.2% Regional +/- 0.4% | | | | | | | | | | | | | | | |
| National | 65.0 | 64.5 | 63.8 | 63.2 | 61.1 | 62.8 | 63.1 | 63.7 | 64.0 | 63.8 | 64.0 | 64.6 | 64.5 | -0.1 | -0.5 |
| Northeast | 66.8 | 65.1 | 64.0 | 64.1 | 61.5 | 63.3 | 63.0 | 63.8 | 64.4 | 64.9 | 65.2 | 65.7 | 65.3 | -0.4 | -1.5 |
| South | 63.6 | 63.3 | 63.3 | 61.8 | 60.2 | 62.0 | 61.9 | 62.7 | 62.5 | 62.5 | 62.7 | 63.6 | 63.3 | -0.3 | -0.3 |
| Midwest | 63.3 | 62.5 | 61.6 | 61.0 | 59.0 | 61.0 | 61.4 | 62.4 | 62.9 | 62.7 | 62.6 | 62.6 | 62.8 | +0.2 | -0.5 |
| West | 67.1 | 67.3 | 66.5 | 66.2 | 64.0 | 65.4 | 66.4 | 66.2 | 66.7 | 65.8 | 66.3 | 67.1 | 67.2 | +0.1 | +0.1 |
| Work Environment MoE = National +/- 0.6% Regional +/- 1.2% | | | | | | | | | | | | | | | |
| National | 47.7 | 47.6 | 48.1 | 48.2 | 48.4 | 48.2 | 45.4 | 46.9 | 47.0 | 46.9 | 47.5 | 47.4 | 47.1 | -0.3 | -0.6 |
| Northeast | 48.2 | 47.1 | 45.1 | 47.2 | 48.4 | 45.0 | 45.4 | 44.0 | 44.8 | 44.9 | 45.2 | 46.7 | 46.6 | -0.1 | -1.6 |
| South | 48.8 | 47.5 | 48.1 | 48.3 | 47.8 | 48.4 | 44.6 | 48.5 | 48.5 | 46.4 | 47.6 | 46.7 | 47.3 | +0.6 | -1.5 |
| Midwest | 45.3 | 46.8 | 48.0 | 47.1 | 48.8 | 48.3 | 46.2 | 45.6 | 46.3 | 47.5 | 45.7 | 47.9 | 46.5 | -1.4 | +1.2 |
| West | 48.2 | 49.2 | 51.2 | 50.3 | 49.0 | 50.9 | 45.9 | 49.0 | 47.6 | 48.7 | 48.5 | 47.7 | 47.7 | -0.8 | -0.5 |
| Basic Access MoE = National +/- 0.2% Regional +/- 0.4% | | | | | | | | | | | | | | | |
| National | 82.4 | 82.4 | 82.2 | 82.1 | 81.7 | 82.1 | 82.4 | 82.2 | 82.1 | 82.0 | 82.0 | 81.6 | 81.9 | +0.3 | -0.5 |
| Northeast | 84.5 | 83.9 | 83.8 | 83.8 | 84.1 | 83.7 | 83.9 | 83.9 | 84.1 | 83.8 | 83.9 | 83.1 | 83.8 | +0.7 | -0.7 |
| South | 80.6 | 80.9 | 80.7 | 80.4 | 79.7 | 80.6 | 81.1 | 80.4 | 80.4 | 80.6 | 80.3 | 79.7 | 80.3 | +0.6 | -0.3 |
| Midwest | 83.4 | 83.7 | 83.5 | 83.3 | 82.9 | 83.6 | 83.5 | 83.9 | 83.2 | 83.6 | 83.0 | 83.2 | 83.2 | +0.2 | -0.2 |
| West | 82.0 | 82.0 | 81.4 | 81.7 | 81.3 | 81.6 | 81.7 | 81.8 | 81.8 | 81.0 | 81.4 | 81.8 | 81.3 | -0.5 | -0.7 |

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 | | | | |
|-------------------------|------|------|------|------|------|------|------|------|------|------|--------|------|------|-------|------|
| | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Month | Year |
| Gender | | | | | | | | | | | | | | | |
| Male | 67.1 | 66.6 | 66.8 | 67.0 | 66.3 | 66.9 | 66.4 | 66.2 | 66.6 | 66.5 | 66.7 | 66.0 | 66.1 | +0.1 | -1.0 |
| Female | 66.6 | 66.1 | 66.2 | 66.1 | 65.6 | 66.5 | 65.7 | 66.4 | 65.8 | 66.5 | 66.7 | 66.8 | 66.2 | -0.6 | -0.4 |
| Age | | | | | | | | | | | | | | | |
| 18 to 29 | 68.6 | 68.0 | 67.9 | 67.9 | 67.2 | 67.6 | 67.0 | 68.0 | 67.6 | 67.3 | 68.3 | 67.8 | 68.0 | +0.2 | -0.6 |
| 30 to 44 | 66.7 | 67.3 | 67.0 | 67.0 | 66.0 | 67.2 | 66.7 | 67.0 | 66.3 | 66.4 | 67.1 | 67.0 | 66.3 | -0.7 | -0.4 |
| 45 to 64 | 65.7 | 64.5 | 65.1 | 65.2 | 64.7 | 65.4 | 65.1 | 64.7 | 64.9 | 65.8 | 65.5 | 65.1 | 64.6 | -0.5 | -1.1 |
| 65 and older | 68.8 | 68.4 | 68.5 | 68.2 | 67.9 | 68.8 | 67.8 | 68.3 | 68.6 | 68.2 | 67.7 | 67.8 | 67.2 | -0.6 | -1.6 |
| Family Status | | | | | | | | | | | | | | | |
| Married | 69.2 | 68.9 | 69.2 | 69.3 | 68.6 | 69.5 | 68.8 | 69.0 | 68.7 | 69.4 | 69.3 | 69.4 | 68.5 | -0.9 | -0.7 |
| Single | 65.9 | 65.1 | 64.8 | 65.5 | 64.5 | 65.4 | 64.7 | 64.9 | 65.6 | 64.9 | 65.7 | 65.2 | 65.7 | +0.5 | -0.2 |
| Divorced | 60.6 | 59.5 | 60.7 | 59.9 | 60.3 | 60.1 | 59.7 | 59.7 | 60.2 | 60.7 | 60.6 | 59.5 | 59.5 | +0.0 | -1.1 |
| Widowed | 65.3 | 63.3 | 63.8 | 63.4 | 63.7 | 64.2 | 63.2 | 63.0 | 63.0 | 64.2 | 64.2 | 64.6 | 63.4 | -1.2 | -1.9 |
| Separated | 56.8 | 56.4 | 55.3 | 55.8 | 56.2 | 56.1 | 54.5 | 58.2 | 54.0 | 56.8 | 56.6 | 56.1 | 54.3 | -1.8 | -2.5 |
| Domestic Partner | 64.7 | 65.1 | 64.7 | 63.1 | 62.8 | 63.0 | 63.9 | 64.1 | 63.4 | 63.1 | 64.6 | 63.1 | 63.7 | +0.6 | -1.0 |
| Ethnicity | | | | | | | | | | | | | | | |
| White | 67.5 | 66.6 | 66.9 | 66.9 | 66.6 | 67.2 | 66.7 | 66.8 | 67.3 | 67.7 | 67.9 | 67.6 | 66.9 | -0.7 | -0.6 |
| Black | 64.4 | 65.3 | 65.1 | 65.5 | 63.3 | 64.6 | 64.4 | 62.8 | 64.0 | 64.5 | 63.9 | 63.0 | 64.5 | +1.5 | +0.1 |
| Hispanic | 65.9 | 66.6 | 66.3 | 65.9 | 64.9 | 65.5 | 64.7 | 66.4 | 65.4 | 64.6 | 65.7 | 65.4 | 64.9 | -0.5 | -1.0 |
| Asian | 71.3 | 72.0 | 70.8 | 71.4 | 69.4 | 69.2 | 71.0 | 69.7 | 68.7 | 66.7 | 69.2 | 70.3 | 69.9 | -0.4 | -1.4 |
| Other | 63.0 | 63.0 | 62.5 | 62.7 | 63.9 | 64.4 | 61.7 | 63.5 | 61.4 | 62.4 | 61.2 | 66.1 | 64.5 | -1.6 | +1.5 |
| Household Income | | | | | | | | | | | | | | | |
| Under \$1,000 | 54.8 | 54.2 | 55.4 | 53.6 | 54.0 | 54.4 | 55.2 | 54.9 | 54.9 | 55.2 | 55.0 | 53.6 | 55.1 | +1.5 | +0.3 |
| \$1,000-\$1,999 | 57.9 | 58.1 | 58.2 | 57.8 | 57.2 | 58.0 | 57.8 | 58.7 | 58.3 | 58.2 | 59.2 | 58.1 | 58.9 | +0.8 | +1.0 |
| \$2,000-\$2,999 | 62.1 | 62.4 | 62.5 | 63.2 | 63.0 | 63.0 | 62.8 | 62.0 | 62.6 | 63.2 | 63.4 | 62.5 | 61.6 | -0.9 | -0.5 |
| \$3,000-\$3,999 | 66.4 | 66.1 | 65.6 | 66.0 | 66.2 | 66.5 | 66.0 | 66.1 | 66.2 | 65.5 | 66.7 | 66.0 | 65.1 | -0.9 | -1.3 |
| \$4,000-\$4,999 | 68.4 | 68.5 | 68.9 | 68.2 | 68.1 | 69.2 | 68.0 | 68.0 | 68.5 | 69.3 | 69.1 | 69.0 | 68.1 | -0.9 | -0.3 |
| \$5,000-\$7,499 | 71.5 | 71.1 | 71.3 | 70.9 | 71.1 | 71.2 | 70.1 | 71.2 | 70.7 | 70.9 | 71.2 | 71.4 | 70.8 | -0.6 | -0.7 |
| \$7,500-\$9,999 | 74.0 | 72.9 | 73.3 | 73.5 | 72.4 | 73.5 | 74.2 | 72.7 | 72.5 | 73.6 | 73.9 | 74.9 | 72.8 | -2.1 | -1.2 |
| \$10,000 + | 75.0 | 74.7 | 74.7 | 75.6 | 74.6 | 75.5 | 74.4 | 74.8 | 75.1 | 75.6 | 75.1 | 75.8 | 75.3 | -0.5 | +0.3 |

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.