

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

February 2011

WORK ENVIRONMENT INDEX DROPS TO ITS LOWEST POINT SINCE INCEPTION OF WELL-BEING INDEX

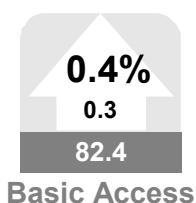
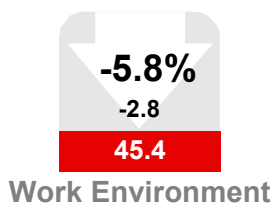
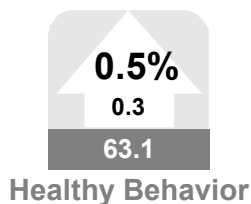
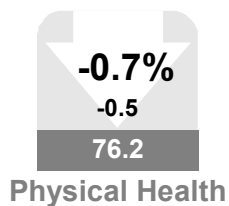
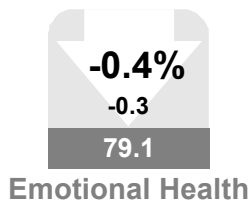
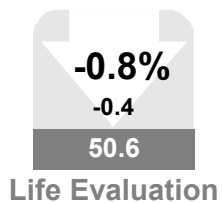
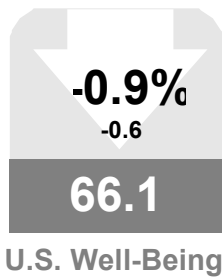
The Gallup-Healthways Well-Being Index® (WBI) composite score fell to 66.1 in February, near the 12-month low of 66.0 measured in December 2010, and lower than the 66.6 found in the same month one year ago.

Each of the six sub-indexes that make up the Well-Being Index, with the exception of the Work Environment Index (WEI), were statistically unchanged in February.

The Work Environment Index, which measures Americans workers' job satisfaction, relationships with their supervisors, and ability to use their strengths at work, dropped to 45.4 in February, by far its lowest point in 38 consecutive months of measurement and down substantially from the 53.3 high-mark recorded at the onset of the economic crash in October 2008.

The Life Evaluation Index was 50.6 in February, on par with the 51 recorded in January, and still higher than what it was throughout the second half of 2010.

The Healthy Behaviors Index, a four question measure of smoking, exercise, and healthy eating habits, which moves in accordance with seasonal trends, continued an expected upward trajectory from December's predictable annual low, improving slightly to 63.1. While smoking continues to be steady at 20.3%, the percentage of Americans who exercise for 30 minutes or more at least three days per week improved to 48.3%, matching February 2010 exactly. The percentage of Americans who eat at least five servings of fruits and vegetables a day four days a week also improved in February, rising to 56.6%, slightly higher than February 2010.



Vicki Shepard
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

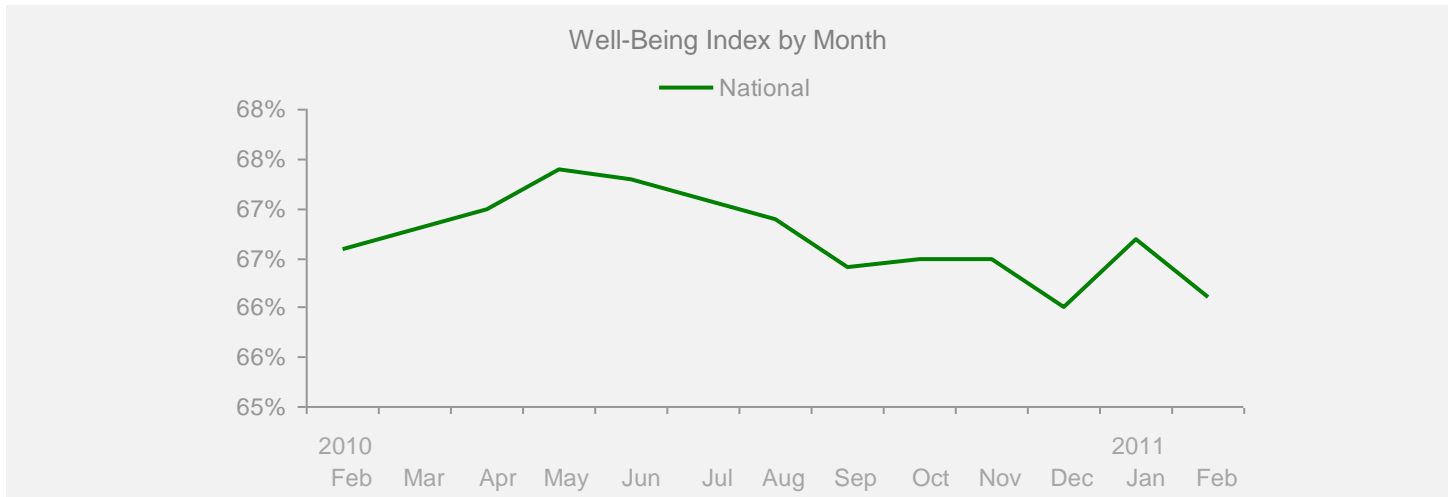
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 27,213 surveys completed in February 2011. Total of 1,089,236 since January 2, 2008.

U.S. Composite and Life Evaluation Score

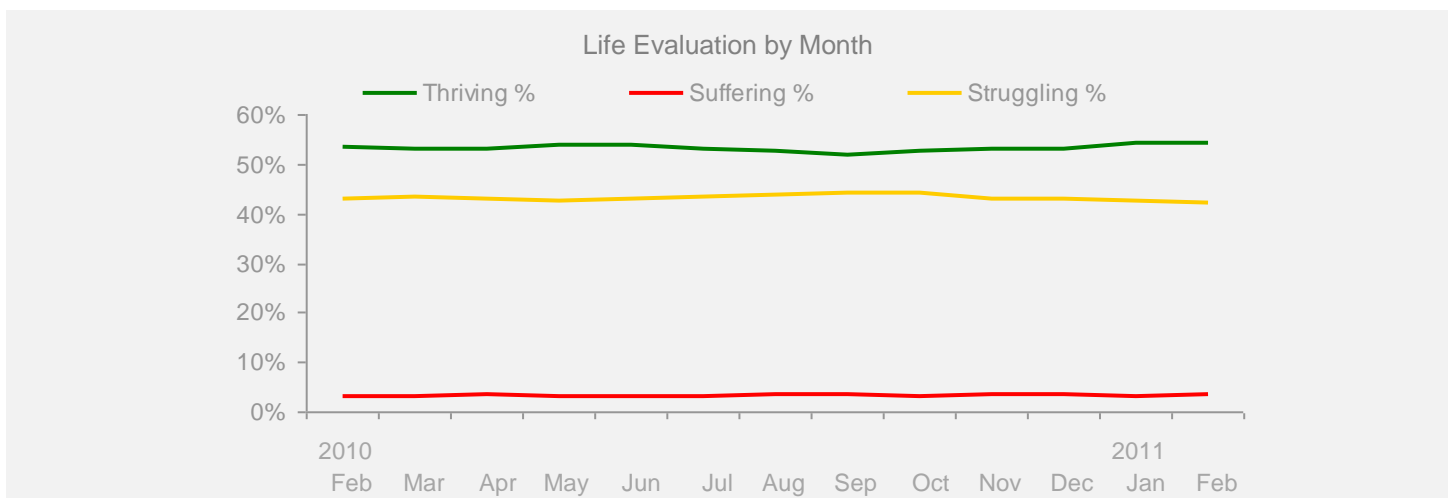
	2010											2011		Change	
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.6	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	-0.6	-0.5



Life Evaluation

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

Life Evaluation	50.4	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	-0.4	+0.2
Thriving %	53.7	53.1	53.3	54.0	53.9	53.0	52.8	52.0	52.6	53.3	53.2	54.2	54.2	+0.0	+0.5
Struggling %	42.9	43.6	43.1	42.8	43.1	43.6	43.7	44.4	44.1	43.1	43.2	42.6	42.1	-0.5	-0.8
Suffering %	3.4	3.3	3.6	3.2	3.1	3.4	3.5	3.6	3.3	3.6	3.6	3.2	3.7	+0.5	+0.3



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National and Regional Composite Well-Being Scores

	2010										2011		Change		
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
Well-Being Index MoE = National +/- 0.2% Regional +/- 0.4%															
National	66.6	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	-0.6	-0.5
Northeast	66.5	66.8	67.3	67.9	67.0	67.9	67.8	66.7	66.1	66.8	66.7	66.6	66.1	-0.5	-0.4
South	65.8	66.0	66.4	66.5	66.6	66.2	66.4	65.9	66.0	65.9	64.9	66.2	65.6	-0.6	-0.2
Midwest	66.6	66.8	66.7	67.6	67.7	66.6	65.9	65.8	66.7	66.0	65.8	66.7	66.0	-0.7	-0.6
West	67.8	67.9	68.0	67.8	68.1	68.2	67.7	67.3	67.5	67.8	66.9	67.7	67.0	-0.7	-0.8
Life Evaluation MoE = National +/- 0.7% Regional +/- 1.4%															
National	50.4	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	-0.4	+0.2
Northeast	51.2	48.7	49.1	51.7	49.1	51.5	49.6	49.2	48.7	49.2	51.5	51.5	49.3	-2.2	-1.9
South	50.8	49.2	49.6	49.9	50.6	47.8	50.2	48.7	49.4	50.3	48.2	51.4	51.8	+0.4	+1.0
Midwest	48.6	50.5	48.3	50.9	50.8	48.2	46.2	46.5	49.7	47.7	49.1	49.9	48.8	-1.1	+0.2
West	50.8	51.1	51.6	50.9	52.4	51.7	50.7	49.2	49.2	51.3	50.4	51.2	51.7	+0.5	+0.9
Emotional Health MoE = National +/- 0.3% Regional +/- 0.5%															
National	79.1	79.2	79.8	79.8	79.6	79.5	79.3	79.0	79.3	79.4	78.7	79.4	79.1	-0.3	+0.0
Northeast	78.1	78.3	79.3	79.4	79.2	79.1	79.7	78.5	78.4	79.1	78.1	79.2	78.2	-1.0	+0.1
South	78.5	79.4	79.9	79.3	79.4	78.9	78.7	79.1	79.2	78.9	78.5	79.0	79.0	+0.0	+0.5
Midwest	79.7	79.3	79.9	80.2	80.2	80.4	79.6	79.3	80.1	80.0	78.7	79.8	79.5	-0.3	-0.2
West	80.4	79.5	80.1	80.4	79.6	80.0	79.6	79.1	79.3	79.7	79.5	79.6	79.4	-0.2	-1.0
Physical Health MoE = National +/- 0.2% Regional +/- 0.3%															
National	76.8	76.5	76.9	77.3	77.2	77.5	77.4	76.2	76.6	76.7	76.3	76.7	76.2	-0.5	-0.6
Northeast	76.8	77.2	77.3	77.1	77.3	77.5	77.8	76.3	76.5	77.3	76.5	76.9	76.7	-0.2	-0.1
South	75.8	75.6	76.2	76.5	76.1	76.3	76.4	75.7	75.6	75.5	75.3	75.7	75.2	-0.5	-0.6
Midwest	77.0	76.8	76.8	77.9	78.1	78.0	77.5	76.2	77.4	76.6	76.3	77.4	76.5	-0.9	-0.5
West	78.1	77.0	77.7	78.1	77.7	78.6	78.5	77.0	77.3	77.9	77.4	77.4	76.7	-0.7	-1.4
Healthy Behavior MoE = National +/- 0.2% Regional +/- 0.4%															
National	63.1	64.6	64.9	65.2	64.9	65.5	65.0	64.5	63.8	63.2	61.1	62.8	63.1	+0.3	+0.0
Northeast	63.5	65.0	65.6	66.0	65.6	66.9	66.8	65.1	64.0	64.1	61.5	63.3	63.0	-0.3	-0.5
South	61.7	63.3	63.6	64.1	64.1	64.4	63.6	63.3	63.3	61.8	60.2	62.0	61.9	-0.1	+0.2
Midwest	61.6	63.0	63.7	63.9	63.7	63.6	63.3	62.5	61.6	61.0	59.0	61.0	61.4	+0.4	-0.2
West	66.3	67.4	67.1	67.1	66.7	67.8	67.1	67.3	66.5	66.2	64.0	65.4	66.4	+1.0	+0.1
Work Environment MoE = National +/- 0.6% Regional +/- 1.2%															
National	48.0	48.2	48.3	48.9	48.4	48.1	47.7	47.6	48.1	48.2	48.4	48.2	45.4	-2.8	-2.6
Northeast	45.7	47.4	48.0	48.3	46.9	47.9	48.2	47.1	45.1	47.2	48.4	45.0	45.4	+0.4	-0.3
South	47.3	47.5	48.0	49.0	48.3	48.9	48.8	47.5	48.1	48.3	47.8	48.4	44.6	-3.8	-2.7
Midwest	49.0	47.7	48.2	49.1	48.7	46.2	45.3	46.8	48.0	47.1	48.8	48.3	46.2	-2.1	-2.8
West	50.1	50.6	48.9	49.2	49.7	48.7	48.2	49.2	51.2	50.3	49.0	50.9	45.9	-5.0	-4.2
Basic Access MoE = National +/- 0.2% Regional +/- 0.4%															
National	82.2	82.3	82.7	82.3	82.8	82.5	82.4	82.4	82.2	82.1	81.7	82.1	82.4	+0.3	+0.2
Northeast	84.0	84.3	84.4	84.9	84.0	84.4	84.5	83.9	83.8	83.8	84.1	83.7	83.9	+0.2	-0.1
South	80.5	80.8	81.2	80.3	81.2	80.8	80.6	80.9	80.7	80.4	79.7	80.6	81.1	+0.5	+0.6
Midwest	83.6	83.4	83.5	83.8	84.3	83.4	83.4	83.7	83.5	83.3	82.9	83.6	83.5	-0.1	-0.1
West	81.4	81.7	82.3	81.4	82.4	82.3	82.0	82.0	81.4	81.7	81.3	81.6	81.7	+0.1	+0.3

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		
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
Gender															
Male	66.8	67.2	66.9	67.6	67.4	67.1	67.1	66.6	66.8	67.0	66.3	66.9	66.4	-0.5	-0.4
Female	66.4	66.3	67.2	67.1	67.1	67.0	66.6	66.1	66.2	66.1	65.6	66.5	65.7	-0.8	-0.7
Age															
18 to 29	68.1	67.6	69.0	68.8	67.9	68.8	68.6	68.0	67.9	67.9	67.2	67.6	67.0	-0.6	-1.1
30 to 44	66.8	67.7	67.3	67.9	68.0	67.9	66.7	67.3	67.0	67.0	66.0	67.2	66.7	-0.5	-0.1
45 to 64	65.3	65.5	65.6	66.1	66.1	65.6	65.7	64.5	65.1	65.2	64.7	65.4	65.1	-0.3	-0.2
65 and older	69.0	68.2	68.2	69.2	69.2	68.9	68.8	68.4	68.5	68.2	67.9	68.8	67.8	-1.0	-1.2
Family Status															
Married	69.1	69.6	69.4	69.8	70.1	69.7	69.2	68.9	69.2	69.3	68.6	69.5	68.8	-0.7	-0.3
Single	65.0	65.0	65.5	66.3	65.7	66.0	65.9	65.1	64.8	65.5	64.5	65.4	64.7	-0.7	-0.3
Divorced	60.8	60.0	60.8	60.6	60.8	60.5	60.6	59.5	60.7	59.9	60.3	60.1	59.7	-0.4	-1.1
Widowed	63.2	64.0	65.5	65.0	64.0	65.4	65.3	63.3	63.8	63.4	63.7	64.2	63.2	-1.0	+0.0
Separated	57.8	56.5	56.1	59.2	56.7	59.2	56.8	56.4	55.3	55.8	56.2	56.1	54.5	-1.6	-3.3
Domestic Partner	63.9	62.4	65.9	65.4	65.2	62.9	64.7	65.1	64.7	63.1	62.8	63.0	63.9	+0.9	+0.0
Ethnicity															
White	67.2	67.3	67.4	67.8	67.9	67.6	67.5	66.6	66.9	66.9	66.6	67.2	66.7	-0.5	-0.5
Black	64.4	65.1	65.1	66.0	65.2	65.3	64.4	65.3	65.1	65.5	63.3	64.6	64.4	-0.2	+0.0
Hispanic	65.3	65.4	66.6	66.1	66.3	66.4	65.9	66.6	66.3	65.9	64.9	65.5	64.7	-0.8	-0.6
Asian	69.9	71.3	71.0	74.7	72.6	72.3	71.3	72.0	70.8	71.4	69.4	69.2	71.0	+1.8	+1.1
Other	63.5	64.2	64.3	64.3	62.4	63.8	63.0	63.0	62.5	62.7	63.9	64.4	61.7	-2.7	-1.8
Household Income															
Under \$1,000	54.3	56.6	56.0	56.1	55.3	54.1	54.8	54.2	55.4	53.6	54.0	54.4	55.2	+0.8	+0.9
\$1,000-\$1,999	58.0	58.3	58.5	59.1	59.2	58.8	57.9	58.1	58.2	57.8	57.2	58.0	57.8	-0.2	-0.2
\$2,000-\$2,999	63.7	63.6	63.7	63.6	63.7	63.0	62.1	62.4	62.5	63.2	63.0	63.0	62.8	-0.2	-0.9
\$3,000-\$3,999	66.1	66.3	66.1	67.5	66.6	66.9	66.4	66.1	65.6	66.0	66.2	66.5	66.0	-0.5	-0.1
\$4,000-\$4,999	68.3	68.3	68.8	69.1	68.6	69.3	68.4	68.5	68.9	68.2	68.1	69.2	68.0	-1.2	-0.3
\$5,000-\$7,499	70.8	71.1	71.6	72.5	72.1	72.1	71.5	71.1	71.3	70.9	71.1	71.2	70.1	-1.1	-0.7
\$7,500-\$9,999	72.7	72.7	74.2	73.4	73.8	74.2	74.0	72.9	73.3	73.5	72.4	73.5	74.2	+0.7	+1.5
\$10,000 +	74.9	74.6	74.7	75.5	75.0	74.5	75.0	74.7	74.7	75.6	74.6	75.5	74.4	-1.1	-0.5

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.