

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

January 2011

### 2011 BEGINS WITH MODERATE WELL-BEING RECUPERATION

The first month of 2011 saw the Gallup-Healthways Well-Being Index® (WBI) Composite Score rise a modest but significant 0.7 points, to 66.7. This mirrors the WBI measure of 66.8 for January, 2010.

All of the sub-indices with the exception of the Work Environment Index (WEI) experienced significant improvement in January. Especially noteworthy was the record high for the Life Evaluation Index (LEI), which closed the month at 51.0 after measuring under 50 for six consecutive months. The LEI, measuring current life perception and optimism for the future, also saw the highest measured percentage of Americans who are considered thriving (54.2 percent) since the WBI began in January 2008. It also found that the percentage considered to be suffering fell to a near record low of 3.2 percent.

Through three full years of polling, the WBI provides the first large population validation of the “Holiday Blues” that afflict many Americans each year. The Emotional Health Index (EHI) rose 0.7 points to 79.4 in January. The measurement of those without sadness recovered from its 1.7 percent drop in December to 82.1 percent, and those without stress bounced back from a two percent fall to 59.1 in December to 61.6 in January. An improvement of two percentage points out of 230 million American adults translates to 4.6 million people that experience increased stress and sadness each December.

As the Holiday season drew to a close and New Year’s Resolutions kicked off, January also saw significant improvements in the Healthy Behavior Index (HBI), rising 1.8 points to 62.8, and the Physical Health Index (PHI), up 0.4 points to 76.7. These rebounds are consistent with cyclical trends from previous years. The HBI was coming out of the lowest recorded score for the measure, but was buoyed by a 4.2 percent jump in eating healthy and 47.4 percent who participated in 30 minutes of exercise at least three times in the last week. The PHI contended with 10.2 percent sick with a cold or flu in January, but saw an increase in people with enough energy to get normal things done to 86.6 percent – the highest percentage since last January.

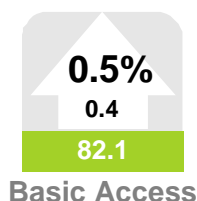
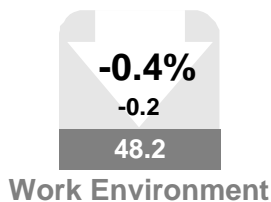
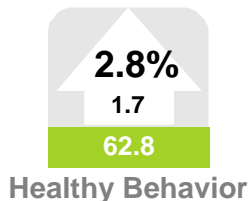
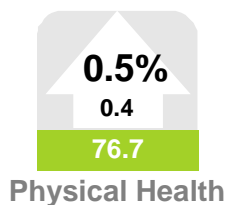
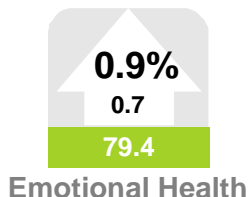
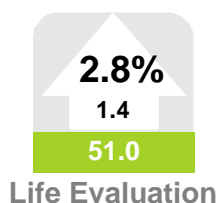
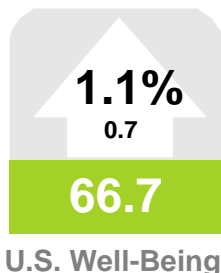
The Basic Access Index improved slightly in January, up 0.4 points to 82.1. However, those who reported visiting a dentist in the last 12 months, which dropped nearly a point to 64.2 percent in December, remained constant in January - the lowest point since March 2009. Those who have a “personal doctor” measured at 79.6 percent in January, just the third time in 37 measurement periods that this metric tracked under 80 percent.

As noted, The WEI was the only sub-index that did not show improvement in the first month of 2011. The measure hasn’t been above 49 since September 2009 and slipped slightly to 48.2 in January, reversing a modest four month improvement trend. One of the metrics used to measure WBI, a supervisor who treats you like a partner, dropped a point to 56.3 percent, the lowest measurement for this metric since November 2009.

**Allison London Brown**  
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*



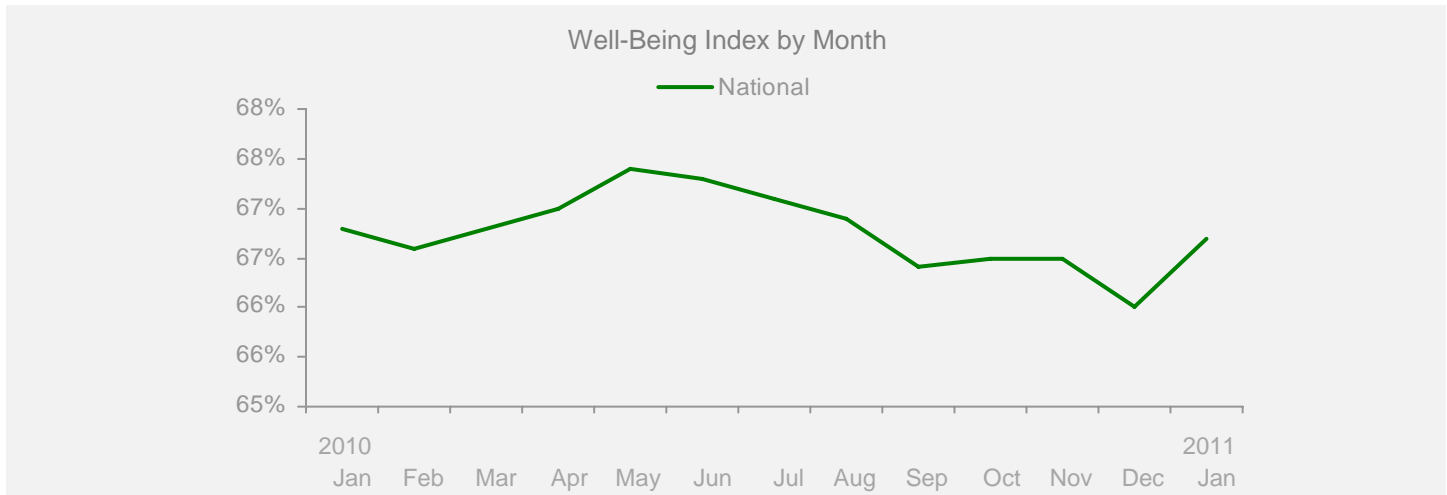
**Gallup-Healthways Monthly U.S. Well-Being Report**

From Gallup-Healthways Well-Being Index Data

Based on 26,232 surveys completed in January 2011. Total of 1,062,023 since January 2, 2008.

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

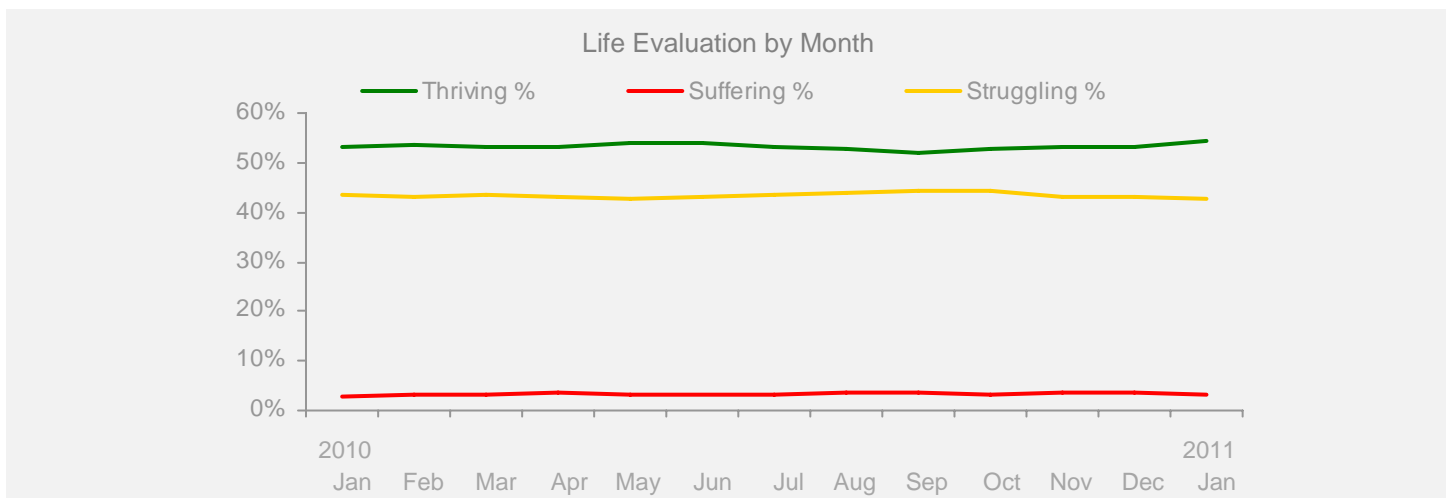
	2010												2011	Change	
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Month	Year
<b>Well-Being Index</b>	SCALE 0-100 MoE = +/- 0.2%														
<b>National</b>	66.8	66.6	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	+0.7	-0.1



**Life Evaluation**

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

<b>Life Evaluation</b>	50.3	50.4	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	+1.4	+0.7
Thriving %	53.3	53.7	53.1	53.3	54.0	53.9	53.0	52.8	52.0	52.6	53.3	53.2	54.2	+1.0	+0.9
Struggling %	43.6	42.9	43.6	43.1	42.8	43.1	43.6	43.7	44.4	44.1	43.1	43.2	42.6	-0.6	-1.0
Suffering %	3.0	3.4	3.3	3.6	3.2	3.1	3.4	3.5	3.6	3.3	3.6	3.6	3.2	-0.4	+0.2



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

	2010												2011	Change		
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		Jan	Month	Year
<b>Well-Being Index</b>													MoE = National +/- 0.2% Regional +/- 0.4%			
<b>National</b>	66.8	66.6	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	+0.7	-0.1	
Northeast	67.1	66.5	66.8	67.3	67.9	67.0	67.9	67.8	66.7	66.1	66.8	66.7	66.6	-0.1	-0.5	
South	66.0	65.8	66.0	66.4	66.5	66.6	66.2	66.4	65.9	66.0	65.9	64.9	66.2	+1.3	+0.2	
Midwest	66.5	66.6	66.8	66.7	67.6	67.7	66.6	65.9	65.8	66.7	66.0	65.8	66.7	+0.9	+0.2	
West	67.8	67.8	67.9	68.0	67.8	68.1	68.2	67.7	67.3	67.5	67.8	66.9	67.7	+0.8	-0.1	
<b>Life Evaluation</b>													MoE = National +/- 0.7% Regional +/- 1.4%			
<b>National</b>	50.3	50.4	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	+1.4	+0.7	
Northeast	51.7	51.2	48.7	49.1	51.7	49.1	51.5	49.6	49.2	48.7	49.2	51.5	51.5	+0.0	-0.2	
South	49.4	50.8	49.2	49.6	49.9	50.6	47.8	50.2	48.7	49.4	50.3	48.2	51.4	+3.2	+2.0	
Midwest	49.2	48.6	50.5	48.3	50.9	50.8	48.2	46.2	46.5	49.7	47.7	49.1	49.9	+0.8	+0.7	
West	51.2	50.8	51.1	51.6	50.9	52.4	51.7	50.7	49.2	49.2	51.3	50.4	51.2	+0.8	+0.0	
<b>Emotional Health</b>													MoE = National +/- 0.3% Regional +/- 0.5%			
<b>National</b>	79.1	79.1	79.2	79.8	79.8	79.6	79.5	79.3	79.0	79.3	79.4	78.7	79.4	+0.7	+0.3	
Northeast	78.8	78.1	78.3	79.3	79.4	79.2	79.1	79.7	78.5	78.4	79.1	78.1	79.2	+1.1	+0.4	
South	78.8	78.5	79.4	79.9	79.3	79.4	78.9	78.7	79.1	79.2	78.9	78.5	79.0	+0.5	+0.2	
Midwest	79.2	79.7	79.3	79.9	80.2	80.2	80.4	79.6	79.3	80.1	80.0	78.7	79.8	+1.1	+0.6	
West	79.7	80.4	79.5	80.1	80.4	79.6	80.0	79.6	79.1	79.3	79.7	79.5	79.6	+0.1	-0.1	
<b>Physical Health</b>													MoE = National +/- 0.2% Regional +/- 0.3%			
<b>National</b>	77.1	76.8	76.5	76.9	77.3	77.2	77.5	77.4	76.2	76.6	76.7	76.3	76.7	+0.4	-0.4	
Northeast	77.4	76.8	77.2	77.3	77.1	77.3	77.5	77.8	76.3	76.5	77.3	76.5	76.9	+0.4	-0.5	
South	76.1	75.8	75.6	76.2	76.5	76.1	76.3	76.4	75.7	75.6	75.5	75.3	75.7	+0.4	-0.4	
Midwest	77.9	77.0	76.8	76.8	77.9	78.1	78.0	77.5	76.2	77.4	76.6	76.3	77.4	+1.1	-0.5	
West	77.7	78.1	77.0	77.7	78.1	77.7	78.6	78.5	77.0	77.3	77.9	77.4	77.4	+0.0	-0.3	
<b>Healthy Behavior</b>													MoE = National +/- 0.2% Regional +/- 0.4%			
<b>National</b>	62.9	63.1	64.6	64.9	65.2	64.9	65.5	65.0	64.5	63.8	63.2	61.1	62.8	+1.7	-0.1	
Northeast	63.3	63.5	65.0	65.6	66.0	65.6	66.9	66.8	65.1	64.0	64.1	61.5	63.3	+1.8	+0.0	
South	62.0	61.7	63.3	63.6	64.1	64.1	64.4	63.6	63.3	63.3	61.8	60.2	62.0	+1.8	+0.0	
Midwest	61.0	61.6	63.0	63.7	63.9	63.7	63.6	63.3	62.5	61.6	61.0	59.0	61.0	+2.0	+0.0	
West	65.5	66.3	67.4	67.1	67.1	66.7	67.8	67.1	67.3	66.5	66.2	64.0	65.4	+1.4	-0.1	
<b>Work Environment</b>													MoE = National +/- 0.6% Regional +/- 1.2%			
<b>National</b>	48.9	48.0	48.2	48.3	48.9	48.4	48.1	47.7	47.6	48.1	48.2	48.4	48.2	-0.2	-0.7	
Northeast	47.1	45.7	47.4	48.0	48.3	46.9	47.9	48.2	47.1	45.1	47.2	48.4	45.0	-3.4	-2.1	
South	48.9	47.3	47.5	48.0	49.0	48.3	48.9	48.8	47.5	48.1	48.3	47.8	48.4	+0.6	-0.5	
Midwest	48.4	49.0	47.7	48.2	49.1	48.7	46.2	45.3	46.8	48.0	47.1	48.8	48.3	-0.5	-0.1	
West	51.3	50.1	50.6	48.9	49.2	49.7	48.7	48.2	49.2	51.2	50.3	49.0	50.9	+1.9	-0.4	
<b>Basic Access</b>													MoE = National +/- 0.2% Regional +/- 0.4%			
<b>National</b>	82.3	82.2	82.3	82.7	82.3	82.8	82.5	82.4	82.4	82.2	82.1	81.7	82.1	+0.4	-0.2	
Northeast	84.5	84.0	84.3	84.4	84.9	84.0	84.4	84.5	83.9	83.8	83.8	84.1	83.7	-0.4	-0.8	
South	80.8	80.5	80.8	81.2	80.3	81.2	80.8	80.6	80.9	80.7	80.4	79.7	80.6	+0.9	-0.2	
Midwest	83.2	83.6	83.4	83.5	83.8	84.3	83.4	83.4	83.7	83.5	83.3	82.9	83.6	+0.7	+0.4	
West	81.4	81.4	81.7	82.3	81.4	82.4	82.3	82.0	82.0	81.4	81.7	81.3	81.6	+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**

	2010												2011	Change	
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Month	Year
<b>Gender</b>															
Male	66.7	66.8	67.2	66.9	67.6	67.4	67.1	67.1	66.6	66.8	67.0	66.3	66.9	+0.6	+0.2
Female	66.8	66.4	66.3	67.2	67.1	67.1	67.0	66.6	66.1	66.2	66.1	65.6	66.5	+0.9	-0.3
<b>Age</b>															
18 to 29	68.0	68.1	67.6	69.0	68.8	67.9	68.8	68.6	68.0	67.9	67.9	67.2	67.6	+0.4	-0.4
30 to 44	67.0	66.8	67.7	67.3	67.9	68.0	67.9	66.7	67.3	67.0	67.0	66.0	67.2	+1.2	+0.2
45 to 64	65.6	65.3	65.5	65.6	66.1	66.1	65.6	65.7	64.5	65.1	65.2	64.7	65.4	+0.7	-0.2
65 and older	68.3	69.0	68.2	68.2	69.2	69.2	68.9	68.8	68.4	68.5	68.2	67.9	68.8	+0.9	+0.5
<b>Family Status</b>															
Married	69.3	69.1	69.6	69.4	69.8	70.1	69.7	69.2	68.9	69.2	69.3	68.6	69.5	+0.9	+0.2
Single	65.2	65.0	65.0	65.5	66.3	65.7	66.0	65.9	65.1	64.8	65.5	64.5	65.4	+0.9	+0.2
Divorced	60.8	60.8	60.0	60.8	60.6	60.8	60.5	60.6	59.5	60.7	59.9	60.3	60.1	-0.2	-0.7
Widowed	64.1	63.2	64.0	65.5	65.0	64.0	65.4	65.3	63.3	63.8	63.4	63.7	64.2	+0.5	+0.1
Separated	54.7	57.8	56.5	56.1	59.2	56.7	59.2	56.8	56.4	55.3	55.8	56.2	56.1	-0.1	+1.4
Domestic Partner	64.1	63.9	62.4	65.9	65.4	65.2	62.9	64.7	65.1	64.7	63.1	62.8	63.0	+0.2	-1.1
<b>Ethnicity</b>															
White	67.3	67.2	67.3	67.4	67.8	67.9	67.6	67.5	66.6	66.9	66.9	66.6	67.2	+0.6	-0.1
Black	64.9	64.4	65.1	65.1	66.0	65.2	65.3	64.4	65.3	65.1	65.5	63.3	64.6	+1.3	-0.3
Hispanic	65.4	65.3	65.4	66.6	66.1	66.3	66.4	65.9	66.6	66.3	65.9	64.9	65.5	+0.6	+0.1
Asian	70.6	69.9	71.3	71.0	74.7	72.6	72.3	71.3	72.0	70.8	71.4	69.4	69.2	-0.2	-1.4
Other	62.5	63.5	64.2	64.3	64.3	62.4	63.8	63.0	63.0	62.5	62.7	63.9	64.4	+0.5	+1.9
<b>Household Income</b>															
Under \$1,000	54.2	54.3	56.6	56.0	56.1	55.3	54.1	54.8	54.2	55.4	53.6	54.0	54.4	+0.4	+0.2
\$1,000-\$1,999	59.4	58.0	58.3	58.5	59.1	59.2	58.8	57.9	58.1	58.2	57.8	57.2	58.0	+0.8	-1.4
\$2,000-\$2,999	63.7	63.7	63.6	63.7	63.6	63.7	63.0	62.1	62.4	62.5	63.2	63.0	63.0	+0.0	-0.7
\$3,000-\$3,999	65.5	66.1	66.3	66.1	67.5	66.6	66.9	66.4	66.1	65.6	66.0	66.2	66.5	+0.3	+1.0
\$4,000-\$4,999	68.9	68.3	68.3	68.8	69.1	68.6	69.3	68.4	68.5	68.9	68.2	68.1	69.2	+1.1	+0.3
\$5,000-\$7,499	71.2	70.8	71.1	71.6	72.5	72.1	72.1	71.5	71.1	71.3	70.9	71.1	71.2	+0.1	+0.0
\$7,500-\$9,999	73.1	72.7	72.7	74.2	73.4	73.8	74.2	74.0	72.9	73.3	73.5	72.4	73.5	+1.1	+0.4
\$10,000 +	74.3	74.9	74.6	74.7	75.5	75.0	74.5	75.0	74.7	74.7	75.6	74.6	75.5	+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.