

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

June 2011

### Americans' Healthy Behaviors Lowest June on Record Since Inception of the Index

Gallup and Healthways, Inc. (NASDAQ: HWAY) today released findings from the monthly Gallup-Healthways Well-Being Index® (WBI) for June 2011. The WBI composite score remains relatively high at 66.7; however, healthy behaviors among Americans are lower than they have been in any other June since the WBI was introduced in 2008.

Other findings:

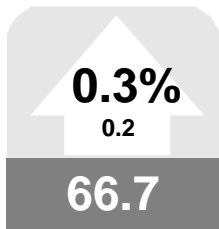
- The Life Evaluation Index remains essentially unchanged at 49.9, with 53.3 percent of Americans thriving and 3.4 percent suffering.
- The Emotional Health Index remained at 79.6 for the second consecutive month. 60.6 percent of Americans stated they were "without stress a lot of the day yesterday" and 68.9 percent were "without worry a lot of the day yesterday."
- The Healthy Behavior Index remains low, up just 0.2 points to 64.0 from May. Up over seven points since December's 45.9 percent, 53.4 percent of Americans reported exercising 30 minutes or more at least three days in the last week. In addition, 66.5 percent "ate healthy all day yesterday" and 55.7 percent ate at least five servings of fruits and veggies at least four days in the last week.
- The Physical Health Index improved to 77.4, with 3.2 percent of Americans stating they were sick with a cold on any given day and 1.1 percent reported experiencing the flu.
- The Work Environment Index was up slightly to 47.5 in June but still resulted in the fifth consecutive month of lowest recorded scores in 42 months.
- The Basic Access Index remained low at 82.0, unchanged from last month with 91.1 percent of Americans stating it was "easy to get fresh fruits and vegetables" representing 3.2 million fewer with easy access to fresh produce than one year ago. In addition, 90.4 percent reported having "enough money to provide adequate shelter or housing" at all times in the last 12 months.

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

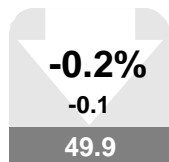
**Vicki Shepard**  
Healthways, Inc.

**Patrick Bogart**  
Gallup, Inc.

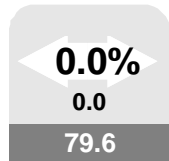
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



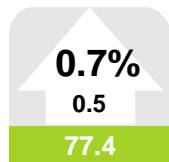
U.S. Well-Being



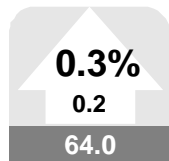
Life Evaluation



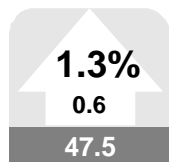
Emotional Health



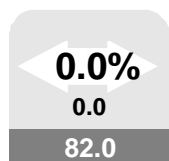
Physical Health



Healthy Behavior



Work Environment



Basic Access

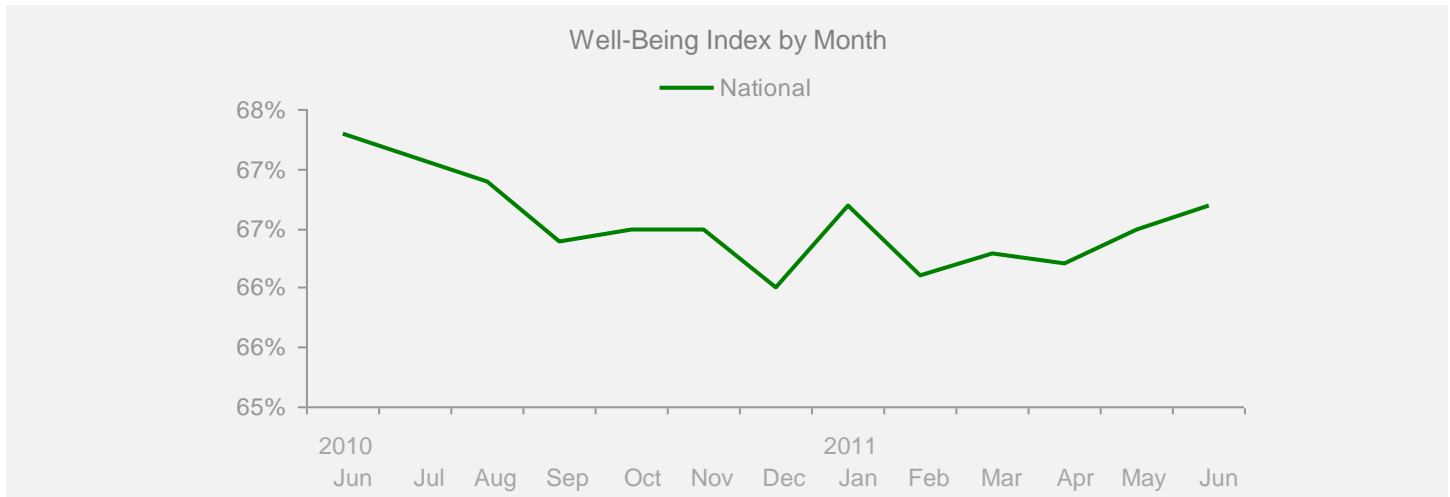
**Gallup-Healthways Monthly U.S. Well-Being Report**

From Gallup-Healthways Well-Being Index Data

Based on 30,309 surveys completed in June 2011. Total of 1,210,398 since January 2, 2008.

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

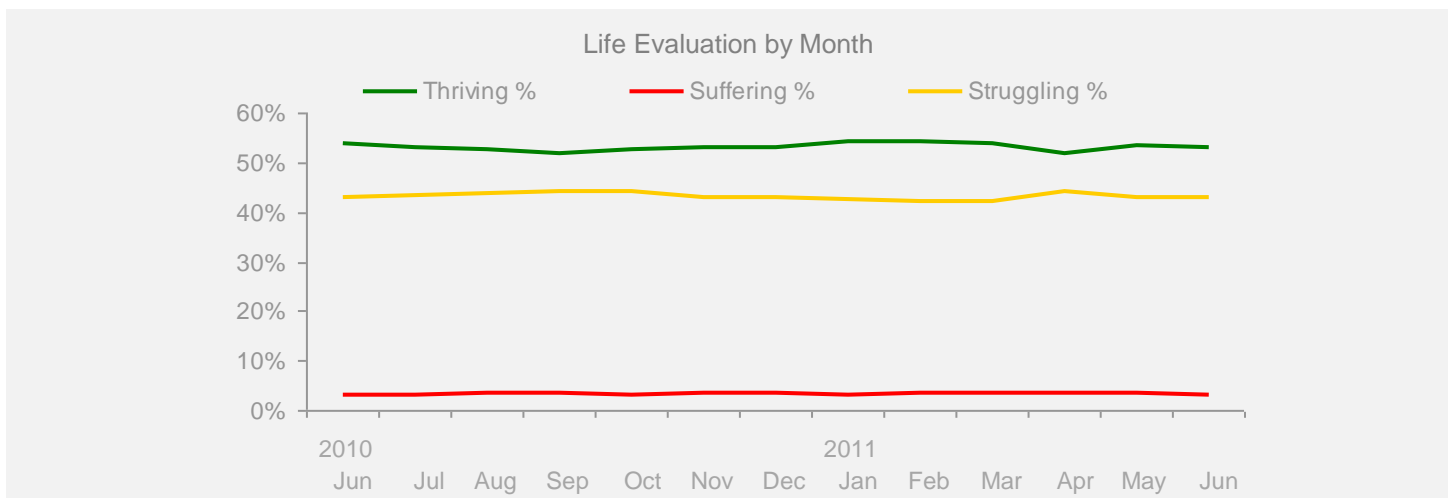
	2010						2011						Change		
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
<b>Well-Being Index</b>	SCALE 0-100 MoE = +/- 0.2%														
<b>National</b>	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	+0.2	-0.6



**Life Evaluation**

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

<b>Life Evaluation</b>	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	-0.1	-0.9
Thriving %	53.9	53.0	52.8	52.0	52.6	53.3	53.2	54.2	54.2	53.9	52.1	53.5	53.3	-0.2	-0.6
Struggling %	43.1	43.6	43.7	44.4	44.1	43.1	43.2	42.6	42.1	42.4	44.3	43.0	43.2	+0.2	+0.1
Suffering %	3.1	3.4	3.5	3.6	3.3	3.6	3.6	3.2	3.7	3.7	3.6	3.5	3.4	-0.1	+0.3



**Contact:**

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

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## National and Regional Composite Well-Being Scores

	2010					2011					Change				
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
<b>Well-Being Index</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	+0.2	-0.6
Northeast	67.0	67.9	67.8	66.7	66.1	66.8	66.7	66.6	66.1	65.8	66.1	66.7	66.7	+0.0	-0.3
South	66.6	66.2	66.4	65.9	66.0	65.9	64.9	66.2	65.6	65.9	65.6	65.7	66.1	+0.4	-0.5
Midwest	67.7	66.6	65.9	65.8	66.7	66.0	65.8	66.7	66.0	65.7	66.0	66.8	66.3	-0.5	-1.4
West	68.1	68.2	67.7	67.3	67.5	67.8	66.9	67.7	67.0	67.8	67.3	67.3	68.1	+0.8	+0.0
<b>Life Evaluation</b>													MoE = National +/- 0.7% Regional +/- 1.4%		
<b>National</b>	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	-0.1	-0.9
Northeast	49.1	51.5	49.6	49.2	48.7	49.2	51.5	51.5	49.3	49.2	48.9	50.0	49.3	-0.7	+0.2
South	50.6	47.8	50.2	48.7	49.4	50.3	48.2	51.4	51.8	50.2	47.6	49.6	50.1	+0.5	-0.5
Midwest	50.8	48.2	46.2	46.5	49.7	47.7	49.1	49.9	48.8	47.7	47.3	49.3	48.9	-0.4	-1.9
West	52.4	51.7	50.7	49.2	49.2	51.3	50.4	51.2	51.7	53.5	50.4	51.1	51.2	+0.1	-1.2
<b>Emotional Health</b>													MoE = National +/- 0.3% Regional +/- 0.5%		
<b>National</b>	79.6	79.5	79.3	79.0	79.3	79.4	78.7	79.4	79.1	78.8	78.8	79.6	79.6	+0.0	+0.0
Northeast	79.2	79.1	79.7	78.5	78.4	79.1	78.1	79.2	78.2	78.0	77.9	79.2	79.2	+0.0	+0.0
South	79.4	78.9	78.7	79.1	79.2	78.9	78.5	79.0	79.0	78.8	78.6	79.2	79.2	+0.0	-0.2
Midwest	80.2	80.4	79.6	79.3	80.1	80.0	78.7	79.8	79.5	78.7	79.3	80.2	79.9	-0.3	-0.3
West	79.6	80.0	79.6	79.1	79.3	79.7	79.5	79.6	79.4	79.7	79.6	79.9	80.3	+0.4	+0.7
<b>Physical Health</b>													MoE = National +/- 0.2% Regional +/- 0.3%		
<b>National</b>	77.2	77.5	77.4	76.2	76.6	76.7	76.3	76.7	76.2	75.8	76.9	76.9	77.4	+0.5	+0.2
Northeast	77.3	77.5	77.8	76.3	76.5	77.3	76.5	76.9	76.7	75.9	76.7	77.2	77.7	+0.5	+0.4
South	76.1	76.3	76.4	75.7	75.6	75.5	75.3	75.7	75.2	75.0	76.2	76.1			
Midwest	78.1	78.0	77.5	76.2	77.4	76.6	76.3	77.4	76.5	76.2	77.2	77.4	77.3	-0.1	-0.8
West	77.7	78.6	78.5	77.0	77.3	77.9	77.4	77.4	76.7	76.7	77.7	77.4	77.8	+0.4	+0.1
<b>Healthy Behavior</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	64.9	65.5	65.0	64.5	63.8	63.2	61.1	62.8	63.1	63.7	64.0	63.8	64.0	+0.2	-0.9
Northeast	65.6	66.9	66.8	65.1	64.0	64.1	61.5	63.3	63.0	63.8	64.4	64.9	65.2	+0.3	-0.4
South	64.1	64.4	63.6	63.3	63.3	61.8	60.2	62.0	61.9	62.7	62.5	62.5	62.7	+0.2	-1.4
Midwest	63.7	63.6	63.3	62.5	61.6	61.0	59.0	61.0	61.4	62.4	62.9	62.7	62.6	-0.1	-1.1
West	66.7	67.8	67.1	67.3	66.5	66.2	64.0	65.4	66.4	66.2	66.7	65.8	66.3	+0.5	-0.4
<b>Work Environment</b>													MoE = National +/- 0.6% Regional +/- 1.2%		
<b>National</b>	48.4	48.1	47.7	47.6	48.1	48.2	48.4	48.2	45.4	46.9	47.0	46.9	47.5	+0.6	-0.9
Northeast	46.9	47.9	48.2	47.1	45.1	47.2	48.4	45.0	45.4	44.0	44.8	44.9	45.2	+0.3	-1.7
South	48.3	48.9	48.8	47.5	48.1	48.3	47.8	48.4	44.6	48.5	48.5	46.4	47.6	+1.2	-0.7
Midwest	48.7	46.2	45.3	46.8	48.0	47.1	48.8	48.3	46.2	45.6	46.3	47.5	45.7	-1.8	-3.0
West	49.7	48.7	48.2	49.2	51.2	50.3	49.0	50.9	45.9	49.0	47.6	48.7			
<b>Basic Access</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	82.8	82.5	82.4	82.4	82.2	82.1	81.7	82.1	82.4	82.2	82.1	82.0	82.0	+0.0	-0.8
Northeast	84.0	84.4	84.5	83.9	83.8	83.8	84.1	83.7	83.9	83.9	84.1	83.8	83.9	+0.1	-0.1
South	81.2	80.8	80.6	80.9	80.7	80.4	79.7	80.6	81.1	80.4	80.4	80.6	80.3	-0.3	-0.9
Midwest	84.3	83.4	83.4	83.7	83.5	83.3	82.9	83.6	83.5	83.9	83.2	83.6			
West	82.4	82.3	82.0	82.0	81.4	81.7	81.3	81.6	81.7	81.8	81.8	81.0	81.4	+0.4	-1.0

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		
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
<b>Gender</b>															
Male	67.4	67.1	67.1	66.6	66.8	67.0	66.3	66.9	66.4	66.2	66.6	66.5	66.7	+0.2	-0.7
Female	67.1	67.0	66.6	66.1	66.2	66.1	65.6	66.5	65.7	66.4	65.8	66.5	66.7	+0.2	-0.4
<b>Age</b>															
18 to 29	67.9	68.8	68.6	68.0	67.9	67.9	67.2	67.6	67.0	68.0	67.6	67.3	68.3	+1.0	+0.4
30 to 44	68.0	67.9	66.7	67.3	67.0	67.0	66.0	67.2	66.7	67.0	66.3	66.4	67.1	+0.7	-0.9
45 to 64	66.1	65.6	65.7	64.5	65.1	65.2	64.7	65.4	65.1	64.7	64.9	65.8	65.5	-0.3	-0.6
65 and older	69.2	68.9	68.8	68.4	68.5	68.2	67.9	68.8	67.8	68.3	68.6	68.2	67.7	-0.5	-1.5
<b>Family Status</b>															
Married	70.1	69.7	69.2	68.9	69.2	69.3	68.6	69.5	68.8	69.0	68.7	69.4	69.3	-0.1	-0.8
Single	65.7	66.0	65.9	65.1	64.8	65.5	64.5	65.4	64.7	64.9	65.6	64.9	65.7	+0.8	+0.0
Divorced	60.8	60.5	60.6	59.5	60.7	59.9	60.3	60.1	59.7	59.7	60.2	60.7	60.6	-0.1	-0.2
Widowed	64.0	65.4	65.3	63.3	63.8	63.4	63.7	64.2	63.2	63.0	63.0	64.2	64.2	+0.0	+0.2
Separated	56.7	59.2	56.8	56.4	55.3	55.8	56.2	56.1	54.5	58.2	54.0	56.8	56.6	-0.2	-0.1
Domestic Partner	65.2	62.9	64.7	65.1	64.7	63.1	62.8	63.0	63.9	64.1	63.4	63.1	64.6	+1.5	-0.6
<b>Ethnicity</b>															
White	67.9	67.6	67.5	66.6	66.9	66.9	66.6	67.2	66.7	66.8	67.3	67.7	67.9	+0.2	+0.0
Black	65.2	65.3	64.4	65.3	65.1	65.5	63.3	64.6	64.4	62.8	64.0	64.5	63.9	-0.6	-1.3
Hispanic	66.3	66.4	65.9	66.6	66.3	65.9	64.9	65.5	64.7	66.4	65.4	64.6	65.7	+1.1	-0.6
Asian	72.6	72.3	71.3	72.0	70.8	71.4	69.4	69.2	71.0	69.7	68.7	66.7	69.2	+2.5	-3.4
Other	62.4	63.8	63.0	63.0	62.5	62.7	63.9	64.4	61.7	63.5	61.4	62.4	61.2	-1.2	-1.2
<b>Household Income</b>															
Under \$1,000	55.3	54.1	54.8	54.2	55.4	53.6	54.0	54.4	55.2	54.9	54.9	55.2	55.0	-0.2	-0.3
\$1,000-\$1,999	59.2	58.8	57.9	58.1	58.2	57.8	57.2	58.0	57.8	58.7	58.3	58.2	59.2	+1.0	+0.0
\$2,000-\$2,999	63.7	63.0	62.1	62.4	62.5	63.2	63.0	63.0	62.8	62.0	62.6	63.2	63.4	+0.2	-0.3
\$3,000-\$3,999	66.6	66.9	66.4	66.1	65.6	66.0	66.2	66.5	66.0	66.1	66.2	65.5	66.7	+1.2	+0.1
\$4,000-\$4,999	68.6	69.3	68.4	68.5	68.9	68.2	68.1	69.2	68.0	68.0	68.5	69.3	69.1	-0.2	+0.5
\$5,000-\$7,499	72.1	72.1	71.5	71.1	71.3	70.9	71.1	71.2	70.1	71.2	70.7	70.9	71.2	+0.3	-0.9
\$7,500-\$9,999	73.8	74.2	74.0	72.9	73.3	73.5	72.4	73.5	74.2	72.7	72.5	73.6	73.9	+0.3	+0.1
\$10,000 +	75.0	74.5	75.0	74.7	74.7	75.6	74.6	75.5	74.4	74.8	75.1	75.6	75.1	-0.5	+0.1

**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.