

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

March 2011

Numbers Hold Steady for March, Not Recovering to Pre-Recession Levels; Work Environment and Physical Health Remain at Historic Lows; Fewer Americans Stressed

All indices for the Gallup-Healthways Well-Being Index® (WBI) for the month of March remained generally flat, with an Overall Well-Being Index composite score continuing to stay low at 66.3.

The Work Environment Index (WEI) rose only a single point from February's historic low of 45.4. The WEI has suffered a steady decline driven by the wake of the recession. Opportunities for employees to use strengths at work improved nearly a point to 84.7 to account for the slight increase over last month's overall WEI score.

The Physical Health Index was at 75.8 in March, tying the all-time low from February 2009. The monthly findings show that obesity scores have hovered for two years in the same range at 26.7 percent. The percentage of Americans experiencing health problems dropped over a point to a near all-time low of 77.1 percent.

Not yet recovered to pre-recession levels, the Basic Access Index (BAI) remains low at 82.2. Dropping from 83.0 since December 2008, the economic downturn has caused four to five million American adults to discontinue their annual dental visits. Less than 65 percent of Americans (64.7 percent) visited a dentist in the last 12 months. Additionally, more Americans found it challenging to get fresh fruits and vegetables, as this metric dropped to 90.3 percent this month.

The Life Evaluation Index cleared 50 for the third consecutive month at 50.2. A strong 53.9 percent of Americans indicate they are thriving while 3.7 percent are suffering.

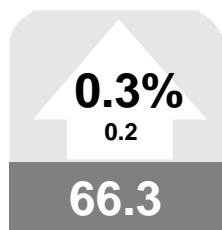
The Emotional Health Index dropped below 79 for the second time in the last 15 months at 78.8. Fewer Americans are stressed (59.1 percent), which represents one of the lowest percentage levels ever recorded.

The Healthy Behavior Index continued its upward seasonal and anticipated trajectory in March reaching a score of 63.7. Based on historic Gallup-Healthways Well-Being Index® (WBI) data, this score continues to climb in March, peaking into this summer. Conversely, smoking neared its all time low at 20.3 percent. In its three-year history, the WBI has never recorded fewer than 20 percent of American adult smokers and continuously stays in the 20 to 21 percent range month after month. The percentage of respondents that "ate healthy all day yesterday" improved to 67.5. The percentage of respondents that had exercised at least three days in the last week for 30 minutes nudged up to 50.0.

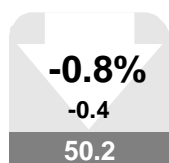
Vicki Shepard
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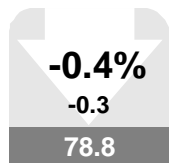
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



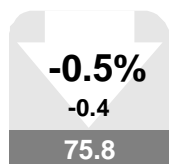
U.S. Well-Being



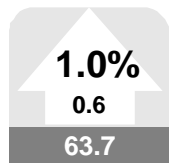
Life Evaluation



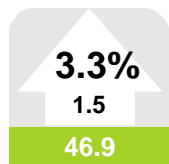
Emotional Health



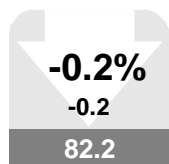
Physical Health



Healthy Behavior



Work Environment



Basic Access

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

From Gallup-Healthways Well-Being Index Data

Based on 31,305 surveys completed in March 2011. Total of 1,120,541 since January 2, 2008.

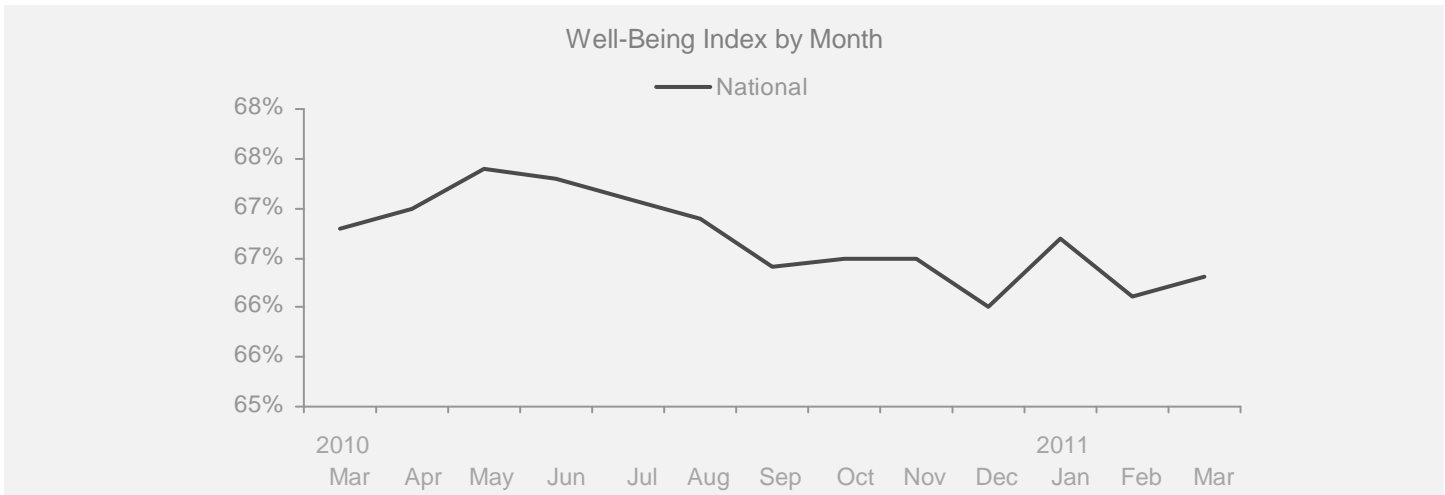
U.S. Composite and Life Evaluation Score

	2010												2011			Change	
	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Month	Year		

Well-Being Index

SCALE 0-100 MoE = +/- 0.2%

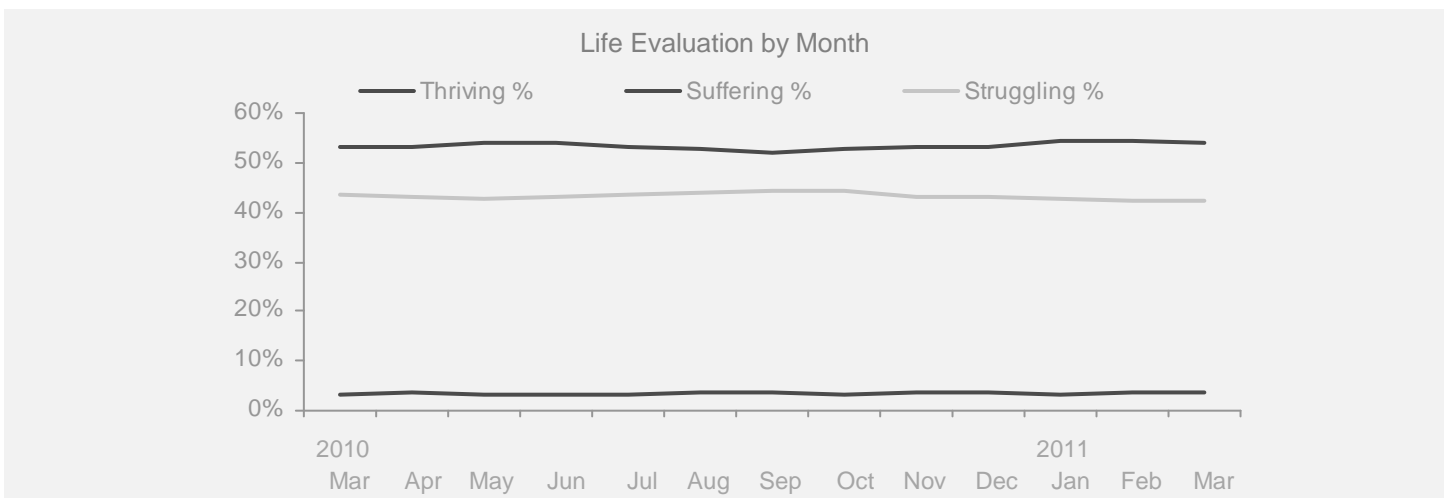
National	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	+0.2	-0.5
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Life Evaluation

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

Life Evaluation	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	-0.4	+0.4
Thriving %	53.1	53.3	54.0	53.9	53.0	52.8	52.0	52.6	53.3	53.2	54.2	54.2	53.9	-0.3	+0.8
Struggling %	43.6	43.1	42.8	43.1	43.6	43.7	44.4	44.1	43.1	43.2	42.6	42.1	42.4	+0.3	-1.2
Suffering %	3.3	3.6	3.2	3.1	3.4	3.5	3.6	3.3	3.6	3.6	3.2	3.7	3.7	+0.0	+0.4



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

From Gallup-Healthways Well-Being Index Data

Based on 31,305 surveys completed in March 2011. Total of 1,120,541 since January 2, 2008.

National and Regional Composite Well-Being Scores

	2010										2011			Change	
	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Month	Year
Well-Being Index											MoE = National +/- 0.2% Regional +/- 0.4%				
National	66.8	67.0	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	+0.2	-0.5
Northeast	66.8	67.3	67.9	67.0	67.9	67.8	66.7	66.1	66.8	66.7	66.6	66.1	65.8	-0.3	-1.0
South	66.0	66.4	66.5	66.6	66.2	66.4	65.9	66.0	65.9	64.9	66.2	65.6	65.9	+0.3	-0.1
Midwest	66.8	66.7	67.6	67.7	66.6	65.9	65.8	66.7	66.0	65.8	66.7	66.0	65.7	-0.3	-1.1
West	67.9	68.0	67.8	68.1	68.2	67.7	67.3	67.5	67.8	66.9	67.7	67.0	67.8	+0.8	-0.1
Life Evaluation											MoE = National +/- 0.7% Regional +/- 1.4%				
National	49.8	49.7	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	-0.4	+0.4
Northeast	48.7	49.1	51.7	49.1	51.5	49.6	49.2	48.7	49.2	51.5	51.5	49.3	49.2	-0.1	+0.5
South	49.2	49.6	49.9	50.6	47.8	50.2	48.7	49.4	50.3	48.2	51.4	51.8	50.2	-1.6	+1.0
Midwest	50.5	48.3	50.9	50.8	48.2	46.2	46.5	49.7	47.7	49.1	49.9	48.8	47.7	-1.1	-2.8
West	51.1	51.6	50.9	52.4	51.7	50.7	49.2	49.2	51.3	50.4	51.2	51.7	53.5	+1.8	+2.4
Emotional Health											MoE = National +/- 0.3% Regional +/- 0.5%				
National	79.2	79.8	79.8	79.6	79.5	79.3	79.0	79.3	79.4	78.7	79.4	79.1	78.8	-0.3	-0.4
Northeast	78.3	79.3	79.4	79.2	79.1	79.7	78.5	78.4	79.1	78.1	79.2	78.2	78.0	-0.2	-0.3
South	79.4	79.9	79.3	79.4	78.9	78.7	79.1	79.2	78.9	78.5	79.0	79.0	78.8	-0.2	-0.6
Midwest	79.3	79.9	80.2	80.2	80.4	79.6	79.3	80.1	80.0	78.7	79.8	79.5	78.7	-0.8	-0.6
West	79.5	80.1	80.4	79.6	80.0	79.6	79.1	79.3	79.7	79.5	79.6	79.4	79.7	+0.3	+0.2
Physical Health											MoE = National +/- 0.2% Regional +/- 0.3%				
National	76.5	76.9	77.3	77.2	77.5	77.4	76.2	76.6	76.7	76.3	76.7	76.2	75.8	-0.4	-0.7
Northeast	77.2	77.3	77.1	77.3	77.5	77.8	76.3	76.5	77.3	76.5	76.9	76.7	75.9	-0.8	-1.3
South	75.6	76.2	76.5	76.1	76.3	76.4	75.7	75.6	75.5	75.3	75.7	75.2	75.0	-0.2	-0.6
Midwest	76.8	76.8	77.9	78.1	78.0	77.5	76.2	77.4	76.6	76.3	77.4	76.5	76.2	-0.3	-0.6
West	77.0	77.7	78.1	77.7	78.6	78.5	77.0	77.3	77.9	77.4	77.4	76.7	76.7	+0.0	-0.3
Healthy Behavior											MoE = National +/- 0.2% Regional +/- 0.4%				
National	64.6	64.9	65.2	64.9	65.5	65.0	64.5	63.8	63.2	61.1	62.8	63.1	63.7	+0.6	-0.9
Northeast	65.0	65.6	66.0	65.6	66.9	66.8	65.1	64.0	64.1	61.5	63.3	63.0	63.8	+0.8	-1.2
South	63.3	63.6	64.1	64.1	64.4	63.6	63.3	63.3	61.8	60.2	62.0	61.9	62.7	+0.8	-0.6
Midwest	63.0	63.7	63.9	63.7	63.6	63.3	62.5	61.6	61.0	59.0	61.0	61.4	62.4	+1.0	-0.6
West	67.4	67.1	67.1	66.7	67.8	67.1	67.3	66.5	66.2	64.0	65.4	66.4	66.2	-0.2	-1.2
Work Environment											MoE = National +/- 0.6% Regional +/- 1.2%				
National	48.2	48.3	48.9	48.4	48.1	47.7	47.6	48.1	48.2	48.4	48.2	45.4	46.9	+1.5	-1.3
Northeast	47.4	48.0	48.3	46.9	47.9	48.2	47.1	45.1	47.2	48.4	45.0	45.4	44.0	-1.4	-3.4
South	47.5	48.0	49.0	48.3	48.9	48.8	47.5	48.1	48.3	47.8	48.4	44.6	48.5	+3.9	+1.0
Midwest	47.7	48.2	49.1	48.7	46.2	45.3	46.8	48.0	47.1	48.8	48.3	46.2	45.6	-0.6	-2.1
West	50.6	48.9	49.2	49.7	48.7	48.2	49.2	51.2	50.3	49.0	50.9	45.9	49.0	+3.1	-1.6
Basic Access											MoE = National +/- 0.2% Regional +/- 0.4%				
National	82.3	82.7	82.3	82.8	82.5	82.4	82.4	82.2	82.1	81.7	82.1	82.4	82.2	-0.2	-0.1
Northeast	84.3	84.4	84.9	84.0	84.4	84.5	83.9	83.8	83.8	84.1	83.7	83.9	83.9	+0.0	-0.4
South	80.8	81.2	80.3	81.2	80.8	80.6	80.9	80.7	80.4	79.7	80.6	81.1	80.4	-0.7	-0.4
Midwest	83.4	83.5	83.8	84.3	83.4	83.4	83.7	83.5	83.3	82.9	83.6	83.5	83.9	+0.4	+0.5
West	81.7	82.3	81.4	82.4	82.3	82.0	82.0	81.4	81.7	81.3	81.6	81.7	81.8	+0.1	+0.1

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	
	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Month	Year
Gender															
Male	67.2	66.9	67.6	67.4	67.1	67.1	66.6	66.8	67.0	66.3	66.9	66.4	66.2	-0.2	-1.0
Female	66.3	67.2	67.1	67.1	67.0	66.6	66.1	66.2	66.1	65.6	66.5	65.7	66.4	+0.7	+0.1
Age															
18 to 29	67.6	69.0	68.8	67.9	68.8	68.6	68.0	67.9	67.9	67.2	67.6	67.0	68.0	+1.0	+0.4
30 to 44	67.7	67.3	67.9	68.0	67.9	66.7	67.3	67.0	67.0	66.0	67.2	66.7	67.0	+0.3	-0.7
45 to 64	65.5	65.6	66.1	66.1	65.6	65.7	64.5	65.1	65.2	64.7	65.4	65.1	64.7	-0.4	-0.8
65 and older	68.2	68.2	69.2	69.2	68.9	68.8	68.4	68.5	68.2	67.9	68.8	67.8	68.3	+0.5	+0.1
Family Status															
Married	69.6	69.4	69.8	70.1	69.7	69.2	68.9	69.2	69.3	68.6	69.5	68.8	69.0	+0.2	-0.6
Single	65.0	65.5	66.3	65.7	66.0	65.9	65.1	64.8	65.5	64.5	65.4	64.7	64.9	+0.2	-0.1
Divorced	60.0	60.8	60.6	60.8	60.5	60.6	59.5	60.7	59.9	60.3	60.1	59.7	59.7	+0.0	-0.3
Widowed	64.0	65.5	65.0	64.0	65.4	65.3	63.3	63.8	63.4	63.7	64.2	63.2	63.0	-0.2	-1.0
Separated	56.5	56.1	59.2	56.7	59.2	56.8	56.4	55.3	55.8	56.2	56.1	54.5	58.2	+3.7	+1.7
Domestic Partner	62.4	65.9	65.4	65.2	62.9	64.7	65.1	64.7	63.1	62.8	63.0	63.9	64.1	+0.2	+1.7
Ethnicity															
White	67.3	67.4	67.8	67.9	67.6	67.5	66.6	66.9	66.9	66.6	67.2	66.7	66.8	+0.1	-0.5
Black	65.1	65.1	66.0	65.2	65.3	64.4	65.3	65.1	65.5	63.3	64.6	64.4	62.8	-1.6	-2.3
Hispanic	65.4	66.6	66.1	66.3	66.4	65.9	66.6	66.3	65.9	64.9	65.5	64.7	66.4	+1.7	+1.0
Asian	71.3	71.0	74.7	72.6	72.3	71.3	72.0	70.8	71.4	69.4	69.2	71.0	69.7	-1.3	-1.6
Other	64.2	64.3	64.3	62.4	63.8	63.0	63.0	62.5	62.7	63.9	64.4	61.7	63.5	+1.8	-0.7
Household Income															
Under \$1,000	56.6	56.0	56.1	55.3	54.1	54.8	54.2	55.4	53.6	54.0	54.4	55.2	54.9	-0.3	-1.7
\$1,000-\$1,999	58.3	58.5	59.1	59.2	58.8	57.9	58.1	58.2	57.8	57.2	58.0	57.8	58.7	+0.9	+0.4
\$2,000-\$2,999	63.6	63.7	63.6	63.7	63.0	62.1	62.4	62.5	63.2	63.0	63.0	62.8	62.0	-0.8	-1.6
\$3,000-\$3,999	66.3	66.1	67.5	66.6	66.9	66.4	66.1	65.6	66.0	66.2	66.5	66.0	66.1	+0.1	-0.2
\$4,000-\$4,999	68.3	68.8	69.1	68.6	69.3	68.4	68.5	68.9	68.2	68.1	69.2	68.0	68.0	+0.0	-0.3
\$5,000-\$7,499	71.1	71.6	72.5	72.1	72.1	71.5	71.1	71.3	70.9	71.1	71.2	70.1	71.2	+1.1	+0.1
\$7,500-\$9,999	72.7	74.2	73.4	73.8	74.2	74.0	72.9	73.3	73.5	72.4	73.5	74.2	72.7	-1.5	+0.0
\$10,000 +	74.6	74.7	75.5	75.0	74.5	75.0	74.7	74.7	75.6	74.6	75.5	74.4	74.8	+0.4	+0.2

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.