

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

May 2011

Basic Access to Necessities Drops to Second Lowest on Record as the Percentage of Americans that visited a Dentist in the Past 12 Months Hits a Record Low

Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the monthly Gallup-Healthways Well-Being Index® (WBI) Report for May 2011. The WBI composite score of 66.5 remained relatively unchanged from April's score of 66.2.

Trending with the state of the economy, the Basic Access Index hit its second lowest number on record, dropping to 82.0. This dip was led by the lowest percentage yet of Americans who visited the dentist in the past 12 months (63.9 percent). Also reflected was an ongoing struggle for Americans to get fresh fruits and vegetables and to provide adequate shelter or housing. Ease of getting fresh fruits and vegetables (90.5 percent) has continued its steady erosion since its peak of 92.9 percent in October 2010. Those with enough money to provide adequate shelter or housing at all times sunk to 89.7 percent, marking the first time since the heart of the recession in February 2009 it has been below 90 percent.

Surprisingly, out of the ordinary for seasonality trends, the Healthy Behaviors Index flattened at 63.8 setting up what may be the weakest spring/summer measurements witnessed in four years. The percentage of Americans that ate healthy (66.2 percent) and ate at least five servings of fruits and vegetables at least four days in a week (55.9 percent) both dropped two full percentage points from May 2010.

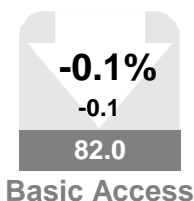
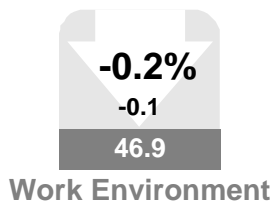
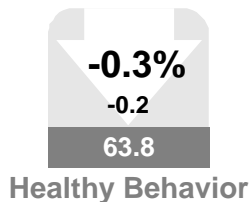
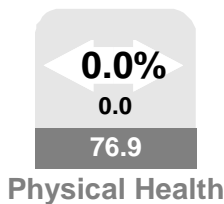
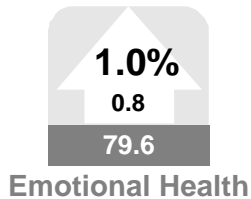
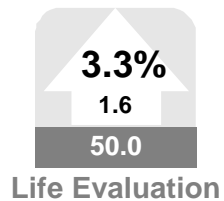
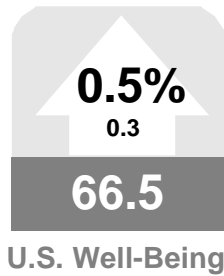
Other key findings:

- The Work Environment Index tied its second lowest score on record (46.9), still not recovering to post-recession numbers of 50.0 and above.
- Life Evaluation Index recovered slightly to 50.0 from last month's low of 48.4, as 53.5% of Americans were thriving and 3.5% were suffering.
- Emotional Health Index improved to 79.6, consistent with seasonal expectations with 60.5 of Americans feeling less stressed and worried.
- Physical Health Index remains unchanged at 76.9, consistent with May trending. 4.9 percent of Americans were sick with a cold throughout the month and 1.6 percent with the flu.

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

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From Gallup-Healthways Well-Being Index Data

Based on 30,239 surveys completed in May 2011. Total of 1,180,089 since January 2, 2008.

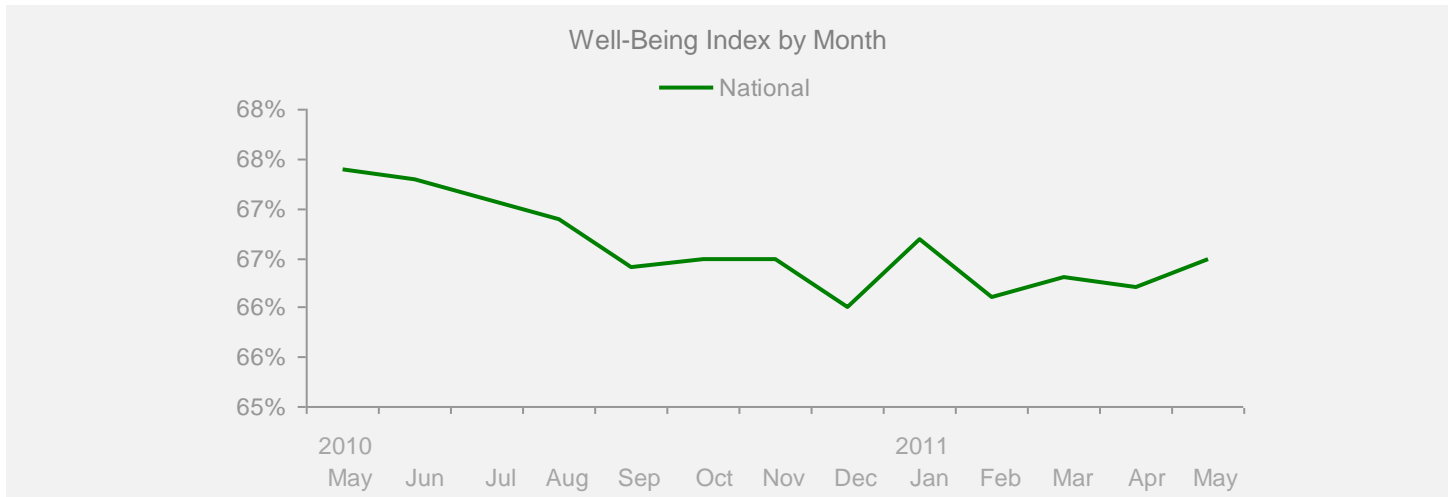
U.S. Composite and Life Evaluation Score

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

Well-Being Index

SCALE 0-100 MoE = +/- 0.2%

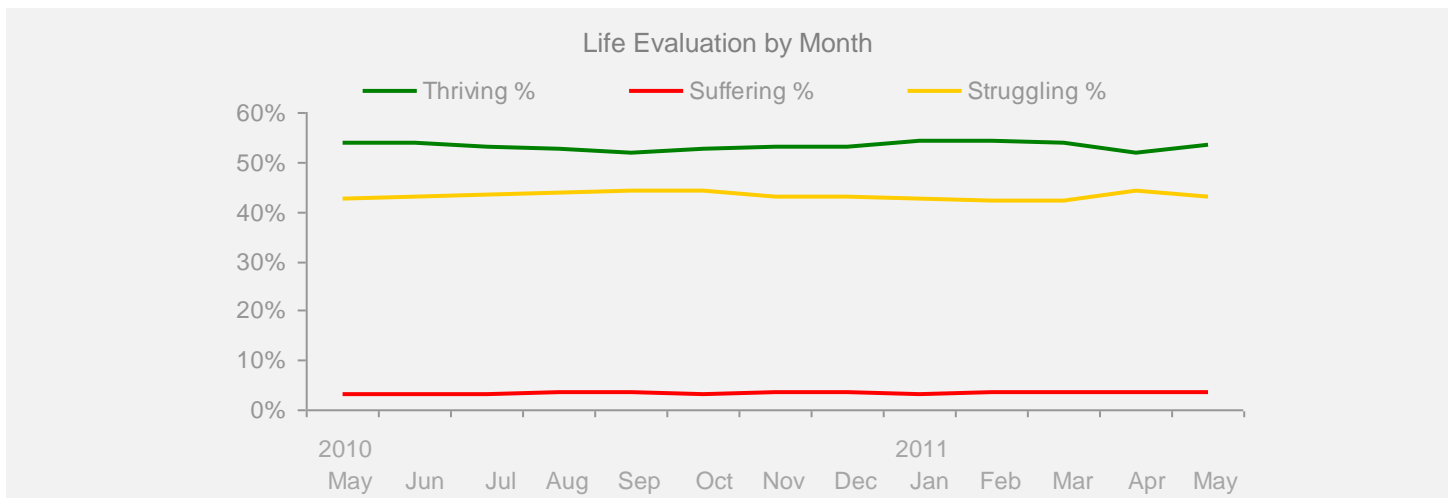
National	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	+0.3	-0.9
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Life Evaluation

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

Life Evaluation	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	+1.6	-0.7
Thriving %	54.0	53.9	53.0	52.8	52.0	52.6	53.3	53.2	54.2	54.2	53.9	52.1	53.5	+1.4	-0.5
Struggling %	42.8	43.1	43.6	43.7	44.4	44.1	43.1	43.2	42.6	42.1	42.4	44.3	43.0	-1.3	+0.2
Suffering %	3.2	3.1	3.4	3.5	3.6	3.3	3.6	3.6	3.2	3.7	3.7	3.6	3.5	-0.1	+0.3



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National and Regional Composite Well-Being Scores

	2010					2011					Change				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Well-Being Index MoE = National +/- 0.2% Regional +/- 0.4%															
National	67.4	67.3	67.1	66.9	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	+0.3	-0.9
Northeast	67.9	67.0	67.9	67.8	66.7	66.1	66.8	66.7	66.6	66.1	65.8	66.1	66.7	+0.6	-1.2
South	66.5	66.6	66.2	66.4	65.9	66.0	65.9	64.9	66.2	65.6	65.9	65.6	65.7	+0.1	-0.8
Midwest	67.6	67.7	66.6	65.9	65.8	66.7	66.0	65.8	66.7	66.0	65.7	66.0	66.8	+0.8	-0.8
West	67.8	68.1	68.2	67.7	67.3	67.5	67.8	66.9	67.7	67.0	67.8	67.3	67.3	+0.0	-0.5
Life Evaluation MoE = National +/- 0.7% Regional +/- 1.4%															
National	50.7	50.8	49.6	49.3	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	+1.6	-0.7
Northeast	51.7	49.1	51.5	49.6	49.2	48.7	49.2	51.5	51.5	49.3	49.2	48.9	50.0	+1.1	-1.7
South	49.9	50.6	47.8	50.2	48.7	49.4	50.3	48.2	51.4	51.8	50.2	47.6	49.6	+2.0	-0.3
Midwest	50.9	50.8	48.2	46.2	46.5	49.7	47.7	49.1	49.9	48.8	47.7	47.3	49.3	+2.0	-1.6
West	50.9	52.4	51.7	50.7	49.2	49.2	51.3	50.4	51.2	51.7	53.5	50.4	51.1	+0.7	+0.2
Emotional Health MoE = National +/- 0.3% Regional +/- 0.5%															
National	79.8	79.6	79.5	79.3	79.0	79.3	79.4	78.7	79.4	79.1	78.8	78.8	79.6	+0.8	-0.2
Northeast	79.4	79.2	79.1	79.7	78.5	78.4	79.1	78.1	79.2	78.2	78.0	77.9	79.2	+1.3	-0.2
South	79.3	79.4	78.9	78.7	79.1	79.2	78.9	78.5	79.0	79.0	78.8	78.6	79.2	+0.6	-0.1
Midwest	80.2	80.2	80.4	79.6	79.3	80.1	80.0	78.7	79.8	79.5	78.7	79.3	80.2	+0.9	+0.0
West	80.4	79.6	80.0	79.6	79.1	79.3	79.7	79.5	79.6	79.4	79.7	79.6	79.9	+0.3	-0.5
Physical Health MoE = National +/- 0.2% Regional +/- 0.3%															
National	77.3	77.2	77.5	77.4	76.2	76.6	76.7	76.3	76.7	76.2	75.8	76.9	76.9	+0.0	-0.4
Northeast	77.1	77.3	77.5	77.8	76.3	76.5	77.3	76.5	76.9	76.7	75.9	76.7	77.2	+0.5	+0.1
South	76.5	76.1	76.3	76.4	75.7	75.6	75.5	75.3	75.7	75.2	75.0	76.2	76.1	-0.1	-0.4
Midwest	77.9	78.1	78.0	77.5	76.2	77.4	76.6	76.3	77.4	76.5	76.2	77.2	77.4	+0.2	-0.5
West	78.1	77.7	78.6	78.5	77.0	77.3	77.9	77.4	77.4	76.7	76.7	77.7	77.4	-0.3	-0.7
Healthy Behavior MoE = National +/- 0.2% Regional +/- 0.4%															
National	65.2	64.9	65.5	65.0	64.5	63.8	63.2	61.1	62.8	63.1	63.7	64.0	63.8	-0.2	-1.4
Northeast	66.0	65.6	66.9	66.8	65.1	64.0	64.1	61.5	63.3	63.0	63.8	64.4	64.9	+0.5	-1.1
South	64.1	64.1	64.4	63.6	63.3	63.3	61.8	60.2	62.0	61.9	62.7	62.5	62.5	+0.0	-1.6
Midwest	63.9	63.7	63.6	63.3	62.5	61.6	61.0	59.0	61.0	61.4	62.4	62.9	62.7	-0.2	-1.2
West	67.1	66.7	67.8	67.1	67.3	66.5	66.2	64.0	65.4	66.4	66.2	66.7	65.8	-0.9	-1.3
Work Environment MoE = National +/- 0.6% Regional +/- 1.2%															
National	48.9	48.4	48.1	47.7	47.6	48.1	48.2	48.4	48.2	45.4	46.9	47.0	46.9	-0.1	-2.0
Northeast	48.3	46.9	47.9	48.2	47.1	45.1	47.2	48.4	45.0	45.4	44.0	44.8	44.9	+0.1	-3.4
South	49.0	48.3	48.9	48.8	47.5	48.1	48.3	47.8	48.4	44.6	48.5	48.5	46.4	-2.1	-2.6
Midwest	49.1	48.7	46.2	45.3	46.8	48.0	47.1	48.8	48.3	46.2	45.6	46.3	47.5	+1.2	-1.6
West	49.2	49.7	48.7	48.2	49.2	51.2	50.3	49.0	50.9	45.9	49.0	47.6	48.7	+1.1	-0.5
Basic Access MoE = National +/- 0.2% Regional +/- 0.4%															
National	82.3	82.8	82.5	82.4	82.4	82.2	82.1	81.7	82.1	82.4	82.2	82.1	82.0	-0.1	-0.3
Northeast	84.9	84.0	84.4	84.5	83.9	83.8	83.8	84.1	83.7	83.9	83.9	84.1	83.8	-0.3	-1.1
South	80.3	81.2	80.8	80.6	80.9	80.7	80.4	79.7	80.6	81.1	80.4	80.4	80.6	+0.2	+0.3
Midwest	83.8	84.3	83.4	83.4	83.7	83.5	83.3	82.9	83.6	83.5	83.9	83.2	83.6	+0.4	-0.2
West	81.4	82.4	82.3	82.0	82.0	81.4	81.7	81.3	81.6	81.7	81.8	81.8	81.0	-0.8	-0.4

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				
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Month	Year
Gender															
Male	67.6	67.4	67.1	67.1	66.6	66.8	67.0	66.3	66.9	66.4	66.2	66.6	66.5	-0.1	-1.1
Female	67.1	67.1	67.0	66.6	66.1	66.2	66.1	65.6	66.5	65.7	66.4	65.8	66.5	+0.7	-0.6
Age															
18 to 29	68.8	67.9	68.8	68.6	68.0	67.9	67.9	67.2	67.6	67.0	68.0	67.6	67.3	-0.3	-1.5
30 to 44	67.9	68.0	67.9	66.7	67.3	67.0	67.0	66.0	67.2	66.7	67.0	66.3	66.4	+0.1	-1.5
45 to 64	66.1	66.1	65.6	65.7	64.5	65.1	65.2	64.7	65.4	65.1	64.7	64.9	65.8	+0.9	-0.3
65 and older	69.2	69.2	68.9	68.8	68.4	68.5	68.2	67.9	68.8	67.8	68.3	68.6	68.2	-0.4	-1.0
Family Status															
Married	69.8	70.1	69.7	69.2	68.9	69.2	69.3	68.6	69.5	68.8	69.0	68.7	69.4	+0.7	-0.4
Single	66.3	65.7	66.0	65.9	65.1	64.8	65.5	64.5	65.4	64.7	64.9	65.6	64.9	-0.7	-1.4
Divorced	60.6	60.8	60.5	60.6	59.5	60.7	59.9	60.3	60.1	59.7	59.7	60.2	60.7	+0.5	+0.1
Widowed	65.0	64.0	65.4	65.3	63.3	63.8	63.4	63.7	64.2	63.2	63.0	63.0	64.2	+1.2	-0.8
Separated	59.2	56.7	59.2	56.8	56.4	55.3	55.8	56.2	56.1	54.5	58.2	54.0	56.8	+2.8	-2.4
Domestic Partner	65.4	65.2	62.9	64.7	65.1	64.7	63.1	62.8	63.0	63.9	64.1	63.4	63.1	-0.3	-2.3
Ethnicity															
White	67.8	67.9	67.6	67.5	66.6	66.9	66.9	66.6	67.2	66.7	66.8	67.3	67.7	+0.4	-0.1
Black	66.0	65.2	65.3	64.4	65.3	65.1	65.5	63.3	64.6	64.4	62.8	64.0	64.5	+0.5	-1.5
Hispanic	66.1	66.3	66.4	65.9	66.6	66.3	65.9	64.9	65.5	64.7	66.4	65.4	64.6	-0.8	-1.5
Asian	74.7	72.6	72.3	71.3	72.0	70.8	71.4	69.4	69.2	71.0	69.7	68.7	66.7	-2.0	-8.0
Other	64.3	62.4	63.8	63.0	63.0	62.5	62.7	63.9	64.4	61.7	63.5	61.4	62.4	+1.0	-1.9
Household Income															
Under \$1,000	56.1	55.3	54.1	54.8	54.2	55.4	53.6	54.0	54.4	55.2	54.9	54.9	55.2	+0.3	-0.9
\$1,000-\$1,999	59.1	59.2	58.8	57.9	58.1	58.2	57.8	57.2	58.0	57.8	58.7	58.3	58.2	-0.1	-0.9
\$2,000-\$2,999	63.6	63.7	63.0	62.1	62.4	62.5	63.2	63.0	63.0	62.8	62.0	62.6	63.2	+0.6	-0.4
\$3,000-\$3,999	67.5	66.6	66.9	66.4	66.1	65.6	66.0	66.2	66.5	66.0	66.1	66.2	65.5	-0.7	-2.0
\$4,000-\$4,999	69.1	68.6	69.3	68.4	68.5	68.9	68.2	68.1	69.2	68.0	68.0	68.5	69.3	+0.8	+0.2
\$5,000-\$7,499	72.5	72.1	72.1	71.5	71.1	71.3	70.9	71.1	71.2	70.1	71.2	70.7	70.9	+0.2	-1.6
\$7,500-\$9,999	73.4	73.8	74.2	74.0	72.9	73.3	73.5	72.4	73.5	74.2	72.7	72.5	73.6	+1.1	+0.2
\$10,000 +	75.5	75.0	74.5	75.0	74.7	74.7	75.6	74.6	75.5	74.4	74.8	75.1	75.6	+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.