

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

November 2011

Americans' Healthy Behaviors Drop to 62.6 as the Percentage of Those Exercising and Eating Fruits and Vegetables Decreases

The findings from the monthly Gallup-Healthways Well-Being Index® (WBI) for November 2011 reflect Americans' change in healthy behaviors as the holidays approach, as demonstrated by a low Healthy Behavior score of 62.6, the lowest Healthy Behavior Index November score since 2008's 61.4. The percentage of respondents who exercised 30 minutes at least three days in the last week dropped to 49.8 percent, off 2.4 percent from October. The percentage of Americans who ate at least five servings of fruits and veggies at least four days in the last week dropped to 54.7 percent.

The WBI composite score remained flat in November with a score of 65.8.

Other findings:

-The Life Evaluation Index improved to 47.7, up from October's 46.8. The 51.6 percent of Americans who reported they are thriving, represents a four-month high, while 3.9 percent reported they are suffering, statistically matching the last three months.

-The Emotional Health Index was 79.0 in November. 59.1 percent of Americans were without stress "a lot of the day yesterday," the lowest for November over the past four years. The percent without worry "a lot of the day yesterday" improved by nearly a point from October to 67.7% in November.

-The Physical Health Index was 76.6 in November, as anticipated due to seasonal effects. Those with daily colds and the flu increased, up to 8.4 percent and 2.6 percent, respectively.

-The Work Environment Index decreased slightly to 47.2 in November. This decline was driven by the percentage of Americans who reported that their "supervisor treats you like a partner" dropping to 56.1 percent, the lowest since March.

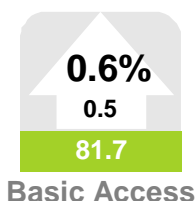
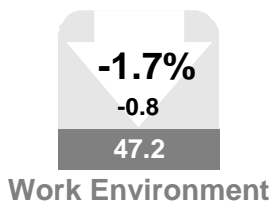
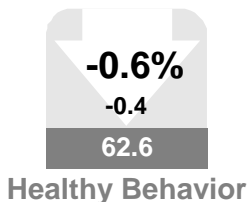
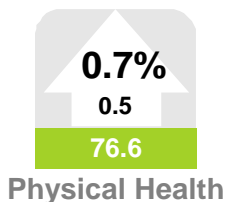
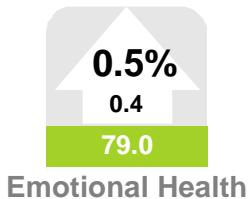
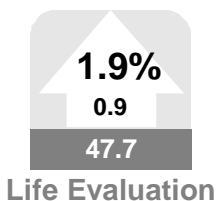
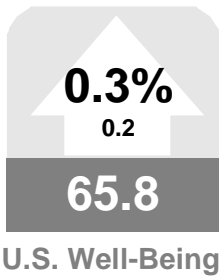
-The Basic Access Index was low for the third month in a row with a score of 81.7, up minimally from October's 81.2. The percentage of Americans who reported that it was "easy to get fresh fruits and vegetables" was 90.7. Showing seasonal effects due to darkness arriving earlier, 70.3 percent reported they "feel safe walking alone at night," dropping minimally from 70.5 in October.

For more on the science and methodology behind the WBI, please visit www.well-beingindex.com.

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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



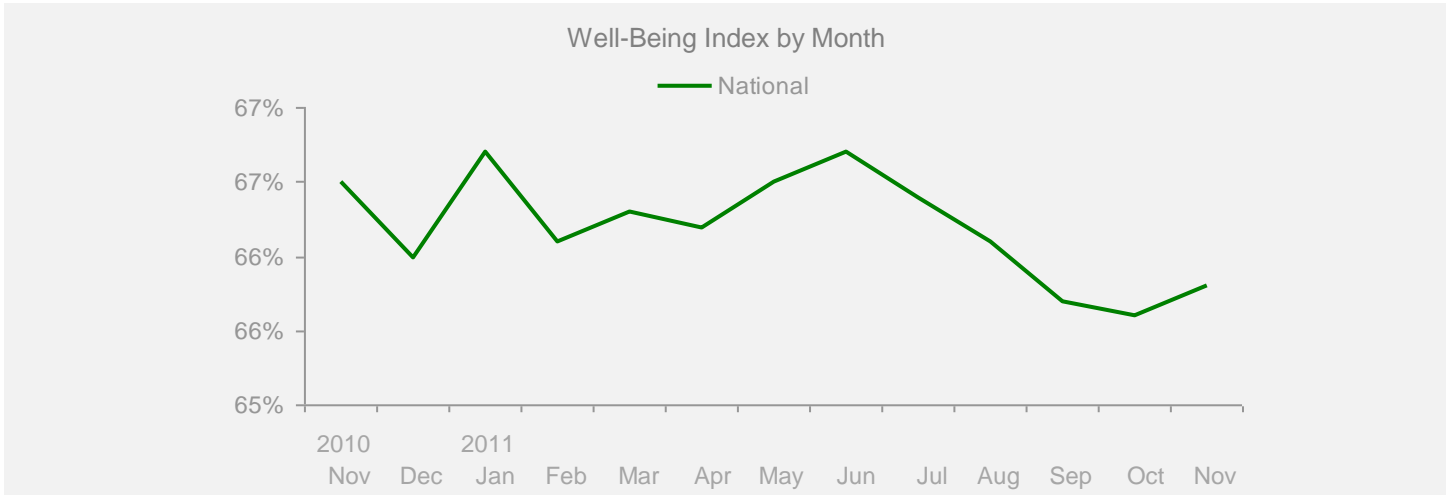
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 29,285 surveys completed in November 2011. Total of 1,360,042 since January 2, 2008.

U.S. Composite and Life Evaluation Score

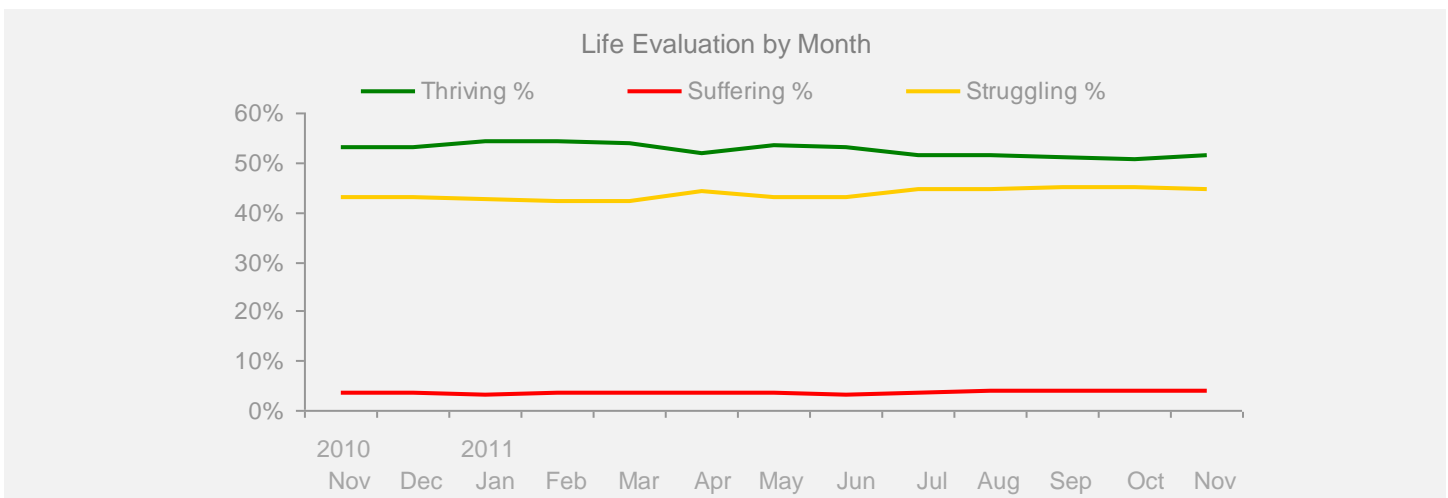
	2010		2011										Change		
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	66.4	66.1	65.7	65.6	65.8	+0.2	-0.7



Life Evaluation

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

Life Evaluation	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	48.1	47.6	47.1	46.8	47.7	+0.9	-2.0
Thriving %	53.3	53.2	54.2	54.2	53.9	52.1	53.5	53.3	51.7	51.5	51.0	50.8	51.6	+0.8	-1.7
Struggling %	43.1	43.2	42.6	42.1	42.4	44.3	43.0	43.2	44.6	44.5	45.0	45.2	44.5	-0.7	+1.4
Suffering %	3.6	3.6	3.2	3.7	3.7	3.6	3.5	3.4	3.7	4.0	4.0	4.0	3.9	-0.1	+0.3



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National and Regional Composite Well-Being Scores

	2010		2011								Change				
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Month	Year
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%		
National	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	66.4	66.1	65.7	65.6	65.8	+0.2	-0.7
Northeast	66.8	66.7	66.6	66.1	65.8	66.1	66.7	66.7	66.7	66.4	65.7	65.6	65.8	+0.2	-1.0
South	65.9	64.9	66.2	65.6	65.9	65.6	65.7	66.1	65.5	65.6	64.8	64.7	65.0	+0.3	-0.9
Midwest	66.0	65.8	66.7	66.0	65.7	66.0	66.8	66.3	66.2	65.8	66.0	66.1	65.6	-0.5	-0.4
West	67.8	66.9	67.7	67.0	67.8	67.3	67.3	68.1	67.7	66.9	66.7	66.6	67.2	+0.6	-0.6
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%		
National	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	48.1	47.6	47.1	46.8	47.7	+0.9	-2.0
Northeast	49.2	51.5	51.5	49.3	49.2	48.9	50.0	49.3	47.4	47.2	46.9	45.3	47.9	+2.6	-1.3
South	50.3	48.2	51.4	51.8	50.2	47.6	49.6	50.1	47.5	47.9	45.6	46.6	46.6	+0.0	-3.7
Midwest	47.7	49.1	49.9	48.8	47.7	47.3	49.3	48.9	46.8	46.8	47.3	46.7	46.7	+0.0	-1.0
West	51.3	50.4	51.2	51.7	53.5	50.4	51.1	51.2	50.7	48.2	49.2	48.8	50.3	+1.5	-1.0
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%		
National	79.4	78.7	79.4	79.1	78.8	78.8	79.6	79.6	79.4	78.4	78.3	78.6	79.0	+0.4	-0.4
Northeast	79.1	78.1	79.2	78.2	78.0	77.9	79.2	79.2	79.0	78.2	78.0	78.2	78.6	+0.4	-0.5
South	78.9	78.5	79.0	79.0	78.8	78.6	79.2	79.2	79.0	78.3	78.0	78.0	78.9	+0.9	+0.0
Midwest	80.0	78.7	79.8	79.5	78.7	79.3	80.2	79.9	79.5	78.4	79.1	79.3	78.9	-0.4	-1.1
West	79.7	79.5	79.6	79.4	79.7	79.6	79.9	80.3	80.3	78.7	78.2	79.1	79.4	+0.3	-0.3
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%		
National	76.7	76.3	76.7	76.2	75.8	76.9	76.9	77.4	77.5	77.3	76.7	76.1	76.6	+0.5	-0.1
Northeast	77.3	76.5	76.9	76.7	75.9	76.7	77.2	77.7	78.0	77.5	77.2	76.0	76.9	+0.9	-0.4
South	75.5	75.3	75.7	75.2	75.0	76.2	76.1		76.7	76.4	75.5	75.0	76.2	+1.2	+0.7
Midwest	76.6	76.3	77.4	76.5	76.2	77.2	77.4	77.3	77.4	77.3	77.3	76.8	76.5	-0.3	-0.1
West	77.9	77.4	77.4	76.7	76.7	77.7	77.4	77.8	78.1	78.3	77.3	77.2	77.1	-0.1	-0.8
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%		
National	63.2	61.1	62.8	63.1	63.7	64.0	63.8	64.0	64.6	64.5	63.4	63.0	62.6	-0.4	-0.6
Northeast	64.1	61.5	63.3	63.0	63.8	64.4	64.9	65.2	65.7	65.3	63.8	64.1	62.8	-1.3	-1.3
South	61.8	60.2	62.0	61.9	62.7	62.5	62.5	62.7	63.6	63.3	62.0	61.4	61.9	+0.5	+0.1
Midwest	61.0	59.0	61.0	61.4	62.4	62.9	62.7	62.6	62.6	62.8	61.9	61.6	60.5	-1.1	-0.5
West	66.2	64.0	65.4	66.4	66.2	66.7	65.8	66.3	67.1	67.2	66.7	65.5	65.3	-0.2	-0.9
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%		
National	48.2	48.4	48.2	45.4	46.9	47.0	46.9	47.5	47.4	47.1	47.3	48.0	47.2	-0.8	-1.0
Northeast	47.2	48.4	45.0	45.4	44.0	44.8	44.9	45.2	46.7	46.6	44.6	47.2	45.1	-2.1	-2.1
South	48.3	47.8	48.4	44.6	48.5	48.5	46.4	47.6	46.7	47.3	48.6	47.4	46.8	-0.6	-1.5
Midwest	47.1	48.8	48.3	46.2	45.6	46.3	47.5	45.7	47.9	46.5	47.7	49.4	47.9	-1.5	+0.8
West	50.3	49.0	50.9	45.9	49.0	47.6	48.7		48.5	47.7	47.8	48.3	49.3	+1.0	-1.0
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%		
National	82.1	81.7	82.1	82.4	82.2	82.1	82.0	82.0	81.6	81.9	81.4	81.2	81.7	+0.5	-0.4
Northeast	83.8	84.1	83.7	83.9	83.9	84.1	83.8	83.9	83.1	83.8	83.8	83.0	83.4	+0.4	-0.4
South	80.4	79.7	80.6	81.1	80.4	80.4	80.6	80.3	79.7	80.3	79.3	79.5	79.9	+0.4	-0.5
Midwest	83.3	82.9	83.6	83.5	83.9	83.2	83.6		83.0	83.2	82.9	82.6	82.9	+0.3	-0.4
West	81.7	81.3	81.6	81.7	81.8	81.8	81.0	81.4	81.8	81.3	80.8	80.7	81.6	+0.9	-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		
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Month	Year
Gender															
Male	67.0	66.3	66.9	66.4	66.2	66.6	66.5	66.7	66.0	66.1	65.8	65.6	65.7	+0.1	-1.3
Female	66.1	65.6	66.5	65.7	66.4	65.8	66.5	66.7	66.8	66.2	65.6	65.6	65.9	+0.3	-0.2
Age															
18 to 29	67.9	67.2	67.6	67.0	68.0	67.6	67.3	68.3	67.8	68.0	66.8	66.5	66.6	+0.1	-1.3
30 to 44	67.0	66.0	67.2	66.7	67.0	66.3	66.4	67.1	67.0	66.3	65.9	66.3	66.0	-0.3	-1.0
45 to 64	65.2	64.7	65.4	65.1	64.7	64.9	65.8	65.5	65.1	64.6	64.2	63.9	64.6	+0.7	-0.6
65 and older	68.2	67.9	68.8	67.8	68.3	68.6	68.2	67.7	67.8	67.2	67.9	67.8	68.0	+0.2	-0.2
Family Status															
Married	69.3	68.6	69.5	68.8	69.0	68.7	69.4	69.3	69.4	68.5	68.2	68.4	68.5	+0.1	-0.8
Single	65.5	64.5	65.4	64.7	64.9	65.6	64.9	65.7	65.2	65.7	64.4	64.2	64.7	+0.5	-0.8
Divorced	59.9	60.3	60.1	59.7	59.7	60.2	60.7	60.6	59.5	59.5	59.2	59.0	59.2	+0.2	-0.7
Widowed	63.4	63.7	64.2	63.2	63.0	63.0	64.2	64.2	64.6	63.4	63.6	62.8	63.3	+0.5	-0.1
Separated	55.8	56.2	56.1	54.5	58.2	54.0	56.8	56.6	56.1	54.3	57.0	54.1	57.6	+3.5	+1.8
Domestic Partner	63.1	62.8	63.0	63.9	64.1	63.4	63.1	64.6	63.1	63.7	63.3	62.9	61.7	-1.2	-1.4
Ethnicity															
White	66.9	66.6	67.2	66.7	66.8	67.3	67.7	67.9	67.6	66.9	66.6	66.7	66.9	+0.2	+0.0
Black	65.5	63.3	64.6	64.4	62.8	64.0	64.5	63.9	63.0	64.5	63.8	63.4	63.1	-0.3	-2.4
Hispanic	65.9	64.9	65.5	64.7	66.4	65.4	64.6	65.7	65.4	64.9	65.1	64.4	64.9	+0.5	-1.0
Asian	71.4	69.4	69.2	71.0	69.7	68.7	66.7	69.2	70.3	69.9	69.7	68.1	68.1	+0.0	-3.3
Other	62.7	63.9	64.4	61.7	63.5	61.4	62.4	61.2	66.1	64.5	61.8	62.3	65.1	+2.8	+2.4
Household Income															
Under \$1,000	53.6	54.0	54.4	55.2	54.9	54.9	55.2	55.0	53.6	55.1	55.3	54.9	54.0	-0.9	+0.4
\$1,000-\$1,999	57.8	57.2	58.0	57.8	58.7	58.3	58.2	59.2	58.1	58.9	57.5	58.1	57.4	-0.7	-0.4
\$2,000-\$2,999	63.2	63.0	63.0	62.8	62.0	62.6	63.2	63.4	62.5	61.6	61.0	61.4	62.4	+1.0	-0.8
\$3,000-\$3,999	66.0	66.2	66.5	66.0	66.1	66.2	65.5	66.7	66.0	65.1	65.3	65.4	65.4	+0.0	-0.6
\$4,000-\$4,999	68.2	68.1	69.2	68.0	68.0	68.5	69.3	69.1	69.0	68.1	67.7	67.6	67.6	+0.0	-0.6
\$5,000-\$7,499	70.9	71.1	71.2	70.1	71.2	70.7	70.9	71.2	71.4	70.8	70.3	70.6	70.7	+0.1	-0.2
\$7,500-\$9,999	73.5	72.4	73.5	74.2	72.7	72.5	73.6	73.9	74.9	72.8	72.3	73.1	71.9	-1.2	-1.6
\$10,000 +	75.6	74.6	75.5	74.4	74.8	75.1	75.6	75.1	75.8	75.3	74.7	74.4	75.3	+0.9	-0.3

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.