

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

October 2011

Americans with “Enough Money to Buy Food” Reaches its Lowest Point since November 2008

The Gallup-Healthways Well-Being Index® (WBI) remained steady in October 2011 with a composite score of 65.6 compared with 65.7 for September. The WBI also reveals, however, that Americans continue to struggle with access to basic necessities, as demonstrated by this month’s score of 81.2, the lowest in four years. This decline was affected by the 20 percent of Americans who did not have enough money to buy food in the last 12 months.

Other findings:

-The Life Evaluation Index declined to 46.8, its lowest point since July 2009. 50.8 percent of Americans reported they are thriving, the lowest percentage since July 2009. Four percent of Americans reported they are suffering, which matches the last two months as the second highest percentage on record.

-The Emotional Health Index improved slightly to 78.6 in October but is still the lowest October score in four years. 57.9 percent of Americans were without stress “a lot of the day yesterday,” the second lowest percentage in four years. The percent experiencing happiness and who smiled and laughed “a lot of the day yesterday” both improved to 87.5 percent and 82.2 percent, respectively.

-The Healthy Behavior Index also recorded its lowest October score in four years (63.0). These numbers were influenced by a decrease in the percentage of Americans that ate at least five servings of fruits and vegetables at least four days in the last week from 56.3 in September to 55.2 in October. The percentage of Americans exercising 30 minutes or more at least three days in the last week, however, did improve to 52.2 in October from 51.9 in September.

-The Physical Health Index declined to 76.1 in October, as expected. This decline was due mostly to the increase in the percentage of those affected by daily colds and flu, up to 7.3 percent and 2.1 percent, from 5.5 percent and 1.8 percent, respectively, in September.

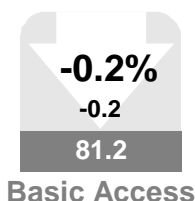
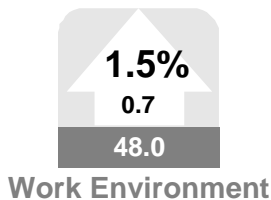
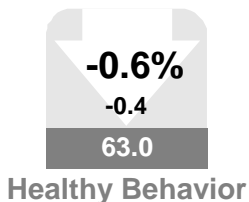
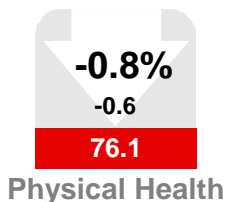
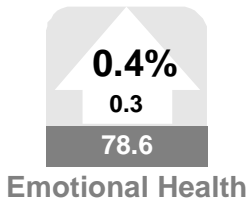
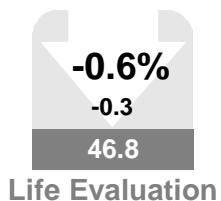
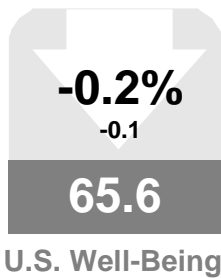
-The Work Environment Index improved slightly to 48.0 in October from September’s 47.3.

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



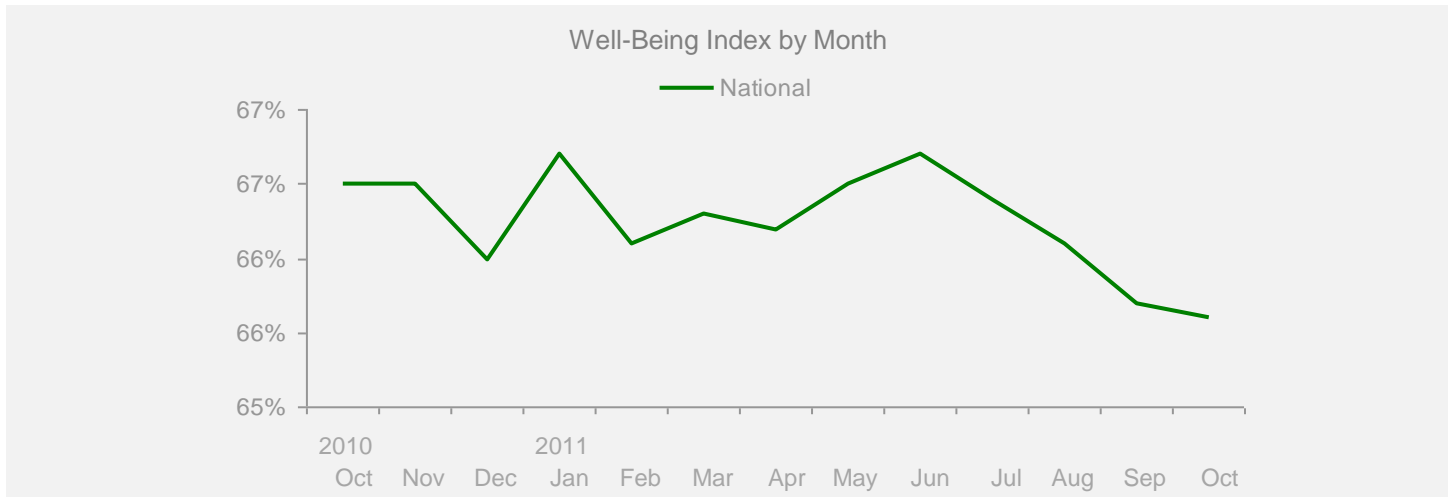
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 30,289 surveys completed in October 2011. Total of 1,330,757 since January 2, 2008.

U.S. Composite and Life Evaluation Score

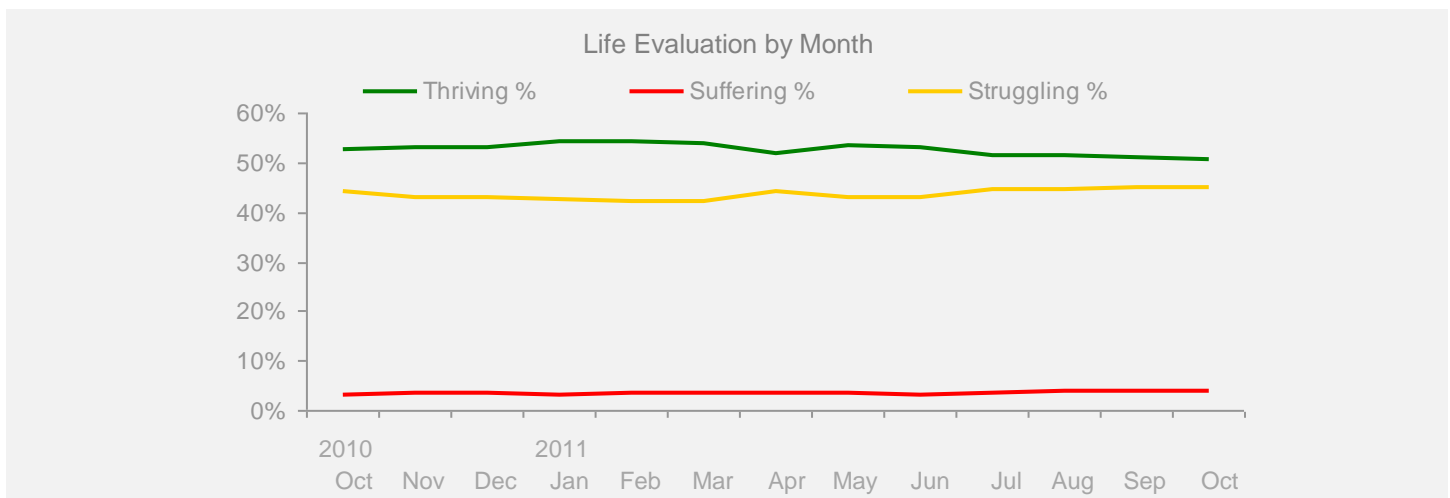
	2010			2011										Change	
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	66.4	66.1	65.7	65.6	-0.1	-0.9



Life Evaluation

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

Life Evaluation	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	48.1	47.6	47.1	46.8	-0.3	-2.5
Thriving %	52.6	53.3	53.2	54.2	54.2	53.9	52.1	53.5	53.3	51.7	51.5	51.0	50.8	-0.2	-1.8
Struggling %	44.1	43.1	43.2	42.6	42.1	42.4	44.3	43.0	43.2	44.6	44.5	45.0	45.2	+0.2	+1.1
Suffering %	3.3	3.6	3.6	3.2	3.7	3.7	3.6	3.5	3.4	3.7	4.0	4.0	4.0	+0.0	+0.7



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National and Regional Composite Well-Being Scores

	2010		2011								Change				
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Month	Year
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%		
National	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	66.4	66.1	65.7	65.6	-0.1	-0.9
Northeast	66.1	66.8	66.7	66.6	66.1	65.8	66.1	66.7	66.7	66.7	66.4	65.7	65.6	-0.1	-0.5
South	66.0	65.9	64.9	66.2	65.6	65.9	65.6	65.7	66.1	65.5	65.6	64.8	64.7	-0.1	-1.3
Midwest	66.7	66.0	65.8	66.7	66.0	65.7	66.0	66.8	66.3	66.2	65.8	66.0	66.1	+0.1	-0.6
West	67.5	67.8	66.9	67.7	67.0	67.8	67.3	67.3	68.1	67.7	66.9	66.7	66.6	-0.1	-0.9
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%		
National	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	48.1	47.6	47.1	46.8	-0.3	-2.5
Northeast	48.7	49.2	51.5	51.5	49.3	49.2	48.9	50.0	49.3	47.4	47.2	46.9	45.3	-1.6	-3.4
South	49.4	50.3	48.2	51.4	51.8	50.2	47.6	49.6	50.1	47.5	47.9	45.6	46.6	+1.0	-2.8
Midwest	49.7	47.7	49.1	49.9	48.8	47.7	47.3	49.3	48.9	46.8	46.8	47.3	46.7	-0.6	-3.0
West	49.2	51.3	50.4	51.2	51.7	53.5	50.4	51.1	51.2	50.7	48.2	49.2	48.8	-0.4	-0.4
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%		
National	79.3	79.4	78.7	79.4	79.1	78.8	78.8	79.6	79.6	79.4	78.4	78.3	78.6	+0.3	-0.7
Northeast	78.4	79.1	78.1	79.2	78.2	78.0	77.9	79.2	79.2	79.0	78.2	78.0	78.2	+0.2	-0.2
South	79.2	78.9	78.5	79.0	79.0	78.8	78.6	79.2	79.2	79.0	78.3	78.0	78.0	+0.0	-1.2
Midwest	80.1	80.0	78.7	79.8	79.5	78.7	79.3	80.2	79.9	79.5	78.4	79.1	79.3	+0.2	-0.8
West	79.3	79.7	79.5	79.6	79.4	79.7	79.6	79.9	80.3	80.3	78.7	78.2	79.1	+0.9	-0.2
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%		
National	76.6	76.7	76.3	76.7	76.2	75.8	76.9	76.9	77.4	77.5	77.3	76.7	76.1	-0.6	-0.5
Northeast	76.5	77.3	76.5	76.9	76.7	75.9	76.7	77.2	77.7	78.0	77.5	77.2	76.0	-1.2	-0.5
South	75.6	75.5	75.3	75.7	75.2	75.0	76.2	76.1		76.7	76.4	75.5	75.0	-0.5	-0.6
Midwest	77.4	76.6	76.3	77.4	76.5	76.2	77.2	77.4	77.3	77.4	77.3	77.3	76.8	-0.5	-0.6
West	77.3	77.9	77.4	77.4	76.7	76.7	77.7	77.4	77.8	78.1	78.3	77.3	77.2	-0.1	-0.1
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%		
National	63.8	63.2	61.1	62.8	63.1	63.7	64.0	63.8	64.0	64.6	64.5	63.4	63.0	-0.4	-0.8
Northeast	64.0	64.1	61.5	63.3	63.0	63.8	64.4	64.9	65.2	65.7	65.3	63.8	64.1	+0.3	+0.1
South	63.3	61.8	60.2	62.0	61.9	62.7	62.5	62.5	62.7	63.6	63.3	62.0	61.4	-0.6	-1.9
Midwest	61.6	61.0	59.0	61.0	61.4	62.4	62.9	62.7	62.6	62.6	62.8	61.9	61.6	-0.3	+0.0
West	66.5	66.2	64.0	65.4	66.4	66.2	66.7	65.8	66.3	67.1	67.2	66.7	65.5	-1.2	-1.0
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%		
National	48.1	48.2	48.4	48.2	45.4	46.9	47.0	46.9	47.5	47.4	47.1	47.3	48.0	+0.7	-0.1
Northeast	45.1	47.2	48.4	45.0	45.4	44.0	44.8	44.9	45.2	46.7	46.6	44.6	47.2	+2.6	+2.1
South	48.1	48.3	47.8	48.4	44.6	48.5	48.5	46.4	47.6	46.7	47.3	48.6	47.4	-1.2	-0.7
Midwest	48.0	47.1	48.8	48.3	46.2	45.6	46.3	47.5	45.7	47.9	46.5	47.7	49.4	+1.7	+1.4
West	51.2	50.3	49.0	50.9	45.9	49.0	47.6	48.7		48.5	47.7	47.8	48.3	+0.5	-2.9
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%		
National	82.2	82.1	81.7	82.1	82.4	82.2	82.1	82.0	82.0	81.6	81.9	81.4	81.2	-0.2	-1.0
Northeast	83.8	83.8	84.1	83.7	83.9	83.9	84.1	83.8	83.9	83.1	83.8	83.8	83.0	-0.8	-0.8
South	80.7	80.4	79.7	80.6	81.1	80.4	80.4	80.6	80.3	79.7	80.3	79.3	79.5	+0.2	-1.2
Midwest	83.5	83.3	82.9	83.6	83.5	83.9	83.2	83.6		83.0	83.2	82.9	82.6	-0.3	-0.9
West	81.4	81.7	81.3	81.6	81.7	81.8	81.8	81.0	81.4	81.8	81.3	80.8	80.7	-0.1	-0.7

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		
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Month	Year
Gender															
Male	66.8	67.0	66.3	66.9	66.4	66.2	66.6	66.5	66.7	66.0	66.1	65.8	65.6	-0.2	-1.2
Female	66.2	66.1	65.6	66.5	65.7	66.4	65.8	66.5	66.7	66.8	66.2	65.6	65.6	+0.0	-0.6
Age															
18 to 29	67.9	67.9	67.2	67.6	67.0	68.0	67.6	67.3	68.3	67.8	68.0	66.8	66.5	-0.3	-1.4
30 to 44	67.0	67.0	66.0	67.2	66.7	67.0	66.3	66.4	67.1	67.0	66.3	65.9	66.3	+0.4	-0.7
45 to 64	65.1	65.2	64.7	65.4	65.1	64.7	64.9	65.8	65.5	65.1	64.6	64.2	63.9	-0.3	-1.2
65 and older	68.5	68.2	67.9	68.8	67.8	68.3	68.6	68.2	67.7	67.8	67.2	67.9	67.8	-0.1	-0.7
Family Status															
Married	69.2	69.3	68.6	69.5	68.8	69.0	68.7	69.4	69.3	69.4	68.5	68.2	68.4	+0.2	-0.8
Single	64.8	65.5	64.5	65.4	64.7	64.9	65.6	64.9	65.7	65.2	65.7	64.4	64.2	-0.2	-0.6
Divorced	60.7	59.9	60.3	60.1	59.7	59.7	60.2	60.7	60.6	59.5	59.5	59.2	59.0	-0.2	-1.7
Widowed	63.8	63.4	63.7	64.2	63.2	63.0	63.0	64.2	64.2	64.6	63.4	63.6	62.8	-0.8	-1.0
Separated	55.3	55.8	56.2	56.1	54.5	58.2	54.0	56.8	56.6	56.1	54.3	57.0	54.1	-2.9	-1.2
Domestic Partner	64.7	63.1	62.8	63.0	63.9	64.1	63.4	63.1	64.6	63.1	63.7	63.3	62.9	-0.4	-1.8
Ethnicity															
White	66.9	66.9	66.6	67.2	66.7	66.8	67.3	67.7	67.9	67.6	66.9	66.6	66.7	+0.1	-0.2
Black	65.1	65.5	63.3	64.6	64.4	62.8	64.0	64.5	63.9	63.0	64.5	63.8	63.4	-0.4	-1.7
Hispanic	66.3	65.9	64.9	65.5	64.7	66.4	65.4	64.6	65.7	65.4	64.9	65.1	64.4	-0.7	-1.9
Asian	70.8	71.4	69.4	69.2	71.0	69.7	68.7	66.7	69.2	70.3	69.9	69.7	68.1	-1.6	-2.7
Other	62.5	62.7	63.9	64.4	61.7	63.5	61.4	62.4	61.2	66.1	64.5	61.8	62.3	+0.5	-0.2
Household Income															
Under \$1,000	55.4	53.6	54.0	54.4	55.2	54.9	54.9	55.2	55.0	53.6	55.1	55.3	54.9	-0.4	-0.5
\$1,000-\$1,999	58.2	57.8	57.2	58.0	57.8	58.7	58.3	58.2	59.2	58.1	58.9	57.5	58.1	+0.6	-0.1
\$2,000-\$2,999	62.5	63.2	63.0	63.0	62.8	62.0	62.6	63.2	63.4	62.5	61.6	61.0	61.4	+0.4	-1.1
\$3,000-\$3,999	65.6	66.0	66.2	66.5	66.0	66.1	66.2	65.5	66.7	66.0	65.1	65.3	65.4	+0.1	-0.2
\$4,000-\$4,999	68.9	68.2	68.1	69.2	68.0	68.0	68.5	69.3	69.1	69.0	68.1	67.7	67.6	-0.1	-1.3
\$5,000-\$7,499	71.3	70.9	71.1	71.2	70.1	71.2	70.7	70.9	71.2	71.4	70.8	70.3	70.6	+0.3	-0.7
\$7,500-\$9,999	73.3	73.5	72.4	73.5	74.2	72.7	72.5	73.6	73.9	74.9	72.8	72.3	73.1	+0.8	-0.2
\$10,000 +	74.7	75.6	74.6	75.5	74.4	74.8	75.1	75.6	75.1	75.8	75.3	74.7	74.4	-0.3	-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.