

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

September 2011

Americans' Access to Basic Necessities Reaches its Lowest Score and 20 Percent of Americans Report Not Having Enough Money to Buy Food

The WBI reveals that Americans' access to basic necessities dropped to its lowest point in four years to 81.4. This decline was influenced by a reduction in the percentage of Americans that: had enough money to buy food (80.1), found it easy to get fruits and vegetables (90.6) and felt safe walking alone at night (70.2). In addition, the number of Americans with health insurance dropped near its all-time low of 82.3 percent.

The WBI composite score dropped to 65.7, its lowest score since March 2009 (64.3).

Other findings:

-The Life Evaluation Index dropped to 47.1, revealing that 51.0 percent of Americans are thriving, while 45% are struggling and four percent are suffering.

-The Emotional Health Index recorded its lowest September score in four years (78.3), driven by the decrease in the percentage of Americans "experiencing happiness a lot of the day yesterday" (86.9).

-The Healthy Behavior Index also recorded its lowest September score in four years (63.4). These numbers were influenced by a decrease in the percentage of Americans that:

-Exercised 30 minutes or more at least three days in the last week from 53.3 in August to 51.9 in September.

-Ate at least five servings of fruits and veggies at least four days in the last week from 57.3 in August. to 56.3 in September.

-The Physical Health Index declined to 76.7 from the last two months' score of 77.5. Those affected by colds increased from 2.7% to 5.5% on any given day while flu increased from 1.1% to 1.8% on any given day.

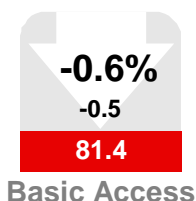
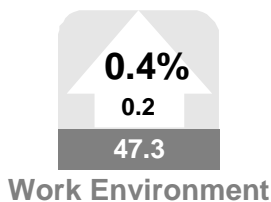
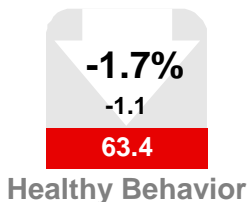
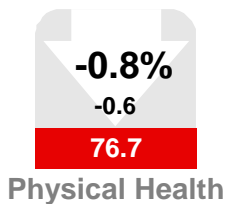
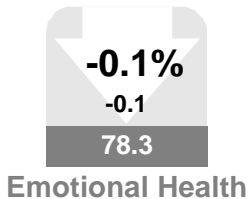
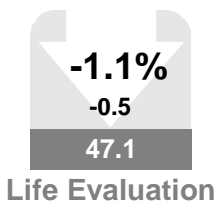
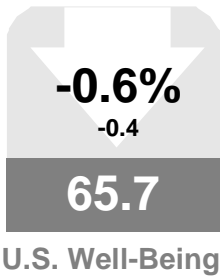
-The Work Environment Index remained low at 47.3 in September. The eight lowest scores in 45 months have come in the last eight months, revealing continued discontent in the workplace.

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



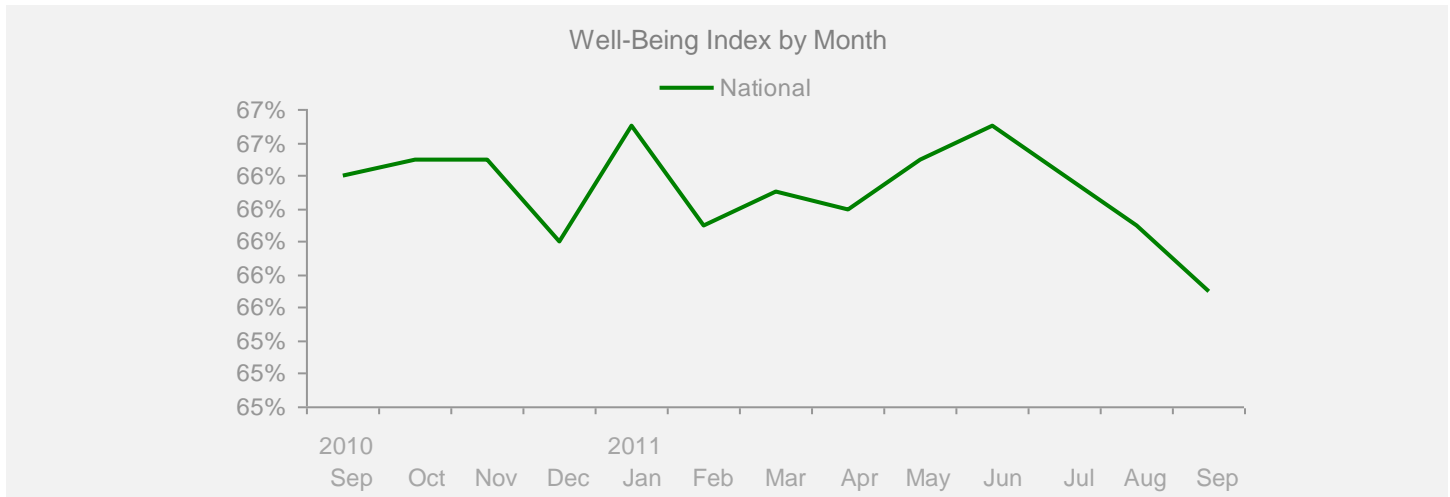
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 29,313 surveys completed in September 2011. Total of 1,300,468 since January 2, 2008.

U.S. Composite and Life Evaluation Score

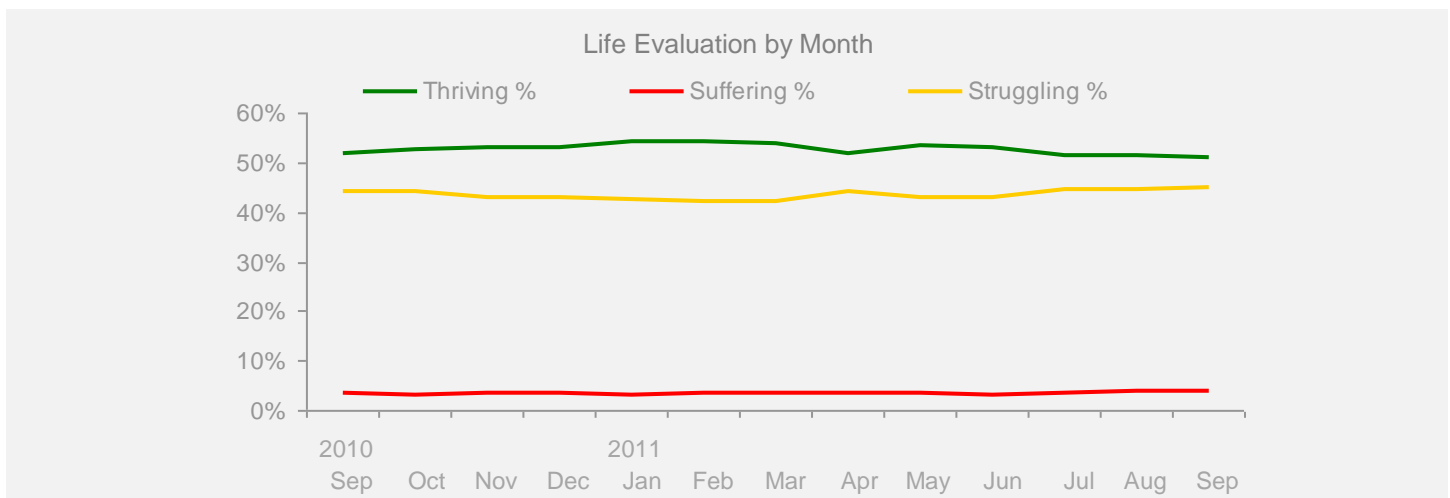
	2010				2011									Change	
	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	66.4	66.1	65.7	-0.4	-0.7



Life Evaluation

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

Life Evaluation	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	48.1	47.6	47.1	-0.5	-1.3
Thriving %	52.0	52.6	53.3	53.2	54.2	54.2	53.9	52.1	53.5	53.3	51.7	51.5	51.0	-0.5	-1.0
Struggling %	44.4	44.1	43.1	43.2	42.6	42.1	42.4	44.3	43.0	43.2	44.6	44.5	45.0	+0.5	+0.6
Suffering %	3.6	3.3	3.6	3.6	3.2	3.7	3.7	3.6	3.5	3.4	3.7	4.0	4.0	+0.0	+0.4



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National and Regional Composite Well-Being Scores

	2010				2011								Change		
	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Month	Year
Well-Being Index															
	MoE = National +/- 0.2% Regional +/- 0.4%														
National	66.4	66.5	66.5	66.0	66.7	66.1	66.3	66.2	66.5	66.7	66.4	66.1	65.7	-0.4	-0.7
Northeast	66.7	66.1	66.8	66.7	66.6	66.1	65.8	66.1	66.7	66.7	66.7	66.4	65.7	-0.7	-1.0
South	65.9	66.0	65.9	64.9	66.2	65.6	65.9	65.6	65.7	66.1	65.5	65.6	64.8	-0.8	-1.1
Midwest	65.8	66.7	66.0	65.8	66.7	66.0	65.7	66.0	66.8	66.3	66.2	65.8	66.0	+0.2	+0.2
West	67.3	67.5	67.8	66.9	67.7	67.0	67.8	67.3	67.3	68.1	67.7	66.9	66.7	-0.2	-0.6
Life Evaluation															
	MoE = National +/- 0.7% Regional +/- 1.4%														
National	48.4	49.3	49.7	49.6	51.0	50.6	50.2	48.4	50.0	49.9	48.1	47.6	47.1	-0.5	-1.3
Northeast	49.2	48.7	49.2	51.5	51.5	49.3	49.2	48.9	50.0	49.3	47.4	47.2	46.9	-0.3	-2.3
South	48.7	49.4	50.3	48.2	51.4	51.8	50.2	47.6	49.6	50.1	47.5	47.9	45.6	-2.3	-3.1
Midwest	46.5	49.7	47.7	49.1	49.9	48.8	47.7	47.3	49.3	48.9	46.8	46.8	47.3	+0.5	+0.8
West	49.2	49.2	51.3	50.4	51.2	51.7	53.5	50.4	51.1	51.2	50.7	48.2	49.2	+1.0	+0.0
Emotional Health															
	MoE = National +/- 0.3% Regional +/- 0.5%														
National	79.0	79.3	79.4	78.7	79.4	79.1	78.8	78.8	79.6	79.6	79.4	78.4	78.3	-0.1	-0.7
Northeast	78.5	78.4	79.1	78.1	79.2	78.2	78.0	77.9	79.2	79.2	79.0	78.2	78.0	-0.2	-0.5
South	79.1	79.2	78.9	78.5	79.0	79.0	78.8	78.6	79.2	79.2	79.0	78.3	78.0	-0.3	-1.1
Midwest	79.3	80.1	80.0	78.7	79.8	79.5	78.7	79.3	80.2	79.9	79.5	78.4	79.1	+0.7	-0.2
West	79.1	79.3	79.7	79.5	79.6	79.4	79.7	79.6	79.9	80.3	80.3	78.7	78.2	-0.5	-0.9
Physical Health															
	MoE = National +/- 0.2% Regional +/- 0.3%														
National	76.2	76.6	76.7	76.3	76.7	76.2	75.8	76.9	76.9	77.4	77.5	77.3	76.7	-0.6	+0.5
Northeast	76.3	76.5	77.3	76.5	76.9	76.7	75.9	76.7	77.2	77.7	78.0	77.5	77.2	-0.3	+0.9
South	75.7	75.6	75.5	75.3	75.7	75.2	75.0	76.2	76.1		76.7	76.4	75.5	-0.9	-0.2
Midwest	76.2	77.4	76.6	76.3	77.4	76.5	76.2	77.2	77.4	77.3	77.4	77.3	77.3	+0.0	+1.1
West	77.0	77.3	77.9	77.4	77.4	76.7	76.7	77.7	77.4	77.8	78.1	78.3	77.3	-1.0	+0.3
Healthy Behavior															
	MoE = National +/- 0.2% Regional +/- 0.4%														
National	64.5	63.8	63.2	61.1	62.8	63.1	63.7	64.0	63.8	64.0	64.6	64.5	63.4	-1.1	-1.1
Northeast	65.1	64.0	64.1	61.5	63.3	63.0	63.8	64.4	64.9	65.2	65.7	65.3	63.8	-1.5	-1.3
South	63.3	63.3	61.8	60.2	62.0	61.9	62.7	62.5	62.5	62.7	63.6	63.3	62.0	-1.3	-1.3
Midwest	62.5	61.6	61.0	59.0	61.0	61.4	62.4	62.9	62.7	62.6	62.6	62.8	61.9	-0.9	-0.6
West	67.3	66.5	66.2	64.0	65.4	66.4	66.2	66.7	65.8	66.3	67.1	67.2	66.7	-0.5	-0.6
Work Environment															
	MoE = National +/- 0.6% Regional +/- 1.2%														
National	47.6	48.1	48.2	48.4	48.2	45.4	46.9	47.0	46.9	47.5	47.4	47.1	47.3	+0.2	-0.3
Northeast	47.1	45.1	47.2	48.4	45.0	45.4	44.0	44.8	44.9	45.2	46.7	46.6	44.6	-2.0	-2.5
South	47.5	48.1	48.3	47.8	48.4	44.6	48.5	48.5	46.4	47.6	46.7	47.3	48.6	+1.3	+1.1
Midwest	46.8	48.0	47.1	48.8	48.3	46.2	45.6	46.3	47.5	45.7	47.9	46.5	47.7	+1.2	+0.9
West	49.2	51.2	50.3	49.0	50.9	45.9	49.0	47.6	48.7		48.5	47.7	47.8	+0.1	-1.4
Basic Access															
	MoE = National +/- 0.2% Regional +/- 0.4%														
National	82.4	82.2	82.1	81.7	82.1	82.4	82.2	82.1	82.0	82.0	81.6	81.9	81.4	-0.5	-1.0
Northeast	83.9	83.8	83.8	84.1	83.7	83.9	83.9	84.1	83.8	83.9	83.1	83.8	83.8	+0.0	-0.1
South	80.9	80.7	80.4	79.7	80.6	81.1	80.4	80.4	80.6	80.3	79.7	80.3	79.3	-1.0	-1.6
Midwest	83.7	83.5	83.3	82.9	83.6	83.5	83.9	83.2	83.6		83.0	83.2	82.9	-0.3	-0.8
West	82.0	81.4	81.7	81.3	81.6	81.7	81.8	81.8	81.0	81.4	81.8	81.3	80.8	-0.5	-1.2

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		
	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Month	Year
Gender															
Male	66.6	66.8	67.0	66.3	66.9	66.4	66.2	66.6	66.5	66.7	66.0	66.1	65.8	-0.3	-0.8
Female	66.1	66.2	66.1	65.6	66.5	65.7	66.4	65.8	66.5	66.7	66.8	66.2	65.6	-0.6	-0.5
Age															
18 to 29	68.0	67.9	67.9	67.2	67.6	67.0	68.0	67.6	67.3	68.3	67.8	68.0	66.8	-1.2	-1.2
30 to 44	67.3	67.0	67.0	66.0	67.2	66.7	67.0	66.3	66.4	67.1	67.0	66.3	65.9	-0.4	-1.4
45 to 64	64.5	65.1	65.2	64.7	65.4	65.1	64.7	64.9	65.8	65.5	65.1	64.6	64.2	-0.4	-0.3
65 and older	68.4	68.5	68.2	67.9	68.8	67.8	68.3	68.6	68.2	67.7	67.8	67.2	67.9	+0.7	-0.5
Family Status															
Married	68.9	69.2	69.3	68.6	69.5	68.8	69.0	68.7	69.4	69.3	69.4	68.5	68.2	-0.3	-0.7
Single	65.1	64.8	65.5	64.5	65.4	64.7	64.9	65.6	64.9	65.7	65.2	65.7	64.4	-1.3	-0.7
Divorced	59.5	60.7	59.9	60.3	60.1	59.7	59.7	60.2	60.7	60.6	59.5	59.5	59.2	-0.3	-0.3
Widowed	63.3	63.8	63.4	63.7	64.2	63.2	63.0	63.0	64.2	64.2	64.6	63.4	63.6	+0.2	+0.3
Separated	56.4	55.3	55.8	56.2	56.1	54.5	58.2	54.0	56.8	56.6	56.1	54.3	57.0	+2.7	+0.6
Domestic Partner	65.1	64.7	63.1	62.8	63.0	63.9	64.1	63.4	63.1	64.6	63.1	63.7	63.3	-0.4	-1.8
Ethnicity															
White	66.6	66.9	66.9	66.6	67.2	66.7	66.8	67.3	67.7	67.9	67.6	66.9	66.6	-0.3	+0.0
Black	65.3	65.1	65.5	63.3	64.6	64.4	62.8	64.0	64.5	63.9	63.0	64.5	63.8	-0.7	-1.5
Hispanic	66.6	66.3	65.9	64.9	65.5	64.7	66.4	65.4	64.6	65.7	65.4	64.9	65.1	+0.2	-1.5
Asian	72.0	70.8	71.4	69.4	69.2	71.0	69.7	68.7	66.7	69.2	70.3	69.9	69.7	-0.2	-2.3
Other	63.0	62.5	62.7	63.9	64.4	61.7	63.5	61.4	62.4	61.2	66.1	64.5	61.8	-2.7	-1.2
Household Income															
Under \$1,000	54.2	55.4	53.6	54.0	54.4	55.2	54.9	54.9	55.2	55.0	53.6	55.1	55.3	+0.2	+1.1
\$1,000-\$1,999	58.1	58.2	57.8	57.2	58.0	57.8	58.7	58.3	58.2	59.2	58.1	58.9	57.5	-1.4	-0.6
\$2,000-\$2,999	62.4	62.5	63.2	63.0	63.0	62.8	62.0	62.6	63.2	63.4	62.5	61.6	61.0	-0.6	-1.4
\$3,000-\$3,999	66.1	65.6	66.0	66.2	66.5	66.0	66.1	66.2	65.5	66.7	66.0	65.1	65.3	+0.2	-0.8
\$4,000-\$4,999	68.5	68.9	68.2	68.1	69.2	68.0	68.0	68.5	69.3	69.1	69.0	68.1	67.7	-0.4	-0.8
\$5,000-\$7,499	71.1	71.3	70.9	71.1	71.2	70.1	71.2	70.7	70.9	71.2	71.4	70.8	70.3	-0.5	-0.8
\$7,500-\$9,999	72.9	73.3	73.5	72.4	73.5	74.2	72.7	72.5	73.6	73.9	74.9	72.8	72.3	-0.5	-0.6
\$10,000 +	74.7	74.7	75.6	74.6	75.5	74.4	74.8	75.1	75.6	75.1	75.8	75.3	74.7	-0.6	+0.0

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.