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## **AHIP, Healthways, Gallup to Release Definitive Rankings of U.S. Well-Being**

***Based on the Ground-Breaking Gallup-Healthways Well-Being Index™,  
AHIP to Provide State and Congressional District Well-Being Reports***

**WASHINGTON, D.C. and NASHVILLE, Tenn.** – March 10, 2009 – Today, Gallup, Healthways and America’s Health Insurance Plans (AHIP) are pleased to announce publication of one of the most powerful tools ever created for measuring and evaluating America’s relative health, well-being and prosperity. Based on comprehensive data derived from the landmark Gallup-Healthways Well-Being Index (WBI), the AHIP State and Congressional District Reports will provide measurements, both composite and in-depth, of health and well-being in all 50 states and 435 congressional districts, as well as the District of Columbia.

The Gallup-Healthways Well-Being Index is the definitive barometer of quality of life in America, drawing data from 1,000 surveys per day, seven days per week to measure how Americans are faring physically, emotionally, socially and economically at any given point in time. The WBI is the largest effort ever undertaken to measure America’s comprehensive well-being, encompassing more than 423,000 interviews since its January 2008 launch. It is an invaluable tool for government policy-makers, community leaders, media agencies, employers, health plans and health care providers.

The AHIP State and Congressional District Reports provide a deeper look into the specific needs of communities across the country. These reports include an overall composite score for each state and congressional district, as well as sub-index scores in six domains: Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. Unlike other surveys, the WBI measures the comprehensive well-being of individuals across the full spectrum of their lives and activities, both nationally and locally, revealing surprising variations among regions and demographic groups. States or congressional districts with high overall rankings can score low on specific domains like Work Environment or Emotional Health. Conversely, low-ranking states or districts may score high on Emotional Health but low on Basic Access.

Some highlights of the new reports include:

- Utah, Hawaii, Wyoming, Colorado and Minnesota top the state rankings
- California’s 14<sup>th</sup> Congressional District, located between San Francisco and San Jose, is highest among congressional districts

The Congressional District reports will be issued annually by district and bi-annually by state. Complete ranking data and ongoing analysis will be provided through AHIP's proprietary HiWire Website, [www.ahiphiwire.org](http://www.ahiphiwire.org), and through the Gallup-Healthways Well-Being Index Website, [www.well-beingindex.com](http://www.well-beingindex.com).

"These data are a national wake-up call to re-orient our system toward preventive care, wellness and chronic care management," said Karen Ignagni, President and CEO of AHIP. "As members of Congress focus on health care reform, these data will serve as an important resource to gauge the true health and well-being of their constituents. This project will shine a light on often overlooked issues affecting the American people, including disparities in access to care and barriers to healthy lifestyles."

Beyond medical condition and access to health care coverage and services, the Index questions respondents about their economic, professional, emotional and social circumstances. With Index data, it's possible to quantify and establish a correlation between the places where people work and the communities in which they live and their well-being. Over the next quarter century, the Index will generate more than nine million individual responses. Changes in condition can be tracked over time, and the introduction of both controlled and uncontrolled variables considered. Discrete populations can also be ranked one against another for a stratified view of their relative well-being.

"The Index is about more than measurement," said Ben R. Leedle, Healthways Chief Executive Officer. "Future progress in health care and health care insurance reform is going to require all of us to rethink the definition of what health really means. There's more to well-being than a person's physical state, and the scientific information we see in the rankings, and throughout the WBI as a whole, reveals a clear and compelling need to dramatically shift our approach to one of prevention and policies that emphasize long-term well-being in every community."

"Health care costs will break our economic system in the next ten years and the only solution lies within significantly lowering the total per person costs. There are no other solutions," said Jim Clifton, Chairman and CEO of Gallup. "Beginning today, we must hold every leader, whether elected or appointed, accountable because the only true solution lies within 'requiring' dramatic, measurable improvement of American's physical and mental well-being at city and state levels and most importantly at the congressional district level."

#### **About the Gallup-Healthways Well-Being Index™**

The Gallup-Healthways Well-Being Index is the first and largest survey of its kind, with 1,000 calls a day, seven days a week. It is the official statistic for Well-Being in America, giving a daily measure of people's well-being at the close of every day based on the World Health Organization (WHO) definition of health as not only the absence of infirmity and disease but also a state of physical, mental and social well-being. The Well-Being Index describes the correlation between the places where people work and the communities in which they live, and how that and other factors impact their well-being. Additionally, the enterprise version of the Well-Being Index may be administered in workplaces throughout the U.S. to determine the Well-Being score of a specific employer population and how it compares to the employer's state and nation. With such data, employers can uncover and address key factors that impact the productivity and financial health of the organization. For additional information, go to [www.well-beingindex.com](http://www.well-beingindex.com).

### **About Healthways**

Healthways, Inc. (NASDAQ: HWAY) is the leading provider of specialized, comprehensive solutions to help millions of people maintain or improve their health and well-being and, as a result, reduce overall costs. Healthways' solutions are designed to help healthy individuals stay healthy, mitigate and slow the progression of disease associated with family or lifestyle risk factors and promote the best possible health for those already affected by disease. Healthways' proven, evidence-based programs provide highly specific and personalized interventions for each individual in a population, irrespective of age or health status, and are delivered to consumers by phone, mail, internet and face-to-face interactions, both domestically and internationally. Healthways also provides a national, fully accredited complementary and alternative Health Provider Network, offering convenient access to individuals who seek health services outside of, and in conjunction with, the traditional healthcare system. For more information, please visit [www.healthways.com](http://www.healthways.com).

### **About AHIP**

America's Health Insurance Plans (AHIP) is the national association representing nearly 1,300 member companies providing health insurance coverage to more than 200 million Americans. AHIP provides a unified voice for the community of health insurance plans. A major policy goal for our members is to expand access to high quality, affordable coverage to all Americans. We have developed innovative proposed solutions to promote universal coverage, raise the bar on quality, and make healthcare services more affordable. For more information, visit the Web site at [www.ahip.org](http://www.ahip.org).

### **About Gallup**

Gallup has studied human nature and behavior for more than 70 years. Gallup's reputation for delivering relevant, timely, and visionary research on what people around the world think and feel is the cornerstone of the organization. Gallup employs many of the world's leading scientists in management, economics, psychology, and sociology, and our consultants assist leaders in identifying and monitoring behavioral economic indicators worldwide. Gallup consultants also help organizations boost organic growth by increasing customer engagement and maximizing employee productivity through measurement tools, coursework, and strategic advisory services. Gallup's 2,000 professionals deliver services at client organizations, through the Web, at Gallup University's campuses, and in 40 offices around the world. For more information go to [www.gallup.com](http://www.gallup.com).

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