



## MEDIA ADVISORY

**Contact:**

Healthways  
Melissa Gibbs  
615-614-4466  
[melissa.gibbs@healthways.com](mailto:melissa.gibbs@healthways.com)

Gallup  
Eric Nielsen  
202-715-3144  
[eric\\_nielsenatgallup.com](http://eric_nielsenatgallup.com)

### **Gallup and Healthways Release April U.S. Well-Being Report**

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*Overall Well-Being strengthens with Life Evaluation Index at highest point in fourteen months.*

**WASHINGTON & NASHVILLE, TN – May 14** – Please be advised that Gallup and Healthways today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for April. Data in the report reveals symptoms of the current economic downturn may be abating, with both the Gallup-Healthways Well-Being Index™ (WBI) Composite and Life Evaluation Index scores swinging to significant gains in April.

Based on data from the groundbreaking WBI, one of the largest behavioral economic databases ever created, these reports will provide linear, quantitative tracking of the well-being and quality of life of Americans, nationally, regionally and by select demographic groups over the next 24 years. The reports will be published on the second Thursday of each month.

The WBI was developed in order to establish official statistics of the state of well-being in the U.S. Leveraging the work of psychology and medical science by blending Gallup's behavioral and polling research with Healthways' health and well-being expertise, the endeavor accumulates responses from a random sample of 1,000 U.S. residents 18 and older, 350 days per year. The endeavor also integrates findings of leading scientists in the areas of survey research, behavioral economics and health.

For more on the science and methodology behind the Gallup-Healthways Well-Being Index, please visit [www.well-beingindex.com](http://www.well-beingindex.com).

To download the April report, please click [here](#).

To view in-depth well-being reports for all 50 U.S. states, 435 congressional districts and the District of Columbia, please visit [www.ahip.org](http://www.ahip.org).

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