



## MEDIA ADVISORY

**Contact:**

Healthways  
Melissa Wyllie  
615-614-4466

[melissa.wyllie@healthways.com](mailto:melissa.wyllie@healthways.com)

Gallup  
Eric Nielsen  
202-715-3144

[eric\\_nielsen@gallup.com](mailto:eric_nielsen@gallup.com)

### **GALLUP AND HEALTHWAYS RELEASE DECEMBER 2009 U.S. WELL-BEING REPORT**

*Well-Being in the U.S. Continues Its Downward Trend in December:  
Five of the Six Sub-Measures Drop Year-Over-Year*

**WASHINGTON, D.C. & NASHVILLE, Tenn.** – Jan. 14, 2010 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for December 2009.

The Gallup-Healthways Well-Being Index™ (WBI) continued to decline between November and December 2009, dropping nearly a full percent to close the month at 66.1, the lowest composite score recorded since May of this year and an extension of a negative trend in overall well-being, which began in mid-summer.

The holiday season, as anticipated, took its toll on the health habits of Americans. The single biggest driver of December's composite score decline was a full 3.0 percent drop in the WBI's Healthy Behavior Sub-Index, a measure of whether Americans are eating healthy, exercising and refraining from smoking. The December Healthy Behavior score of 61.1 was the lowest recorded this year, but higher than the 59.7 score measured in December 2008.

Overall, 2009 was not a good year for Americans and their well-being. While the Gallup-Healthways Well-Being Index Composite Score remained unchanged from 2008 on a year-over-year basis, there were moderate to significant average declines in five of the six dimensions of well-being measured by the Index: Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access, with the largest drops recorded in the latter two.

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 December 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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