

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

October 2009

The Gallup-Healthways Well-Being Index Dips Slightly in October; U.S. Workers at Record Low Levels of Well-Being on the Job

The Gallup-Healthways Well-Being Index™ (WBI), the nation's largest and most comprehensive survey of how Americans are faring in virtually all aspects of their lives, was down slightly in October, dropping 0.2 percentage point to close the month at 66.5.

That is the second straight monthly drop since the year-to-date high of 67.0 in August. Regionally, Western states experienced the most negative impact from the drop, posting a month-to-month decline of nearly a full percentage point. Of the four U.S. regions tracked by the Well-Being Index, only the West is down on a year-over-year basis.

On the heels of last week's Labor Department announcement that unemployment in the U.S. rose unexpectedly to 10.2 percent in October, the highest level of U.S. unemployment in more than 26 years, the Gallup-Healthways Well-Being Index is finding that workers who are still on the job across the nation are reporting increasing levels of dissatisfaction.

The WBI, which surveys 1,000 Americans every day, seven days per week, asks respondents a series of four questions about their relative satisfaction or dissatisfaction in the workplace and the treatment they receive from supervisors. Those responses are aggregated to generate the WBI's Work Environment Sub-Index (WEI), which – at an absolute score of 48.1 in October – now stands at its lowest level since WBI measurement commenced in January 2008.

While not statistically significant, the 1.0 percentage point drop in the WEI last month pulls the Sub-Index down by more than five percentage points from its all-time high of 53.3 in October 2008, near the beginning of the recent U.S. recession. That drop translates into reduced well-being at work for about 4.7 million working Americans, possibly the result of on-going downsizing, increased work loads and expectations, more competition for fewer jobs and an overall reduction in the quality of work environments around the country.

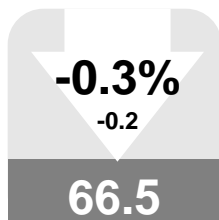
Well-being at work is down in all U.S. regions, principally in the West and South. October's 2.0 percent decline in the WEI nationally was the single biggest driver of the decline in the WBI's Composite Score, followed closely by a statistically significant 1.1 percent drop in the Well-Being Index's Healthy Behavior Sub-Index. The Midwest has the largest decline in healthy behavior of 2.2 points. The other Sub-Indices that comprise the WBI - Emotional Health, Physical Health, Basic Access and Life Evaluation - remained stable over the period, showing statistically insignificant declines of 0.1, 0.2, 0.2 and an increase of 0.5 percentage points, respectively.

Of note, last month's 1.0 percent increase in the WBI's Life Evaluation measure (LEI), which asks individuals to rank their current and anticipated life circumstances lifts that Sub-Index to the 50.0 absolute point plateau for the first time in the history of the Gallup-Healthways Well-Being Index. More Americans, 53.2 percent, report themselves as Thriving under the LEI's classification scheme now than at any point in the past two years. Fewer Americans, 43.6 percent, report themselves Struggling.

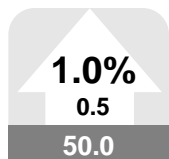
Anne Wilkins
Healthways, Inc.

Katie Bell
Gallup, Inc.

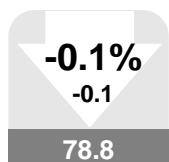
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values is 0-100.



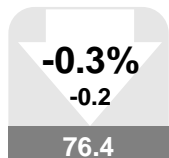
U.S. Well-Being



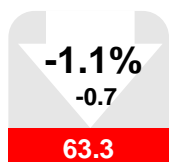
Life Evaluation



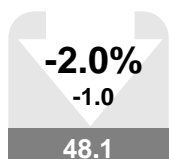
Emotional Health



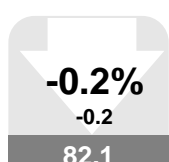
Physical Health



Healthy Behavior



Work Environment



Basic Access

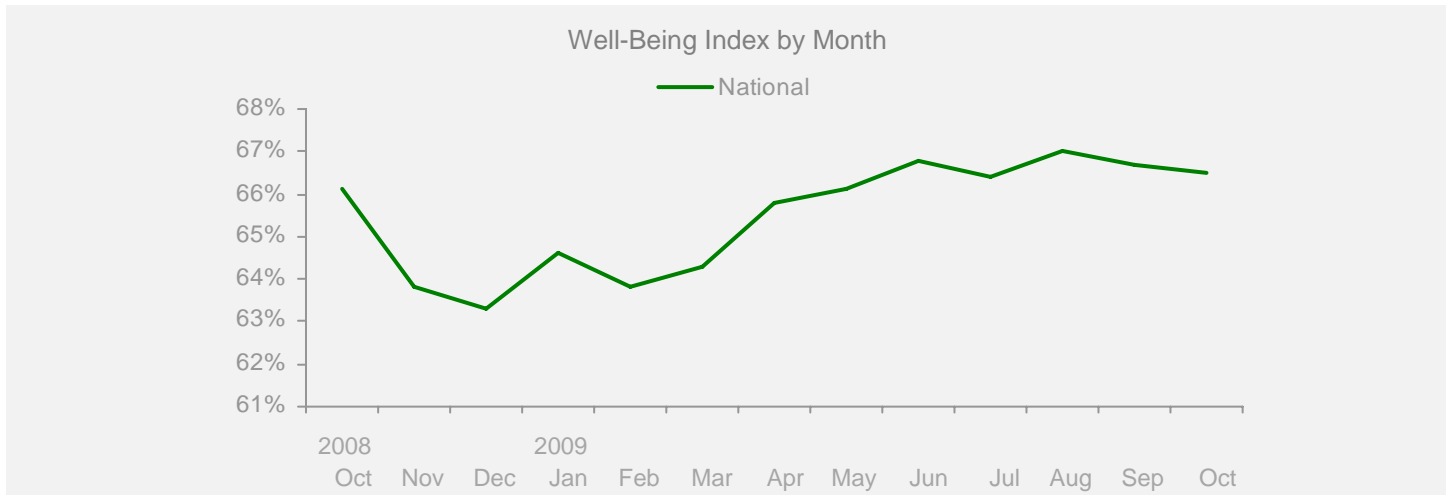
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 31,523 surveys completed in October 2009. Total of 655,061 since January 2, 2008.

U.S. Composite and Life Evaluation Score

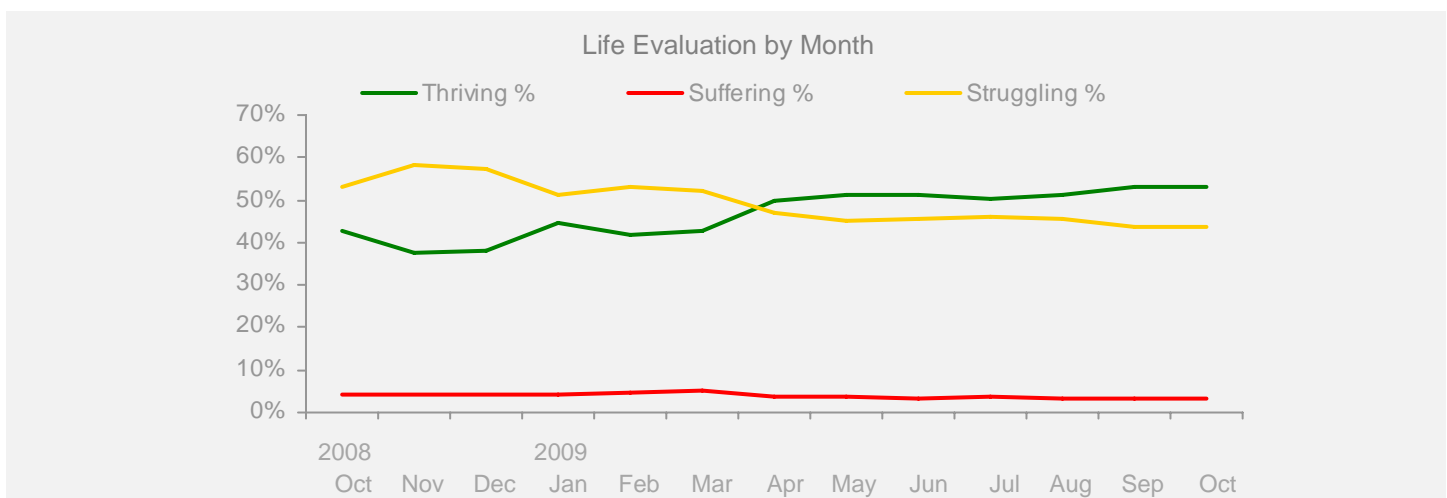
	2008			2009										Change	
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	-0.2	+0.4



Life Evaluation

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

Life Evaluation	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	+0.5	+11.3
Thriving %	42.7	37.4	38.0	44.5	42.0	42.7	49.6	51.2	51.2	50.4	51.1	52.9	53.2	+0.3	+10.5
Struggling %	53.2	58.3	57.5	51.4	53.3	52.2	46.8	45.1	45.5	45.9	45.6	43.8	43.6	-0.2	-9.6
Suffering %	4.1	4.3	4.4	4.1	4.7	5.1	3.6	3.7	3.4	3.6	3.3	3.4	3.2	-0.2	-0.9



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National and Regional Composite Well-Being Scores

	2008			2009							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	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	-0.2	+0.4
Northeast	65.8	63.9	63.8	64.0	64.3	64.2	65.7	66.1	66.4	67.0	67.2	66.4	66.5	+0.1	+0.7
South	65.8	63.2	62.6	63.8	63.1	63.7	65.8	65.7	66.7	65.7	66.1	66.0	65.9	-0.1	+0.1
Midwest	65.1	62.5	62.2	64.7	63.4	64.0	65.4	65.1	66.7	65.8	66.6	66.9	66.6	-0.3	+1.5
West	67.6	66.1	65.1	66.2	64.7	65.5	66.3	67.6	67.6	67.3	68.5	67.9	67.1	-0.8	-0.5
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%		
National	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	+0.5	+11.3
Northeast	36.9	32.8	34.1	39.3	38.1	37.3	46.2	47.5	47.3	47.8	48.2	49.3	49.2	-0.1	+12.3
South	39.5	32.1	32.8	39.6	36.2	37.4	46.1	48.9	48.1	46.1	46.7	48.6	50.1	+1.5	+10.6
Midwest	35.9	29.7	29.8	39.6	34.4	35.7	44.6	44.0	46.1	44.5	46.2	48.3	49.7	+1.4	+13.8
West	41.9	38.0	38.0	43.1	41.0	40.2	46.8	49.1	49.5	48.9	50.8	51.9	50.8	-1.1	+8.9
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%		
National	78.8	78.1	77.5	78.0	77.7	78.0	78.6	78.6	79.2	78.9	79.1	78.9	78.8	-0.1	+0.0
Northeast	78.6	77.2	77.4	77.3	77.3	77.5	78.1	78.3	78.6	79.2	79.3	78.1	78.7	+0.6	+0.1
South	78.7	78.1	77.3	77.8	77.7	78.0	78.8	78.5	79.1	78.5	78.4	78.9	78.7	-0.2	+0.0
Midwest	78.8	77.9	77.4	78.3	78.1	78.4	78.7	78.2	79.9	79.2	79.6	79.3	79.8	+0.5	+1.0
West	79.2	79.2	78.0	78.6	77.7	77.9	78.6	79.3	79.1	78.9	79.2	79.1	78.2	-0.9	-1.0
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%		
National	77.9	76.5	75.7	76.5	75.8	76.0	76.5	76.1	77.0	77.1	77.3	76.6	76.4	-0.2	-1.5
Northeast	78.1	76.6	76.1	76.6	76.0	76.3	76.2	76.3	77.3	77.4	78.1	76.6	76.8	+0.2	-1.3
South	77.4	75.1	74.3	75.7	75.5	75.1	76.2	75.3	76.0	75.9	76.3	75.8	75.8	+0.0	-1.6
Midwest	77.8	76.6	76.7	77.0	75.5	76.3	76.7	75.8	77.4	77.8	77.6	77.0	76.5	-0.5	-1.3
West	78.4	78.2	76.4	77.3	76.3	76.5	77.0	77.1	77.8	78.0	77.8	77.2	77.0	-0.2	-1.4
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%		
National	63.6	61.4	59.7	61.2	61.8	62.7	62.6	63.1	64.2	64.3	64.8	64.0	63.3	-0.7	-0.3
Northeast	64.3	61.5	60.2	61.3	62.2	63.0	63.6	63.9	64.6	65.3	65.2	64.4	64.4	+0.0	+0.1
South	62.6	60.6	59.4	60.3	60.9	61.9	62.1	61.5	63.5	63.1	63.3	62.8	62.6	-0.2	+0.0
Midwest	61.6	59.1	57.1	59.2	60.0	61.0	60.0	61.5	62.2	62.6	63.1	62.8	60.6	-2.2	-1.0
West	66.3	64.8	62.0	64.2	64.5	65.4	65.0	65.9	66.6	66.8	68.0	66.7	66.0	-0.7	-0.3
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%		
National	53.3	50.8	50.6	49.1	48.7	49.8	49.1	49.2	50.2	48.9	50.5	49.1	48.1	-1.0	-5.2
Northeast	50.3	49.8	50.3	45.4	49.0	48.0	46.4	46.0	46.3	47.8	47.6	46.2	46.2	+0.0	-4.1
South	54.1	51.8	50.7	48.8	48.5	49.3	50.7	49.5	52.2	50.0	51.3	49.8	47.8	-2.0	-6.3
Midwest	52.2	47.6	48.1	50.7	49.6	50.1	49.6	48.6	51.0	48.0	49.5	49.8	49.3	-0.5	-2.9
West	56.3	53.7	53.4	51.7	47.7	52.0	49.0	52.3	50.6	49.5	53.3	50.3	49.2	-1.1	-7.1
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%		
National	84.1	83.1	82.9	82.4	81.5	81.5	82.0	82.2	82.6	82.1	82.6	82.3	82.1	-0.2	-2.0
Northeast	86.3	85.3	85.0	84.2	83.2	83.0	83.5	84.2	84.3	84.2	84.9	83.8	84.0	+0.2	-2.3
South	82.7	81.3	80.9	80.6	80.1	80.3	80.8	80.7	81.2	80.5	80.7	80.2	80.3	+0.1	-2.4
Midwest	84.3	83.8	84.2	83.3	82.5	82.6	82.9	82.5	83.8	82.9	83.6	83.9	83.7	-0.2	-0.6
West	83.7	82.7	82.6	82.1	81.0	80.9	81.3	81.9	81.7	81.5	82.1	82.0	81.4	-0.6	-2.3

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

	2008			2009									Change			
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Month	Year	
Gender															MoE = +/- 0.3%	
Male	66.5	64.6	63.9	65.1	64.2	64.7	65.9	66.6	67.0	66.5	67.2	66.9	66.8	-0.1	+0.3	
Female	65.7	63.1	62.8	64.1	63.4	63.9	65.7	65.6	66.7	66.2	66.8	66.5	66.1	-0.4	+0.4	
Age															MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+/- 0.3%	
18 to 29	66.0	63.5	63.1	65.6	65.1	64.5	66.0	67.1	67.2	66.9	68.0	67.5	66.7	-0.8	+0.7	
30 to 44	65.6	64.0	63.6	64.7	63.9	64.7	66.2	66.5	67.8	66.9	67.7	66.9	66.9	+0.0	+1.3	
45 to 64	65.0	62.7	62.3	63.4	62.4	63.1	64.6	64.8	65.7	65.3	65.5	65.8	65.5	-0.3	+0.5	
65 and older	70.4	67.6	66.2	66.6	66.4	66.4	68.7	68.4	67.6	68.0	68.9	68.3	68.6	+0.3	-1.8	
Family Status															MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%	
Married	69.2	66.8	66.5	67.5	66.7	67.1	68.9	69.2	69.4	69.0	69.4	69.1	69.4	+0.3	+0.2	
Single	63.2	61.9	61.1	62.9	62.2	62.2	63.6	64.5	65.0	64.5	65.6	65.3	64.4	-0.9	+1.2	
Divorced	60.3	58.5	57.7	59.1	57.4	59.0	60.5	60.3	60.6	60.0	60.5	60.9	59.8	-1.1	-0.5	
Widowed	65.9	63.0	62.2	63.4	62.4	63.1	65.3	63.7	64.1	64.2	64.8	64.8	63.6	-1.2	-2.3	
Separated	54.4	52.5	54.0	53.0	54.3	54.2	55.2	57.1	59.4	56.9	56.2	57.7	56.3	-1.4	+1.9	
Domestic Partner	61.5	59.7	59.6	61.9	60.9	62.0	60.7	63.9	63.6	62.9	63.3	62.7	62.9	+0.2	+1.4	
Ethnicity															MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%	
White	67.0	64.8	64.2	65.2	64.5	64.8	66.6	66.6	67.4	66.8	67.7	67.5	67.2	-0.3	+0.2	
Black	62.1	60.0	59.0	62.3	60.6	61.2	62.8	63.7	64.2	64.8	64.4	63.8	63.8	+0.0	+1.7	
Hispanic	63.9	62.2	61.6	63.7	62.2	63.7	64.0	65.0	65.7	64.7	64.7	64.6	64.9	+0.3	+1.0	
Asian	70.0	64.4	67.8	67.9	65.0	67.5	69.2	68.6	70.9	70.7	71.0	69.3	70.2	+0.9	+0.2	
Other	63.2	60.4	61.0	60.3	61.4	61.0	61.3	64.3	63.3	64.2	64.5	65.1	63.2	-1.9	+0.0	
Household Income															MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%	
Under \$1,000	54.4	51.6	51.6	53.1	51.5	51.9	54.0	53.3	54.1	53.7	55.3	54.2	52.4	-1.8	-2.0	
\$1,000-\$1,999	56.8	55.9	54.4	56.1	55.9	57.1	58.0	58.9	59.7	58.3	57.3	58.9	58.5	-0.4	+1.7	
\$2,000-\$2,999	61.9	59.2	59.9	61.0	60.1	60.9	63.4	63.3	63.6	62.3	63.1	62.2	62.7	+0.5	+0.8	
\$3,000-\$3,999	65.0	62.6	63.2	64.7	63.8	63.9	65.4	66.8	66.4	65.7	67.2	65.8	65.0	-0.8	+0.0	
\$4,000-\$4,999	67.8	66.4	66.2	66.1	66.4	66.6	67.9	68.1	67.9	68.5	68.7	68.1	68.1	+0.0	+0.3	
\$5,000-\$7,499	70.4	68.8	68.1	69.8	68.1	69.5	70.7	71.0	71.2	71.0	71.8	70.8	70.8	+0.0	+0.4	
\$7,500-\$9,999	74.2	71.4	71.2	71.1	70.8	71.5	73.2	73.9	74.6	73.7	74.0	72.7	72.6	-0.1	-1.6	
\$10,000 +	74.2	72.7	72.0	72.8	73.0	72.8	73.9	74.7	74.4	74.2	74.9	75.3	75.3	+0.0	+1.1	

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.