

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

November 2009

The Gallup-Healthways Well-Being Index Stands at Near a Record High as the Holidays Approach: More Americans Report Higher Emotional and Physical Well-Being in November

Well-being in the U.S., as measured by the Gallup-Healthways Well-Being Index™ (WBI), resumed its upward climb in November, following two straight months of moderate declines. The WBI rose 0.2 percentage points last month to a score of 66.7, just 0.3 percentage points shy of the record high score of 67.0 recorded in February 2008 and August 2009.

The gain was primarily driven by statistically significant increases of 0.7 percentage points in two of the WBI's key Sub-Indices, Emotional Health and Physical Health, which ended November at scores of 79.5 and 77.1, respectively.

Emotional Health across the U.S. has continued to rebound over the course of the year, since bottoming out at 77.5 in December 2008. November's score of 79.5 is a yearly high and a year-over-year increase of 1.4 percentage points, signaling a return to pre-recession levels. The Physical Health Sub-Index surpassed the 77.0 plateau for only the third time this year.

The WBI's Work Environment Sub-Index, a measure of the satisfaction of Americans on the job, was up slightly last month to 48.7, after falling to that measure's lowest recorded score of 48.1 in October.

The other Sub-Indices that comprise the WBI – Life Evaluation, Healthy Behavior and Basic Access – experienced only modest changes in November.

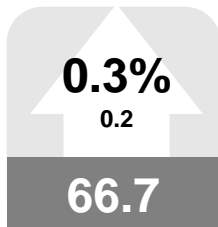
The WBI's Life Evaluation Sub-Index (LEI), which asks respondents to rank their current and anticipated life circumstances, dipped slightly last month to 49.5 but is up 16.4 percentage points nationally year-over-year. The number of Americans considered Thriving according to the LEI's classification system remains near record highs at 52.9. The number of Americans considered Struggling remains at record lows of 43.7.

Although off slightly from previous month levels, at a score of 65.0 the Healthy Behavior Sub-Index indicated Americans were largely engaging in more healthy behaviors – exercising and healthy eating – than at this time last year, and Basic Access to essentials, such as food, medicine and clothing, continued to improve to a score of 82.3.

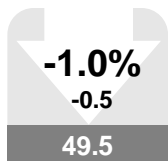
Anne Wilkins
Healthways, Inc.

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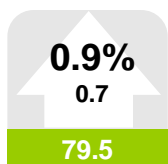
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



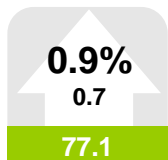
U.S. Well-Being



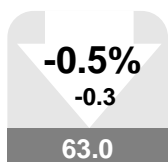
Life Evaluation



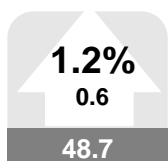
Emotional Health



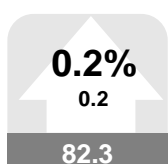
Physical Health



Healthy Behavior



Work Environment



Basic Access

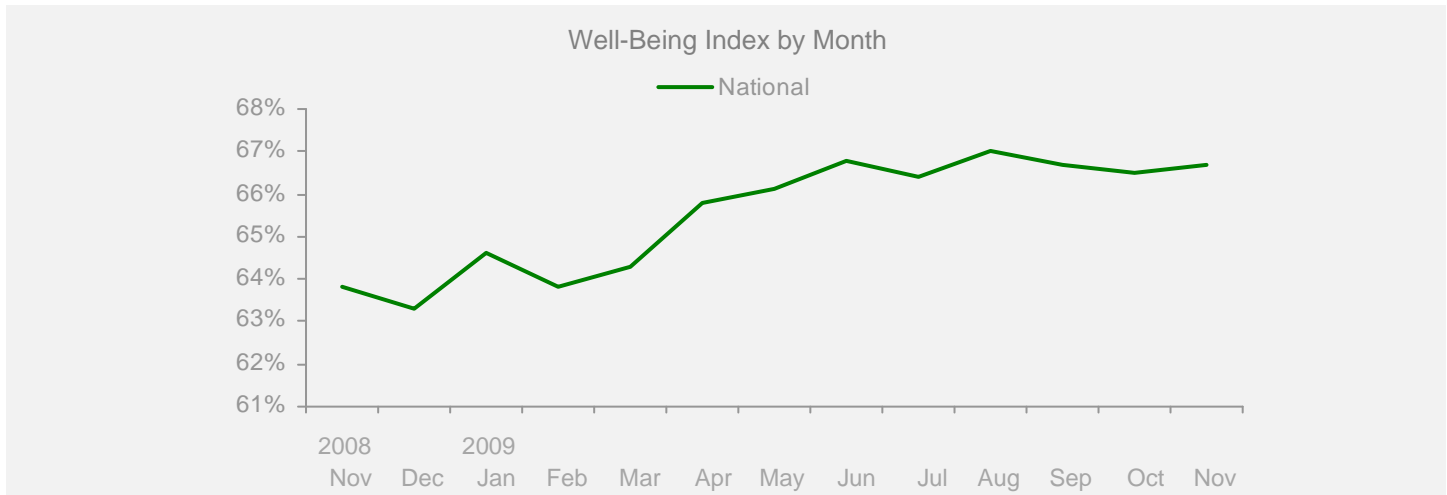
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 29,192 surveys completed in November 2009. Total of 684,253 since January 2, 2008.

U.S. Composite and Life Evaluation Score

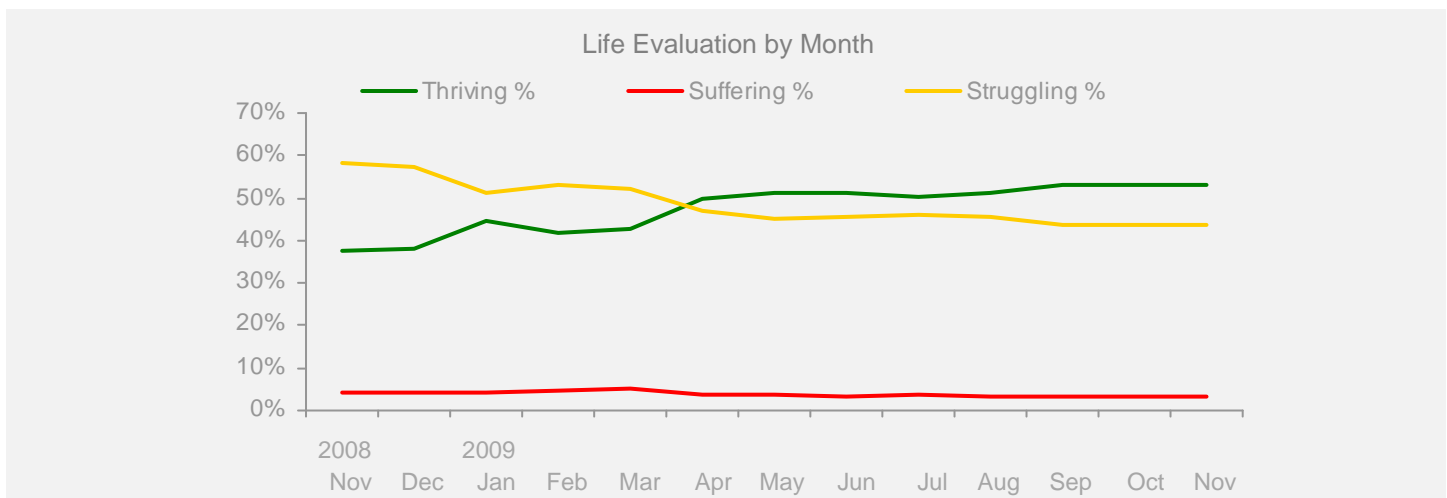
	2008		2009										Change		
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	+0.2	+2.9



Life Evaluation

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

Life Evaluation	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	-0.5	+16.4
Thriving %	37.4	38.0	44.5	42.0	42.7	49.6	51.2	51.2	50.4	51.1	52.9	53.2	52.9	-0.3	+15.5
Struggling %	58.3	57.5	51.4	53.3	52.2	46.8	45.1	45.5	45.9	45.6	43.8	43.6	43.7	+0.1	-14.6
Suffering %	4.3	4.4	4.1	4.7	5.1	3.6	3.7	3.4	3.6	3.3	3.4	3.2	3.4	+0.2	-0.9



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National and Regional Composite Well-Being Scores

	2008		2009											Change		
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Month	Year	
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%			
National	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	+0.2	+2.9	
Northeast	63.9	63.8	64.0	64.3	64.2	65.7	66.1	66.4	67.0	67.2	66.4	66.5	67.0	+0.5	+3.1	
South	63.2	62.6	63.8	63.1	63.7	65.8	65.7	66.7	65.7	66.1	66.0	65.9	65.9	+0.0	+2.7	
Midwest	62.5	62.2	64.7	63.4	64.0	65.4	65.1	66.7	65.8	66.6	66.9	66.6	66.3	-0.3	+3.8	
West	66.1	65.1	66.2	64.7	65.5	66.3	67.6	67.6	67.3	68.5	67.9	67.1	68.0	+0.9	+1.9	
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%			
National	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	-0.5	+16.4	
Northeast	32.8	34.1	39.3	38.1	37.3	46.2	47.5	47.3	47.8	48.2	49.3	49.2	50.5	+1.3	+17.7	
South	32.1	32.8	39.6	36.2	37.4	46.1	48.9	48.1	46.1	46.7	48.6	50.1	48.5	-1.6	+16.4	
Midwest	29.7	29.8	39.6	34.4	35.7	44.6	44.0	46.1	44.5	46.2	48.3	49.7	48.3	-1.4	+18.6	
West	38.0	38.0	43.1	41.0	40.2	46.8	49.1	49.5	48.9	50.8	51.9	50.8	51.2	+0.4	+13.2	
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%			
National	78.1	77.5	78.0	77.7	78.0	78.6	78.6	79.2	78.9	79.1	78.9	78.8	79.5	+0.7	+1.4	
Northeast	77.2	77.4	77.3	77.3	77.5	78.1	78.3	78.6	79.2	79.3	78.1	78.7	79.5	+0.8	+2.3	
South	78.1	77.3	77.8	77.7	78.0	78.8	78.5	79.1	78.5	78.4	78.9	78.7	79.2	+0.5	+1.1	
Midwest	77.9	77.4	78.3	78.1	78.4	78.7	78.2	79.9	79.2	79.6	79.3	79.8	79.7	-0.1	+1.8	
West	79.2	78.0	78.6	77.7	77.9	78.6	79.3	79.1	78.9	79.2	79.1	78.2	79.9	+1.7	+0.7	
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%			
National	76.5	75.7	76.5	75.8	76.0	76.5	76.1	77.0	77.1	77.3	76.6	76.4	77.1	+0.7	+0.6	
Northeast	76.6	76.1	76.6	76.0	76.3	76.2	76.3	77.3	77.4	78.1	76.6	76.8	77.4	+0.6	+0.8	
South	75.1	74.3	75.7	75.5	75.1	76.2	75.3	76.0	75.9	76.3	75.8	75.8	75.9	+0.1	+0.8	
Midwest	76.6	76.7	77.0	75.5	76.3	76.7	75.8	77.4	77.8	77.6	77.0	76.5	77.5	+1.0	+0.9	
West	78.2	76.4	77.3	76.3	76.5	77.0	77.1	77.8	78.0	77.8	77.2	77.0	78.0	+1.0	-0.2	
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%			
National	61.4	59.7	61.2	61.8	62.7	62.6	63.1	64.2	64.3	64.8	64.0	63.3	63.0	-0.3	+1.6	
Northeast	61.5	60.2	61.3	62.2	63.0	63.6	63.9	64.6	65.3	65.2	64.4	64.4	63.5	-0.9	+2.0	
South	60.6	59.4	60.3	60.9	61.9	62.1	61.5	63.5	63.1	63.3	62.8	62.6	61.7	-0.9	+1.1	
Midwest	59.1	57.1	59.2	60.0	61.0	60.0	61.5	62.2	62.6	63.1	62.8	60.6	61.4	+0.8	+2.3	
West	64.8	62.0	64.2	64.5	65.4	65.0	65.9	66.6	66.8	68.0	66.7	66.0	65.9	-0.1	+1.1	
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%			
National	50.8	50.6	49.1	48.7	49.8	49.1	49.2	50.2	48.9	50.5	49.1	48.1	48.7	+0.6	-2.1	
Northeast	49.8	50.3	45.4	49.0	48.0	46.4	46.0	46.3	47.8	47.6	46.2	46.2	46.7	+0.5	-3.1	
South	51.8	50.7	48.8	48.5	49.3	50.7	49.5	52.2	50.0	51.3	49.8	47.8	49.4	+1.6	-2.4	
Midwest	47.6	48.1	50.7	49.6	50.1	49.6	48.6	51.0	48.0	49.5	49.8	49.3	47.5	-1.8	-0.1	
West	53.7	53.4	51.7	47.7	52.0	49.0	52.3	50.6	49.5	53.3	50.3	49.2	50.8	+1.6	-2.9	
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%			
National	83.1	82.9	82.4	81.5	81.5	82.0	82.2	82.6	82.1	82.6	82.3	82.1	82.3	+0.2	-0.8	
Northeast	85.3	85.0	84.2	83.2	83.0	83.5	84.2	84.3	84.2	84.9	83.8	84.0	84.2	+0.2	-1.1	
South	81.3	80.9	80.6	80.1	80.3	80.8	80.7	81.2	80.5	80.7	80.2	80.3	80.4	+0.1	-0.9	
Midwest	83.8	84.2	83.3	82.5	82.6	82.9	82.5	83.8	82.9	83.6	83.9	83.7	83.6	-0.1	-0.2	
West	82.7	82.6	82.1	81.0	80.9	81.3	81.9	81.7	81.5	82.1	82.0	81.4	81.9	+0.5	-0.8	

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	
	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Month	Year	
Gender															MoE = +/- 0.3%	
Male	64.6	63.9	65.1	64.2	64.7	65.9	66.6	67.0	66.5	67.2	66.9	66.8	66.9	+0.1	+2.3	
Female	63.1	62.8	64.1	63.4	63.9	65.7	65.6	66.7	66.2	66.8	66.5	66.1	66.4	+0.3	+3.3	
Age															MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+/- 0.3%	
18 to 29	63.5	63.1	65.6	65.1	64.5	66.0	67.1	67.2	66.9	68.0	67.5	66.7	67.0	+0.3	+3.5	
30 to 44	64.0	63.6	64.7	63.9	64.7	66.2	66.5	67.8	66.9	67.7	66.9	66.9	66.8	-0.1	+2.8	
45 to 64	62.7	62.3	63.4	62.4	63.1	64.6	64.8	65.7	65.3	65.5	65.8	65.5	65.8	+0.3	+3.1	
65 and older	67.6	66.2	66.6	66.4	66.4	68.7	68.4	67.6	68.0	68.9	68.3	68.6	68.8	+0.2	+1.2	
Family Status															MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%	
Married	66.8	66.5	67.5	66.7	67.1	68.9	69.2	69.4	69.0	69.4	69.1	69.4	69.3	-0.1	+2.5	
Single	61.9	61.1	62.9	62.2	62.2	63.6	64.5	65.0	64.5	65.6	65.3	64.4	64.3	-0.1	+2.4	
Divorced	58.5	57.7	59.1	57.4	59.0	60.5	60.3	60.6	60.0	60.5	60.9	59.8	60.9	+1.1	+2.4	
Widowed	63.0	62.2	63.4	62.4	63.1	65.3	63.7	64.1	64.2	64.8	64.8	63.6	63.7	+0.1	+0.7	
Separated	52.5	54.0	53.0	54.3	54.2	55.2	57.1	59.4	56.9	56.2	57.7	56.3	58.0	+1.7	+5.5	
Domestic Partner	59.7	59.6	61.9	60.9	62.0	60.7	63.9	63.6	62.9	63.3	62.7	62.9	63.1	+0.2	+3.4	
Ethnicity															MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%	
White	64.8	64.2	65.2	64.5	64.8	66.6	66.6	67.4	66.8	67.7	67.5	67.2	67.5	+0.3	+2.7	
Black	60.0	59.0	62.3	60.6	61.2	62.8	63.7	64.2	64.8	64.4	63.8	63.8	63.8	+0.0	+3.8	
Hispanic	62.2	61.6	63.7	62.2	63.7	64.0	65.0	65.7	64.7	64.7	64.6	64.9	65.3	+0.4	+3.1	
Asian	64.4	67.8	67.9	65.0	67.5	69.2	68.6	70.9	70.7	71.0	69.3	70.2	70.2	+0.0	+5.8	
Other	60.4	61.0	60.3	61.4	61.0	61.3	64.3	63.3	64.2	64.5	65.1	63.2	62.7	-0.5	+2.3	
Household Income															MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%	
Under \$1,000	51.6	51.6	53.1	51.5	51.9	54.0	53.3	54.1	53.7	55.3	54.2	52.4	55.3	+2.9	+3.7	
\$1,000-\$1,999	55.9	54.4	56.1	55.9	57.1	58.0	58.9	59.7	58.3	57.3	58.9	58.5	58.5	+0.0	+2.6	
\$2,000-\$2,999	59.2	59.9	61.0	60.1	60.9	63.4	63.3	63.6	62.3	63.1	62.2	62.7	63.7	+1.0	+4.5	
\$3,000-\$3,999	62.6	63.2	64.7	63.8	63.9	65.4	66.8	66.4	65.7	67.2	65.8	65.0	65.7	+0.7	+3.1	
\$4,000-\$4,999	66.4	66.2	66.1	66.4	66.6	67.9	68.1	67.9	68.5	68.7	68.1	68.1	68.9	+0.8	+2.5	
\$5,000-\$7,499	68.8	68.1	69.8	68.1	69.5	70.7	71.0	71.2	71.0	71.8	70.8	70.8	70.8	+0.0	+2.0	
\$7,500-\$9,999	71.4	71.2	71.1	70.8	71.5	73.2	73.9	74.6	73.7	74.0	72.7	72.6	73.3	+0.7	+1.9	
\$10,000 +	72.7	72.0	72.8	73.0	72.8	73.9	74.7	74.4	74.2	74.9	75.3	75.3	74.4	-0.9	+1.7	

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.