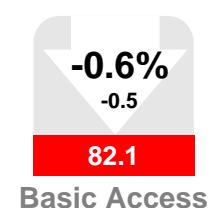
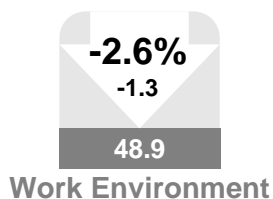
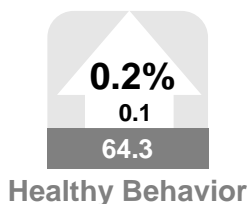
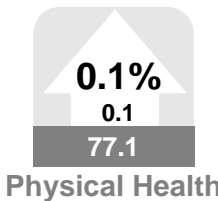
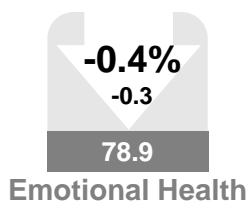
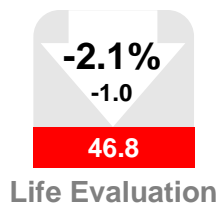
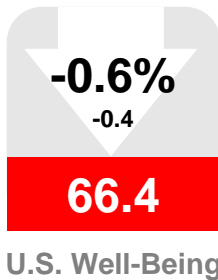


Gallup-Healthways Monthly U.S. Well-Being Report

July 2009



The Gallup-Healthways Well-Being Index Falls in July, Reversing a Five Month Positive Trend

The Gallup-Healthways Well-Being Index™ (WBI) surveys one thousand Americans every day, asking a total of 42 core questions to assemble a complete picture of how Americans are faring physically, emotionally, socially, financially and professionally. As of the end of July 2009, a total of 563,195 surveys have been completed.

For the first time since February 2009, the WBI Composite Score declined last month, dropping 0.6 percentage points from a yearly high of 66.8 in June to 66.4 in July. This represents a statistically significant drop. Four of the WBI's six sub-indices also declined.

The largest sub-index decline was a 2.1 percentage point fall in the WBI's Life Evaluation sub-index (LEI), a measure of how people rate their current circumstances and prospects for the future. The decline in the LEI was the first since February, as well. The LEI remains 6.2 percentage points higher than previous year levels – 46.8 in July 2009 vs. 40.6 in July 2008 - representing a positive year-over-year life change for nearly 14 million Americans.

The WBI's Basic Access sub-index, which measures the access of Americans to such basic necessities as food, shelter, healthcare, and a safe and satisfying place to live, was the only other sub-index to decline in a statistically significant way over the report period. Basic Access was down 0.6 percentage points between June and July, reversing a positive trend since March.

Of particular note within the Basic Access measure, the number of Americans reporting an inability to pay for healthcare and medicine for themselves and their families at least once in the past year rose to its highest level of 2009. Specifically, in July, 19.2 percent of respondents reported an inability to pay for healthcare and medicine, compared to 17.7 percent in June, a 1.5 percentage point increase, impacting approximately 3.3 million people.

Kurt Schusterman
Healthways, Inc.

Katie Bell
Gallup, Inc.

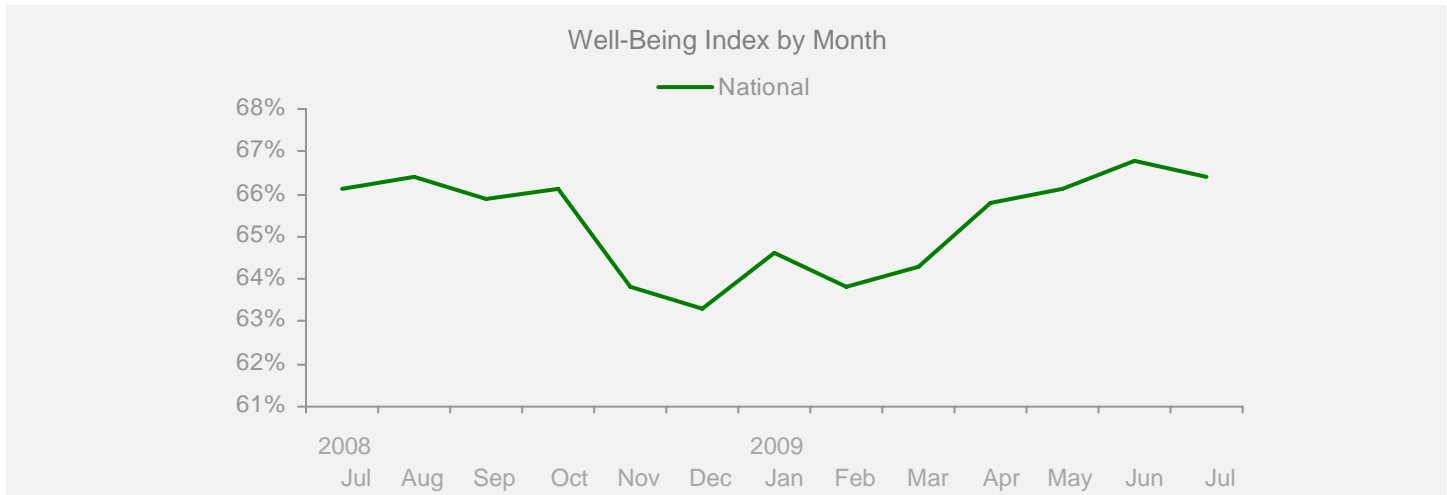
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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

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

From Gallup-Healthways Well-Being Index Data
Based on 29,317 surveys completed in July 2009. Total of 563,195 since January 2, 2008.

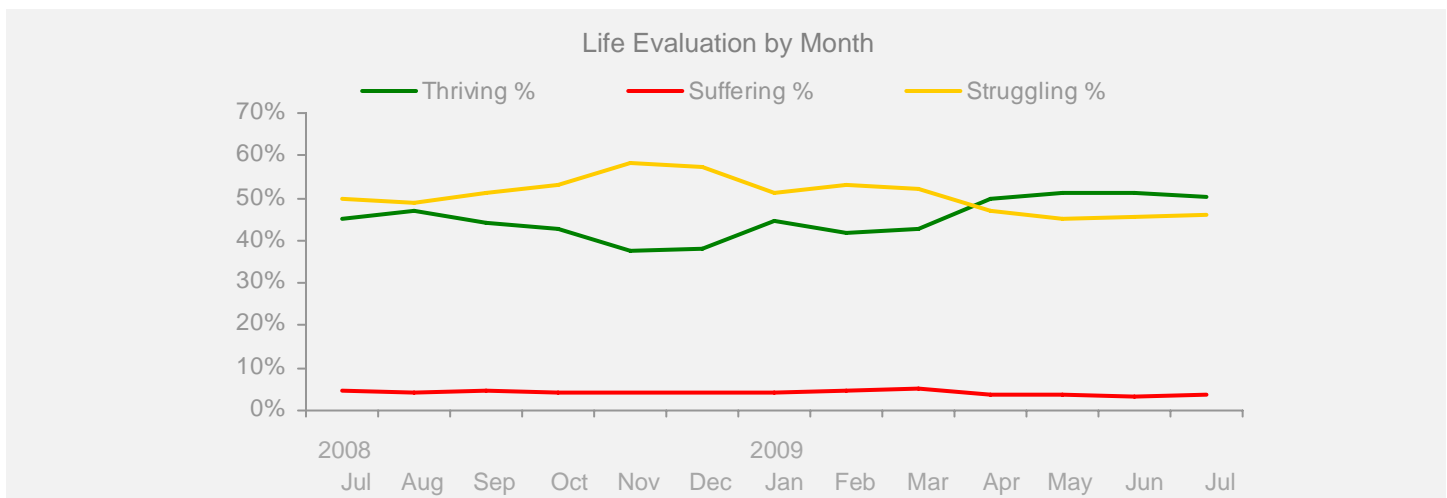
U.S. Composite and Life Evaluation Score

	2008						2009						Change		
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	-0.4	+0.3



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

Life Evaluation	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	-1.0	+6.2
Thriving %	45.3	46.9	44.1	42.7	37.4	38.0	44.5	42.0	42.7	49.6	51.2	51.2	50.4	-0.8	+5.1
Struggling %	50.0	48.7	51.4	53.2	58.3	57.5	51.4	53.3	52.2	46.8	45.1	45.5	45.9	+0.4	-4.1
Suffering %	4.7	4.4	4.5	4.1	4.3	4.4	4.1	4.7	5.1	3.6	3.7	3.4	3.6	+0.2	-1.1



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

From Gallup-Healthways Well-Being Index Data
Based on 29,317 surveys completed in July 2009. Total of 563,195 since January 2, 2008.

National and Regional Composite Well-Being Scores

	2008						2009						Change		
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Month	Year
Well-Being Index MoE = National +/- 0.2% Regional +/- 0.4%															
National	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	-0.4	+0.3
Northeast	66.3	66.7	65.3	65.8	63.9	63.8	64.0	64.3	64.2	65.7	66.1	66.4	67.0	+0.6	+0.7
South	64.9	66.5	65.9	65.8	63.2	62.6	63.8	63.1	63.7	65.8	65.7	66.7	65.7	-1.0	+0.8
Midwest	66.2	65.4	64.7	65.1	62.5	62.2	64.7	63.4	64.0	65.4	65.1	66.7	65.8	-0.9	-0.4
West	67.3	67.3	67.6	67.6	66.1	65.1	66.2	64.7	65.5	66.3	67.6	67.6	67.3	-0.3	+0.0
Life Evaluation MoE = National +/- 0.7% Regional +/- 1.4%															
National	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	-1.0	+6.2
Northeast	40.0	42.9	37.0	36.9	32.8	34.1	39.3	38.1	37.3	46.2	47.5	47.3	47.8	+0.5	+7.8
South	40.2	43.8	41.0	39.5	32.1	32.8	39.6	36.2	37.4	46.1	48.9	48.1	46.1	-2.0	+5.9
Midwest	39.4	39.3	36.4	35.9	29.7	29.8	39.6	34.4	35.7	44.6	44.0	46.1	44.5	-1.6	+5.1
West	43.0	43.5	43.5	41.9	38.0	38.0	43.1	41.0	40.2	46.8	49.1	49.5	48.9	-0.6	+5.9
Emotional Health MoE = National +/- 0.3% Regional +/- 0.5%															
National	79.4	79.2	78.6	78.8	78.1	77.5	78.0	77.7	78.0	78.6	78.6	79.2	78.9	-0.3	-0.5
Northeast	79.5	79.3	78.1	78.6	77.2	77.4	77.3	77.3	77.5	78.1	78.3	78.6	79.2	+0.6	-0.3
South	79.0	79.3	79.0	78.7	78.1	77.3	77.8	77.7	78.0	78.8	78.5	79.1	78.5	-0.6	-0.5
Midwest	80.1	79.4	78.1	78.8	77.9	77.4	78.3	78.1	78.4	78.7	78.2	79.9	79.2	-0.7	-0.9
West	79.4	79.1	78.9	79.2	79.2	78.0	78.6	77.7	77.9	78.6	79.3	79.1	78.9	-0.2	-0.5
Physical Health MoE = National +/- 0.2% Regional +/- 0.3%															
National	77.3	77.5	77.4	77.9	76.5	75.7	76.5	75.8	76.0	76.5	76.1	77.0	77.1	+0.1	-0.2
Northeast	78.1	78.3	77.6	78.1	76.6	76.1	76.6	76.0	76.3	76.2	76.3	77.3	77.4	+0.1	-0.7
South	76.1	77.0	77.0	77.4	75.1	74.3	75.7	75.5	75.1	76.2	75.3	76.0	75.9	-0.1	-0.2
Midwest	78.1	77.5	77.1	77.8	76.6	76.7	77.0	75.5	76.3	76.7	75.8	77.4	77.8	+0.4	-0.3
West	77.5	77.4	78.2	78.4	78.2	76.4	77.3	76.3	76.5	77.0	77.1	77.8	78.0	+0.2	+0.5
Healthy Behavior MoE = National +/- 0.2% Regional +/- 0.4%															
National	64.8	64.8	63.7	63.6	61.4	59.7	61.2	61.8	62.7	62.6	63.1	64.2	64.3	+0.1	-0.5
Northeast	65.5	65.8	64.6	64.3	61.5	60.2	61.3	62.2	63.0	63.6	63.9	64.6	65.3	+0.7	-0.2
South	63.3	64.1	62.7	62.6	60.6	59.4	60.3	60.9	61.9	62.1	61.5	63.5	63.1	-0.4	-0.2
Midwest	63.5	62.5	61.7	61.6	59.1	57.1	59.2	60.0	61.0	60.0	61.5	62.2	62.6	+0.4	-0.9
West	67.7	67.0	66.4	66.3	64.8	62.0	64.2	64.5	65.4	65.0	65.9	66.6	66.8	+0.2	-0.9
Work Environment MoE = National +/- 0.6% Regional +/- 1.2%															
National	50.6	51.0	51.8	53.3	50.8	50.6	49.1	48.7	49.8	49.1	49.2	50.2	48.9	-1.3	-1.7
Northeast	48.7	48.9	49.2	50.3	49.8	50.3	45.4	49.0	48.0	46.4	46.0	46.3	47.8	+1.5	-0.9
South	49.4	52.1	52.5	54.1	51.8	50.7	48.8	48.5	49.3	50.7	49.5	52.2	50.0	-2.2	+0.6
Midwest	51.1	48.6	50.4	52.2	47.6	48.1	50.7	49.6	50.1	49.6	48.6	51.0	48.0	-3.0	-3.1
West	53.8	54.0	54.7	56.3	53.7	53.4	51.7	47.7	52.0	49.0	52.3	50.6	49.5	-1.1	-4.3
Basic Access MoE = National +/- 0.2% Regional +/- 0.4%															
National	83.5	83.7	84.1	84.1	83.1	82.9	82.4	81.5	81.5	82.0	82.2	82.6	82.1	-0.5	-1.4
Northeast	85.7	85.4	85.5	86.3	85.3	85.0	84.2	83.2	83.0	83.5	84.2	84.3	84.2	-0.1	-1.5
South	81.7	82.5	83.1	82.7	81.3	80.9	80.6	80.1	80.3	80.8	80.7	81.2	80.5	-0.7	-1.2
Midwest	84.8	84.8	84.6	84.3	83.8	84.2	83.3	82.5	82.6	82.9	82.5	83.8	82.9	-0.9	-1.9
West	82.5	82.6	83.7	83.7	82.7	82.6	82.1	81.0	80.9	81.3	81.9	81.7	81.5	-0.2	-1.0

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.

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

From Gallup-Healthways Well-Being Index Data

Based on 29,317 surveys completed in July 2009. Total of 563,195 since January 2, 2008.

National Well-Being Scores by Demographic

	2008						2009						Change		
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Month	Year
Gender MoE = +/- 0.3%															
Male	66.6	66.9	66.4	66.5	64.6	63.9	65.1	64.2	64.7	65.9	66.6	67.0	66.5	-0.5	-0.1
Female	65.6	66.0	65.4	65.7	63.1	62.8	64.1	63.4	63.9	65.7	65.6	66.7	66.2	-0.5	+0.6
Age MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+/- 0.3%															
18 to 29	66.2	66.4	65.5	66.0	63.5	63.1	65.6	65.1	64.5	66.0	67.1	67.2	66.9	-0.3	+0.7
30 to 44	66.6	66.4	66.1	65.6	64.0	63.6	64.7	63.9	64.7	66.2	66.5	67.8	66.9	-0.9	+0.3
45 to 64	65.0	65.6	64.8	65.0	62.7	62.3	63.4	62.4	63.1	64.6	64.8	65.7	65.3	-0.4	+0.3
65 and older	68.3	69.8	69.0	70.4	67.6	66.2	66.6	66.4	66.4	68.7	68.4	67.6	68.0	+0.4	-0.3
Family Status MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%															
Married	69.2	69.9	69.1	69.2	66.8	66.5	67.5	66.7	67.1	68.9	69.2	69.4	69.0	-0.4	-0.2
Single	64.2	64.0	63.4	63.2	61.9	61.1	62.9	62.2	62.2	63.6	64.5	65.0	64.5	-0.5	+0.3
Divorced	60.3	60.9	59.0	60.3	58.5	57.7	59.1	57.4	59.0	60.5	60.3	60.6	60.0	-0.6	-0.3
Widowed	64.2	65.2	64.5	65.9	63.0	62.2	63.4	62.4	63.1	65.3	63.7	64.1	64.2	+0.1	+0.0
Separated	56.3	55.5	56.7	54.4	52.5	54.0	53.0	54.3	54.2	55.2	57.1	59.4	56.9	-2.5	+0.6
Domestic Partner	61.2	61.3	61.0	61.5	59.7	59.6	61.9	60.9	62.0	60.7	63.9	63.6	62.9	-0.7	+1.7
Ethnicity MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%															
White	66.8	67.2	66.8	67.0	64.8	64.2	65.2	64.5	64.8	66.6	66.6	67.4	66.8	-0.6	+0.0
Black	62.5	63.1	61.5	62.1	60.0	59.0	62.3	60.6	61.2	62.8	63.7	64.2	64.8	+0.6	+2.3
Hispanic	64.5	64.8	64.0	63.9	62.2	61.6	63.7	62.2	63.7	64.0	65.0	65.7	64.7	-1.0	+0.2
Asian	69.4	70.2	68.3	70.0	64.4	67.8	67.9	65.0	67.5	69.2	68.6	70.9	70.7	-0.2	+1.3
Other	62.8	63.1	62.0	63.2	60.4	61.0	60.3	61.4	61.0	61.3	64.3	63.3	64.2	+0.9	+1.4
Household Income MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%															
Under \$1,000	52.9	52.0	53.3	54.4	51.6	51.6	53.1	51.5	51.9	54.0	53.3	54.1	53.7	-0.4	+0.8
\$1,000-\$1,999	57.3	58.6	57.4	56.8	55.9	54.4	56.1	55.9	57.1	58.0	58.9	59.7	58.3	-1.4	+1.0
\$2,000-\$2,999	61.8	62.8	60.8	61.9	59.2	59.9	61.0	60.1	60.9	63.4	63.3	63.6	62.3	-1.3	+0.5
\$3,000-\$3,999	65.5	65.9	65.1	65.0	62.6	63.2	64.7	63.8	63.9	65.4	66.8	66.4	65.7	-0.7	+0.2
\$4,000-\$4,999	68.2	68.3	68.0	67.8	66.4	66.2	66.1	66.4	66.6	67.9	68.1	67.9	68.5	+0.6	+0.3
\$5,000-\$7,499	70.8	71.6	70.2	70.4	68.8	68.1	69.8	68.1	69.5	70.7	71.0	71.2	71.0	-0.2	+0.2
\$7,500-\$9,999	73.1	74.1	72.8	74.2	71.4	71.2	71.1	70.8	71.5	73.2	73.9	74.6	73.7	-0.9	+0.6
\$10,000 +	74.9	74.6	74.6	74.2	72.7	72.0	72.8	73.0	72.8	73.9	74.7	74.4	74.2	-0.2	-0.7

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.