



## MEDIA ADVISORY

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

*Well-Being in the U.S. on Rebound; Latest Numbers Reveal Across-the-Board Improvement for the First Time in 2009*

**WASHINGTON, D.C. & NASHVILLE, Tenn.** – July 9, 2009 – Please be advised that Gallup and Healthways, Inc. (NASDAQ: HWAY) today released the **Gallup-Healthways Monthly U.S. Well-Being Report** for June 2009.

After tracking significant setbacks in well-being through the financial crisis of 2008-2009, the June Well-Being Report shows America may be on the road to recovery. Overall well-being reached 66.8, its second highest level since the Gallup-Healthways Well-Being Index™ (WBI) began in January 2008. The Life Evaluation Index (LEI), one of the six sub-indices composing the WBI, stabilized after dramatic gains over the past few months, ending at 47.8, a new high for the LEI beating the previous high from May 2009 of 47.5.

The latest monthly report also shows all six WBI sub-indices recorded improvements for the first time this year. Emotional Health rebounded to mid-2008 levels after declining to a yearly low in December 2008. June's 0.8 percent rise was the single biggest increase this year. Physical Health also jumped nearly a full point to close June at its highest level since October 2008, and more Americans are eating right and exercising according to the Healthy Behavior Index.

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 June 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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