

# GALLUP



## HEALTHWAYS

Contact:

Eric Nielsen  
(202) 715-3030  
[Eric\\_nielsen@gallup.com](mailto:Eric_nielsen@gallup.com)

Melissa Gibbs  
(615) 614-4466  
[melissa.gibbs@healthways.com](mailto:melissa.gibbs@healthways.com)

### WELL-BEING OF AMERICANS DECLINES AS ECONOMY WORSENS

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***Recent study released by the Gallup-Healthways Well-Being Index<sup>SM</sup> demonstrates that economic concerns, associated lowering of standards of living are affecting America's well-being***

**Nashville, TN & Washington, D.C. – (Aug. 21, 2008)** - Research released by the Gallup-Healthways Well-Being Index last week points to a significant decline in overall well-being among all Americans over the past six months – more than 123 million Americans are now estimated to be struggling or suffering. Those struggling outnumber those thriving for the fourth consecutive month.

The Gallup-Healthways Well-Being Index is an ongoing, long-term measurement of personal well-being based on the World Health Organization (WHO) definition of health as "not only the absence of infirmity and disease but also a state of physical, mental and social well-being." The Well-Being Index determines the correlation between the places where people work and the communities in which they live, and how that and other factors impact their well-being.

The survey of nearly 200,000 respondents between January and July shows that American's well-being score has decreased 5.4 percent in the last six months – and a shift of this magnitude is a significant reflection of the changing well-being of the American people. The report also reveals that the percentage of Americans who believe their standard of living is getting worse has increased from a 30.6 percent average in January, to a 42.2 percent average in July, which also coincides with the percentage decline of Americans who are thriving.

Some key findings from the research:

- The overwhelming majority of Americans - among all economic brackets - hold negative views about the economy.
- Confidence in the US economy is dipping as prices for necessities, like gas and food, are rising. This trend is showing that more and more middle- and upper-income Americans are struggling.
- Economic problems are increasingly hitting home for a broader cross-section of Americans.
- One element of worsening economic conditions – rising gas prices – has been proven to impact well-being. Well-Being Index research proves that as gas prices are going up, well-being goes down at the same rate. The data shows the same trend for when food costs go up as well.

The full report is available at [www.well-beingindex.com](http://www.well-beingindex.com).

### **About Healthways**

Healthways, Inc. (NASDAQ: HWAY) is the leading provider of specialized, comprehensive Health and Care Support<sup>(SM)</sup> solutions to help millions of people maintain or improve their health and, as a result, reduce overall healthcare costs. Healthways' solutions are designed to help healthy individuals stay healthy, mitigate and slow the progression of disease associated with family or lifestyle risk factors and promote the best possible health for those already affected by disease. Our proven, evidence-based programs provide highly specific and personalized interventions for each individual in a population, irrespective of age or health status, and are delivered to consumers by phone, mail, internet and face-to-face interactions, both domestically and internationally. Healthways also provides a national, fully accredited complementary and alternative Health Provider Network, offering convenient access to individuals who seek health services outside of, and in conjunction with, the traditional healthcare system. For more information, please visit [www.healthways.com](http://www.healthways.com).

### **About Gallup**

Gallup has studied human nature and behavior for more than 70 years. Gallup's reputation for delivering relevant, timely, and visionary research on what people around the world think and feel is the cornerstone of the organization. Gallup employs many of the world's leading scientists in management, economics, psychology, and sociology, and our consultants assist leaders in identifying and monitoring behavioral economic indicators worldwide. Gallup consultants also help organizations boost organic growth by increasing customer engagement and maximizing employee productivity through measurement tools, coursework, and strategic advisory services. Gallup's 2,000 professionals deliver services at client organizations, through the Web, at Gallup University's campuses, and in 40 offices around the world. For more information go to [www.gallup.com](http://www.gallup.com).

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