

# State Well-Being Rankings for Older Americans



The above graphic represents the well-being of older Americans, as measured by the Gallup-Healthways Well-Being Index®. Quintiles are divided by color and larger circles correlate to a higher rank. A gray dot and line indicate any variation from a state's overall total population well-being rank.





# State Well-Being Rankings Analysis for Older Americans

"The greatest success of humankind is longer life. The challenge today for families and society is how to live longer, better with the highest state of well-being."

–Joseph F. Coughlin, Director and Founder, MIT AgeLab

	Age group:	≤54	55 - 64	65 - 74	75+
Fresh produce consumption*		53.9	60.7	63.9	69.9
Exercise (3 to 7 days in the last week)		53.7	49.5	49.3	46.5
Obesity		26.4	33.1	31.8	21.0
Depression		9.6	14.3	11.5	7.4
Smoking		22.3	19.5	12.9	6.5
Learn or do something interesting every day	1	65.1	63.5	67.5	67.1
Have enough money to do everything I want	to do	35.2	41.1	53.3	61.7
Friends and family give you positive energy		76.3	73.0	78.0	80.8
Health insurance coverage		81.1	89.9	97.6	98.1
Have a personal doctor		69.9	89.1	95.2	96.0

Low

Scoring for age groups: High High-mid Mid-low
\*Eat 5+ servings of fruits and vegetables 4+ days in last week

"There are proven and effective interventions that combine social and physical activities to keep people healthy, active and productive as they age. Our research shows that older Americans who are thriving in well-being exercise far more, have less depression, and have lower rates of

-Joy Powell, Market President, Healthways Senior Solutions

obesity and chronic illness."

This report, the fifth in a series, examines the comparative well-being of Americans ages 55 and older. Nationally, older Americans have higher well-being compared to younger adults, and our research reveals that well-being gets better with age. People 75 and older have even higher well-being than those 65 to 74, and they outscore their younger counterparts by a sizable margin.

Older Americans also have higher well-being across each of the five elements of well-being: purpose, social, financial, community and physical. Older Americans score especially high in financial well-being, where they thrive at a rate of 52 percent versus those younger than 55 (32 percent thriving). Older Americans express more satisfaction with their standard of living, worry less about money, and say they have enough money to do what they want to do — all at higher rates than their younger counterparts.

Older Americans also have better access to healthcare than those under the age of 55, with higher rates of having health insurance, a personal doctor, and access to medicine than younger people. Additionally, older Americans eat more fresh produce and smoke less. Although obesity and depression spike for people ages 55 to 64, those 65 and older have lower incidence of obesity and depression compared to people younger than 65.

Where do older Americans have the highest well-being?

Hawaii, Montana, South Dakota, Alaska and Iowa are the top five states for well-being for older Americans. Hawaii leads in community and physical well-being, while New Mexico leads in purpose, Florida in social and North Dakota in financial. There is some consistency between these rankings and the overall state well-being rankings; six of the top 10 and seven of the bottom 10 states repeat in both categories. The lowest well-being states for older Americans are West Virginia, Kentucky and Oklahoma.

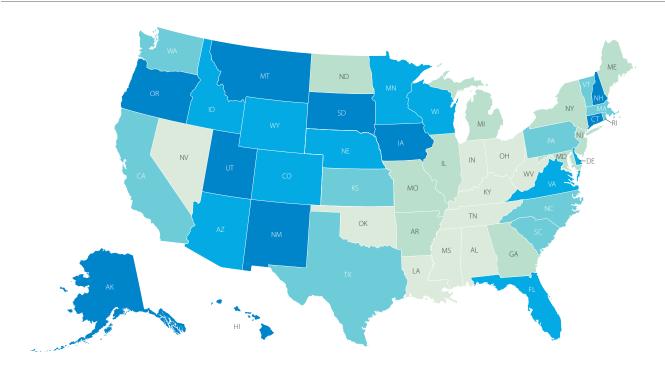
### Methodology

These data are collected as part of the Gallup-Healthways Well-Being Index® and are based on 173,656 total interviews across all 50 states, conducted from January 2 to December 30, 2014. For those age 55 and older, our sample size is 91,467 in 2014. Our state rankings analysis includes additional interviews from the first quarter of 2015 and spans January 2, 2014 to March 31, 2015, for a total sample size for those 55 and over of 114,388. Gallup conducts 500 telephone interviews a day with American adults, for a resulting sample that projects to an estimated 95 percent of all U.S. adults. The Well-Being Index is calculated on a scale of 0 to 100, where zero represents the lowest possible well-being and 100 represents the highest possible well-being. Visit wbi.healthways.com to learn more.

# State Well-Being Rankings for Older Americans Overall and by Element, 2014 & Q1 2015

Composite Rank	Purpose Social Financial Community Physical	Composite Rank	Purpose Social Financial Community Physical			
1. Hawaii	2 20 7 1 1	26. <b>Washington</b>	38 24 14 36 31			
2. Montana	15 38 11 5 3	27. Kansas	27 14 17 30 35			
3. South Dakota	4 11 9 4 23	28. <b>Vermont</b>	49 45 19 31 12			
4. Alaska	19 32 3 6 34	29. <b>Massachusetts</b>	42 21 22 32 17			
5. <b>lowa</b>	7 18 4 2 25	30. <b>Rhode Island</b>	37 41 40 25 13			
6. New Hampshire	34 6 10 12 4	31. North Dakota	44 49 1 28 39			
7. <b>Utah</b>	12 22 21 8 15	32. <b>Michigan</b>	26 26 29 41 30			
8. Oregon	22 4 12 18 10	33. <b>Maine</b>	48 43 36 15 27			
9. New Mexico	1 39 25 27 5	34. <b>Arkansas</b>	<b>17 28 35 10</b> 45			
10. Connecticut	21 8 13 42 2	35. New York	39 30 32 45 14			
11. Minnesota	20 23 5 19 19	36. <b>Maryland</b>	41 9 33 49 21			
12. Colorado	32 29 18 21 7	37. Illinois	33 36 23 50 22			
13. <b>Idaho</b>	36 <b>17 15 9 20</b>	38. New Jersey	45 15 39 46 16			
14. Nebraska	<b>11</b> 33 <b>16 7</b> 38	39. <b>Missouri</b>	<b>28 37 28 34 41</b>			
15. <b>Florida</b>	8 1 31 26 8	40. <b>Georgia</b>	<b>24 16</b> 49 44 <b>37</b>			
16. <b>Delaware</b>	6 10 2 33 24	41. <b>Louisiana</b>	<b>13 25 50 24 43</b>			
17. Wisconsin	23 34 6 16 18	42. <b>Mississippi</b>	<b>10 19</b> 48 <b>22</b> 42			
18. <b>Arizona</b>	14 5 26 35 9	43. <b>Tennessee</b>	<b>31</b> 46 44 <b>14</b> 44			
19. Wyoming	46 35 20 3 32	44. <b>Alabama</b>	<b>29 31 46 23 47</b>			
20. <b>Virginia</b>	<b>16 7 27 17</b> 33	45. <b>Nevada</b>	50 48 45 48 <b>26</b>			
21. South Carolina	5 3 47 11 28	46. <b>Indiana</b>	<b>35 40 24 43 46</b>			
22. <b>Texas</b>	3 12 38 20 36	47. <b>Ohio</b>	43 42 30 47 40			
23. <b>California</b>	<b>18 27 34 38 6</b>	48. <b>Oklahoma</b>	<b>30</b> 44 <b>37 40</b> 49			
24. North Carolina	9 2 43 13 29	49. <b>Kentucky</b>	47 47 41 29 48			
25. <b>Pennsylvania</b>	25 <b>13 8 37 11</b>	50. <b>West Virginia</b>	<b>40</b> 50 <b>42 39</b> 50			
Highest Quintile 2 <sup>nd</sup> Quintile 3 <sup>rd</sup> Quintile 4 <sup>th</sup> Quintile 5 <sup>th</sup> Quintile						

# State Well-Being Rankings for Older Americans, 2014 & Q1 2015



Highest Quintile	2 <sup>nd</sup> Quintile	3 <sup>rd</sup> Quintile	4 <sup>th</sup> Quintile	5 <sup>th</sup> Quintile
1 Hawaii	11 Minnesota	21 South Carolina	31 North Dakota	41 Louisiana
2 Montana	12 Colorado	22 Texas	32 Michigan	42 Mississippi
3 South Dakota	13 Idaho	23 California	33 Maine	43 Tennessee
4 Alaska	14 Nebraska	24 North Carolina	34 Arkansas	44 Alabama
5 lowa	15 Florida	25 Pennsylvania	35 New York	45 Nevada
6 New Hampshire	16 Delaware	<b>26</b> Washington	36 Maryland	46 Indiana
7 Utah	17 Wisconsin	27 Kansas	37 Illinois	47 Ohio
8 Oregon	18 Arizona	28 Vermont	38 New Jersey	48 Oklahoma
9 New Mexico	19 Wyoming	29 Massachusetts	39 Missouri	49 Kentucky
10 Connecticut	20 Virginia	30 Rhode Island	40 Georgia	50 West Virginia

# **About Gallup**

Gallup delivers forward-thinking research, analytics, and advice to help leaders solve their most pressing problems. Combining more than 75 years of experience with its global reach, Gallup knows more about the attitudes and behaviors of the world's constituents, employees, and customers than any other organization. Gallup consultants help private and public sector organizations boost organic growth through measurement tools, strategic advice, and education.

### **About Healthways**

Healthways is the largest independent global provider of well-being improvement solutions. Dedicated to creating a healthier world one person at a time, the company uses the science of behavior change to produce and measure positive change in well-being for our customers, which include employers, integrated health systems, hospitals, physicians, health plans, communities and government entities. The company serves approximately 68 million people on four continents.

## **About MIT AgeLab**

The Massachusetts Institute of Technology AgeLab conducts multidisciplinary research around the world to develop and inspire new ideas, policies and technologies to enable 100 years of quality living.