

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

August 2009

### Overall Well-Being in the U.S. Climbs in August to Match Record High Set in February 2008; All Other Indicators Rise

The Gallup-Healthways Well-Being Index™ (WBI), the nation's largest and most comprehensive measure of how Americans are faring physically, emotionally, socially, financially and professionally, resumed its upward climb in August 2009, up nearly one percent to close the month at 67.0, tying the record high set in February 2008.

The WBI Composite Score has trended steadily upward since February of this year, indicating that Well-Being in America is returning to pre-recession levels.

By far the biggest driver of the increase in overall well-being in August was a 3.3 percent rise in the WBI's Work Environment Sub-Index, which measures the satisfaction of individuals in their places of employment. In general, monthly Work Environment scores have tracked lower in 2009 when compared to 2008 values. Satisfaction at work trended down significantly from 53.3 in October 2008 to a low of 48.7 in February 2009. In June of this year, Work Environment broke 50.0 for the first time in 2009. Last month's score of 50.5 is the highest Work Environment score of the year.

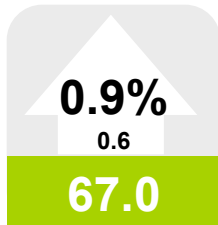
The WBI's Life Evaluation Sub-Index (LEI), which asks Americans to rate their current life and outlook for the future, also resumed a positive trajectory in August, rising 1.0 percentage point, off-setting July's 1.0 percentage point decline, the only decline experienced by this sub-index since February. For the fourth straight month, more Americans, 51.1 percent, are considered "Thriving" rather than "Struggling" under the LEI's classification system. The number of "Suffering" Americans dropped to just 3.3 percent in August, 1.1 points less than previous year levels, equating to a better quality of life for nearly 2.5 million Americans.

Of note, potential seasonal and economic effects on Healthy Behavior have been observed since the WBI's inception in January 2008. The WBI's Healthy Behavior Sub-Index rose by 0.8 percent in August to close the month at 64.8, a yearly high matching last August's Healthy Behavior score. Last month, 52.1 percent of Americans reported exercising at least three times per week, and 59.0 percent reported eating five or more servings of fruits and vegetables at least four times per week.

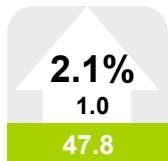
Anne Wilkins  
Healthways, Inc.

Katie Bell  
Gallup, Inc.

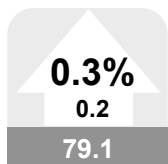
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



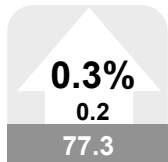
U.S. Well-Being



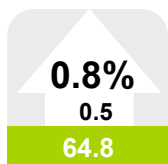
Life Evaluation



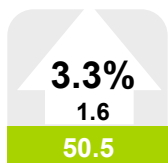
Emotional Health



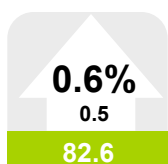
Physical Health



Healthy Behavior



Work Environment



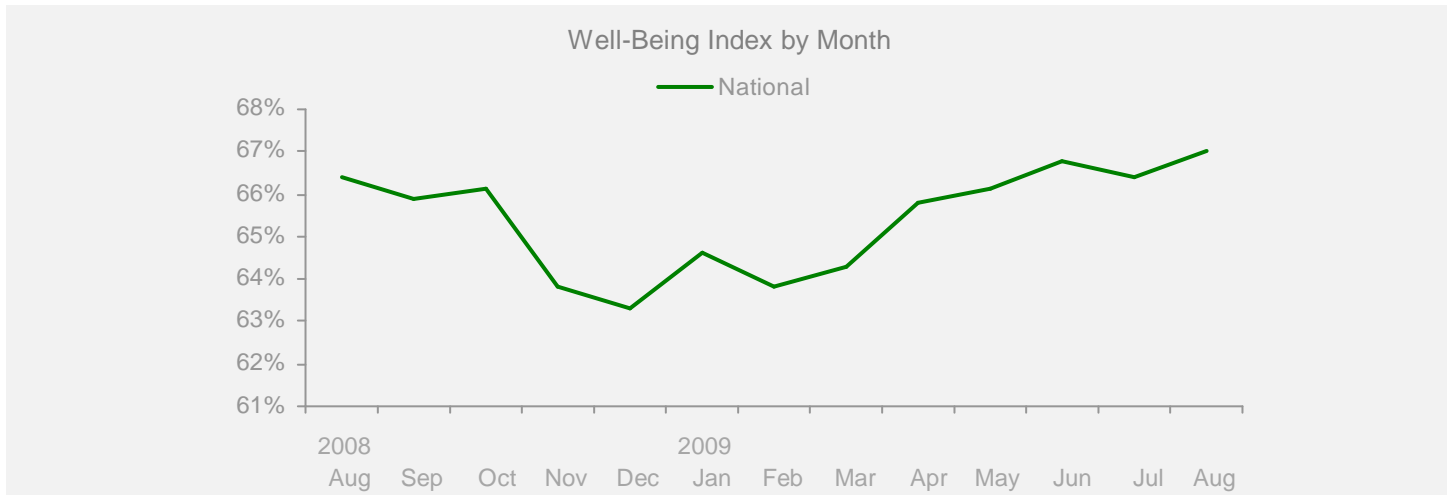
Basic Access

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

From Gallup-Healthways Well-Being Index Data  
Based on 31,174 surveys completed in August 2009. Total of 594,369 since January 2, 2008.

**U.S. Composite and Life Evaluation Score**

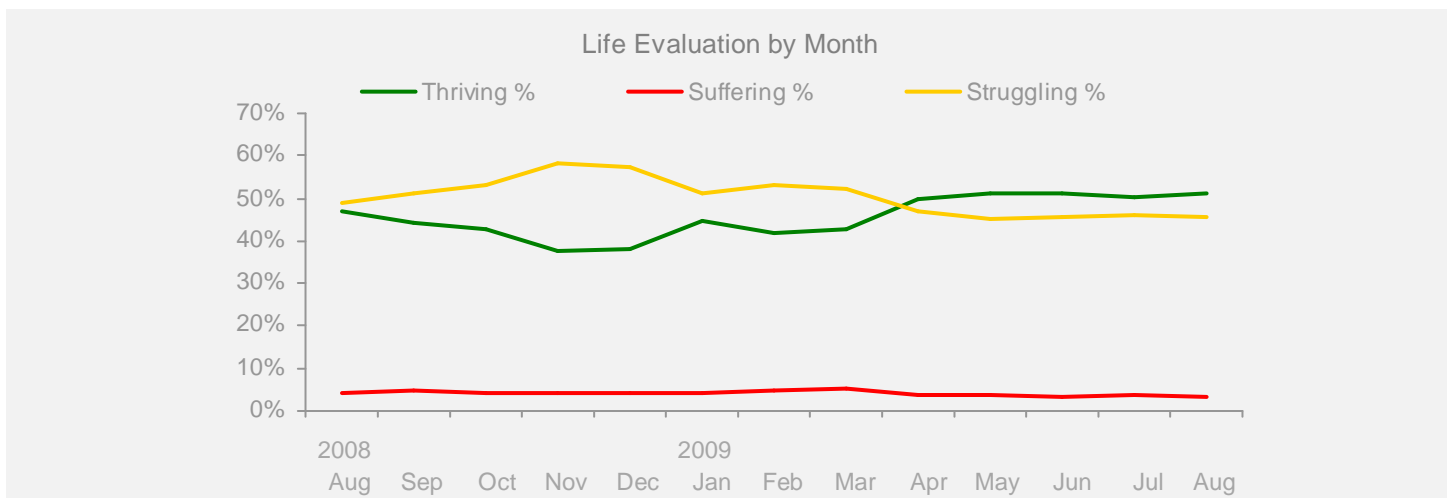
	2008					2009								Change	
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Month	Year
<b>Well-Being Index</b>	SCALE 0-100 MoE = +/- 0.2%														
<b>National</b>	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	+0.6	+0.6



**Life Evaluation**

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

<b>Life Evaluation</b>	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	+1.0	+5.3
Thriving %	46.9	44.1	42.7	37.4	38.0	44.5	42.0	42.7	49.6	51.2	51.2	50.4	51.1	+0.7	+4.2
Struggling %	48.7	51.4	53.2	58.3	57.5	51.4	53.3	52.2	46.8	45.1	45.5	45.9	45.6	-0.3	-3.1
Suffering %	4.4	4.5	4.1	4.3	4.4	4.1	4.7	5.1	3.6	3.7	3.4	3.6	3.3	-0.3	-1.1



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**National and Regional Composite Well-Being Scores**

	2008					2009					Change				
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Month	Year
<b>Well-Being Index</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	+0.6	+0.6
Northeast	66.7	65.3	65.8	63.9	63.8	64.0	64.3	64.2	65.7	66.1	66.4	67.0	67.2	+0.2	+0.5
South	66.5	65.9	65.8	63.2	62.6	63.8	63.1	63.7	65.8	65.7	66.7	65.7	66.1	+0.4	-0.4
Midwest	65.4	64.7	65.1	62.5	62.2	64.7	63.4	64.0	65.4	65.1	66.7	65.8	66.6	+0.8	+1.2
West	67.3	67.6	67.6	66.1	65.1	66.2	64.7	65.5	66.3	67.6	67.6	67.3	68.5	+1.2	+1.2
<b>Life Evaluation</b>													MoE = National +/- 0.7% Regional +/- 1.4%		
<b>National</b>	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	+1.0	+5.3
Northeast	42.9	37.0	36.9	32.8	34.1	39.3	38.1	37.3	46.2	47.5	47.3	47.8	48.2	+0.4	+5.3
South	43.8	41.0	39.5	32.1	32.8	39.6	36.2	37.4	46.1	48.9	48.1	46.1	46.7	+0.6	+2.9
Midwest	39.3	36.4	35.9	29.7	29.8	39.6	34.4	35.7	44.6	44.0	46.1	44.5	46.2	+1.7	+6.9
West	43.5	43.5	41.9	38.0	38.0	43.1	41.0	40.2	46.8	49.1	49.5	48.9	50.8	+1.9	+7.3
<b>Emotional Health</b>													MoE = National +/- 0.3% Regional +/- 0.5%		
<b>National</b>	79.2	78.6	78.8	78.1	77.5	78.0	77.7	78.0	78.6	78.6	79.2	78.9	79.1	+0.2	-0.1
Northeast	79.3	78.1	78.6	77.2	77.4	77.3	77.3	77.5	78.1	78.3	78.6	79.2	79.3	+0.1	+0.0
South	79.3	79.0	78.7	78.1	77.3	77.8	77.7	78.0	78.8	78.5	79.1	78.5	78.4	-0.1	-0.9
Midwest	79.4	78.1	78.8	77.9	77.4	78.3	78.1	78.4	78.7	78.2	79.9	79.2	79.6	+0.4	+0.2
West	79.1	78.9	79.2	79.2	78.0	78.6	77.7	77.9	78.6	79.3	79.1	78.9	79.2	+0.3	+0.1
<b>Physical Health</b>													MoE = National +/- 0.2% Regional +/- 0.3%		
<b>National</b>	77.5	77.4	77.9	76.5	75.7	76.5	75.8	76.0	76.5	76.1	77.0	77.1	77.3	+0.2	-0.2
Northeast	78.3	77.6	78.1	76.6	76.1	76.6	76.0	76.3	76.2	76.3	77.3	77.4	78.1	+0.7	-0.2
South	77.0	77.0	77.4	75.1	74.3	75.7	75.5	75.1	76.2	75.3	76.0	75.9	76.3	+0.4	-0.7
Midwest	77.5	77.1	77.8	76.6	76.7	77.0	75.5	76.3	76.7	75.8	77.4	77.8	77.6	-0.2	+0.1
West	77.4	78.2	78.4	78.2	76.4	77.3	76.3	76.5	77.0	77.1	77.8	78.0	77.8	-0.2	+0.4
<b>Healthy Behavior</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	64.8	63.7	63.6	61.4	59.7	61.2	61.8	62.7	62.6	63.1	64.2	64.3	64.8	+0.5	+0.0
Northeast	65.8	64.6	64.3	61.5	60.2	61.3	62.2	63.0	63.6	63.9	64.6	65.3	65.2	-0.1	-0.6
South	64.1	62.7	62.6	60.6	59.4	60.3	60.9	61.9	62.1	61.5	63.5	63.1	63.3	+0.2	-0.8
Midwest	62.5	61.7	61.6	59.1	57.1	59.2	60.0	61.0	60.0	61.5	62.2	62.6	63.1	+0.5	+0.6
West	67.0	66.4	66.3	64.8	62.0	64.2	64.5	65.4	65.0	65.9	66.6	66.8	68.0	+1.2	+1.0
<b>Work Environment</b>													MoE = National +/- 0.6% Regional +/- 1.2%		
<b>National</b>	51.0	51.8	53.3	50.8	50.6	49.1	48.7	49.8	49.1	49.2	50.2	48.9	50.5	+1.6	-0.5
Northeast	48.9	49.2	50.3	49.8	50.3	45.4	49.0	48.0	46.4	46.0	46.3	47.8	47.6	-0.2	-1.3
South	52.1	52.5	54.1	51.8	50.7	48.8	48.5	49.3	50.7	49.5	52.2	50.0	51.3	+1.3	-0.8
Midwest	48.6	50.4	52.2	47.6	48.1	50.7	49.6	50.1	49.6	48.6	51.0	48.0	49.5	+1.5	+0.9
West	54.0	54.7	56.3	53.7	53.4	51.7	47.7	52.0	49.0	52.3	50.6	49.5	53.3	+3.8	-0.7
<b>Basic Access</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	83.7	84.1	84.1	83.1	82.9	82.4	81.5	81.5	82.0	82.2	82.6	82.1	82.6	+0.5	-1.1
Northeast	85.4	85.5	86.3	85.3	85.0	84.2	83.2	83.0	83.5	84.2	84.3	84.2	84.9	+0.7	-0.5
South	82.5	83.1	82.7	81.3	80.9	80.6	80.1	80.3	80.8	80.7	81.2	80.5	80.7	+0.2	-1.8
Midwest	84.8	84.6	84.3	83.8	84.2	83.3	82.5	82.6	82.9	82.5	83.8	82.9	83.6	+0.7	-1.2
West	82.6	83.7	83.7	82.7	82.6	82.1	81.0	80.9	81.3	81.9	81.7	81.5	82.1	+0.6	-0.5

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

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## National Well-Being Scores by Demographic

	2008					2009							Change			
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Month	Year	
<b>Gender</b>															MoE = +/- 0.3%	
Male	66.9	66.4	66.5	64.6	63.9	65.1	64.2	64.7	65.9	66.6	67.0	66.5	67.2	+0.7	+0.3	
Female	66.0	65.4	65.7	63.1	62.8	64.1	63.4	63.9	65.7	65.6	66.7	66.2	66.8	+0.6	+0.8	
<b>Age</b>															MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+ +/- 0.3%	
18 to 29	66.4	65.5	66.0	63.5	63.1	65.6	65.1	64.5	66.0	67.1	67.2	66.9	68.0	+1.1	+1.6	
30 to 44	66.4	66.1	65.6	64.0	63.6	64.7	63.9	64.7	66.2	66.5	67.8	66.9	67.7	+0.8	+1.3	
45 to 64	65.6	64.8	65.0	62.7	62.3	63.4	62.4	63.1	64.6	64.8	65.7	65.3	65.5	+0.2	-0.1	
65 and older	69.8	69.0	70.4	67.6	66.2	66.6	66.4	66.4	68.7	68.4	67.6	68.0	68.9	+0.9	-0.9	
<b>Family Status</b>															MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%	
Married	69.9	69.1	69.2	66.8	66.5	67.5	66.7	67.1	68.9	69.2	69.4	69.0	69.4	+0.4	-0.5	
Single	64.0	63.4	63.2	61.9	61.1	62.9	62.2	62.2	63.6	64.5	65.0	64.5	65.6	+1.1	+1.6	
Divorced	60.9	59.0	60.3	58.5	57.7	59.1	57.4	59.0	60.5	60.3	60.6	60.0	60.5	+0.5	-0.4	
Widowed	65.2	64.5	65.9	63.0	62.2	63.4	62.4	63.1	65.3	63.7	64.1	64.2	64.8	+0.6	-0.4	
Separated	55.5	56.7	54.4	52.5	54.0	53.0	54.3	54.2	55.2	57.1	59.4	56.9	56.2	-0.7	+0.7	
Domestic Partner	61.3	61.0	61.5	59.7	59.6	61.9	60.9	62.0	60.7	63.9	63.6	62.9	63.3	+0.4	+2.0	
<b>Ethnicity</b>															MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%	
White	67.2	66.8	67.0	64.8	64.2	65.2	64.5	64.8	66.6	66.6	67.4	66.8	67.7	+0.9	+0.5	
Black	63.1	61.5	62.1	60.0	59.0	62.3	60.6	61.2	62.8	63.7	64.2	64.8	64.4	-0.4	+1.3	
Hispanic	64.8	64.0	63.9	62.2	61.6	63.7	62.2	63.7	64.0	65.0	65.7	64.7	64.7	+0.0	-0.1	
Asian	70.2	68.3	70.0	64.4	67.8	67.9	65.0	67.5	69.2	68.6	70.9	70.7	71.0	+0.3	+0.8	
Other	63.1	62.0	63.2	60.4	61.0	60.3	61.4	61.0	61.3	64.3	63.3	64.2	64.5	+0.3	+1.4	
<b>Household Income</b>															MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%	
Under \$1,000	52.0	53.3	54.4	51.6	51.6	53.1	51.5	51.9	54.0	53.3	54.1	53.7	55.3	+1.6	+3.3	
\$1,000-\$1,999	58.6	57.4	56.8	55.9	54.4	56.1	55.9	57.1	58.0	58.9	59.7	58.3	57.3	-1.0	-1.3	
\$2,000-\$2,999	62.8	60.8	61.9	59.2	59.9	61.0	60.1	60.9	63.4	63.3	63.6	62.3	63.1	+0.8	+0.3	
\$3,000-\$3,999	65.9	65.1	65.0	62.6	63.2	64.7	63.8	63.9	65.4	66.8	66.4	65.7	67.2	+1.5	+1.3	
\$4,000-\$4,999	68.3	68.0	67.8	66.4	66.2	66.1	66.4	66.6	67.9	68.1	67.9	68.5	68.7	+0.2	+0.4	
\$5,000-\$7,499	71.6	70.2	70.4	68.8	68.1	69.8	68.1	69.5	70.7	71.0	71.2	71.0	71.8	+0.8	+0.2	
\$7,500-\$9,999	74.1	72.8	74.2	71.4	71.2	71.1	70.8	71.5	73.2	73.9	74.6	73.7	74.0	+0.3	-0.1	
\$10,000 +	74.6	74.6	74.2	72.7	72.0	72.8	73.0	72.8	73.9	74.7	74.4	74.2	74.9	+0.7	+0.3	

## 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.