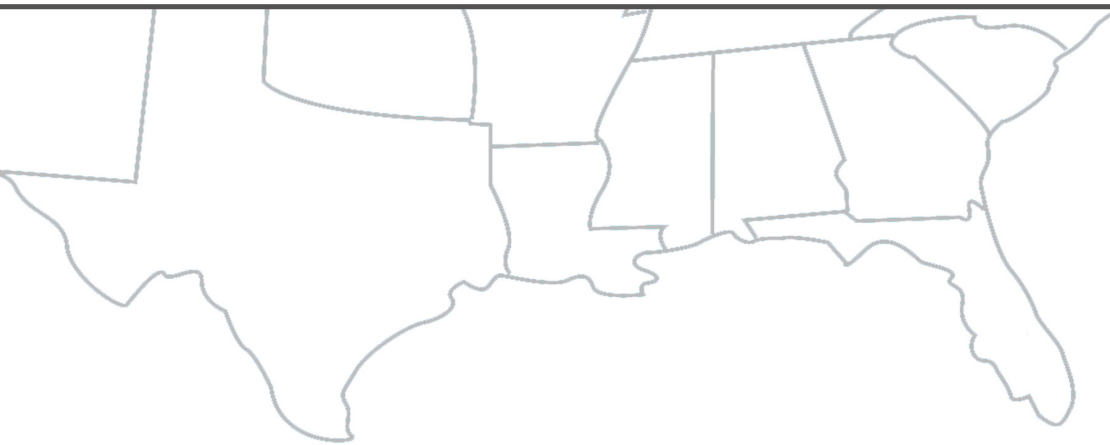


# State of Well-Being

*State, City & Congressional District Well-Being Report*

## Kentucky





---

## Gallup-Healthways Well-Being Index<sup>®</sup>

---

The Gallup-Healthways Well-Being Index (WBI) is the preeminent source for health and well-being data in the United States. Surveying 1,000 Americans a day, 350 days a year, the WBI is the first and most comprehensive survey of its kind, providing the largest database of behavioral economic metrics. It's the only measure of total well-being in existence today.

The WBI gives governments, communities, employers and health plans unmatched insight into the health of their populations. Leaders are using the WBI findings to quantify and benchmark the well-being of their employees and citizens to inform decisions regarding health benefits, work environments, corporate culture, and community investment.

With four years of data collection and surveys of more than 1.4 million Americans, the WBI has garnered significant national and international recognition. The WBI and associated City, State and Congressional District Reports provide leaders with the intelligence they need to assess and enhance health, and well-being. Over the next quarter century, the WBI will survey more than 9 million people in the United States, providing timely and in-depth information about Americans' health and well-being.

---

## Methodology

---

The research and methodology underlying the Gallup-Healthways Well-Being Index and the State and Congressional District Well-Being Reports are based on the World Health Organization definition of health, which is, "...not only the absence of infirmity and disease but also a state of physical, mental and social well-being."

To compile the Well-Being Index, Gallup obtains completed interviews from 1,000 U.S. adults nationally, seven days a week, excluding only major holidays. Based on their response, individuals and communities receive an overall well-being composite score and a score of each of six sub-indices including life evaluation, emotional health, physical health, healthy behavior, work environment and basic access.

Changes in condition can be tracked over time, and the introduction of both controlled and uncontrolled variable considered. Discrete populations can also be ranked one against another for a stratified view of their relative well-being.

---

For more information:  
615.614.4440 – Healthways  
404.267.7711 – Gallup  
[WELLBEINGINDEX@healthways.com](mailto:WELLBEINGINDEX@healthways.com)

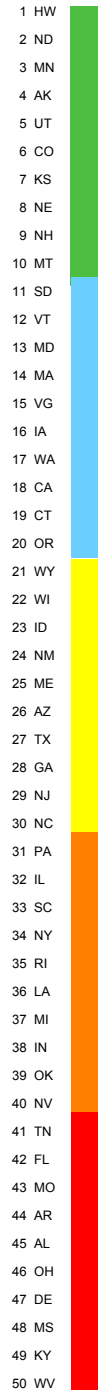
---

Registered Trademark © 2012 Gallup-Healthways Well-Being Index. All rights reserved.  
Copyrights © 2012 Gallup, Inc. and Healthways, Inc. All rights reserved.

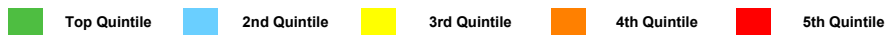
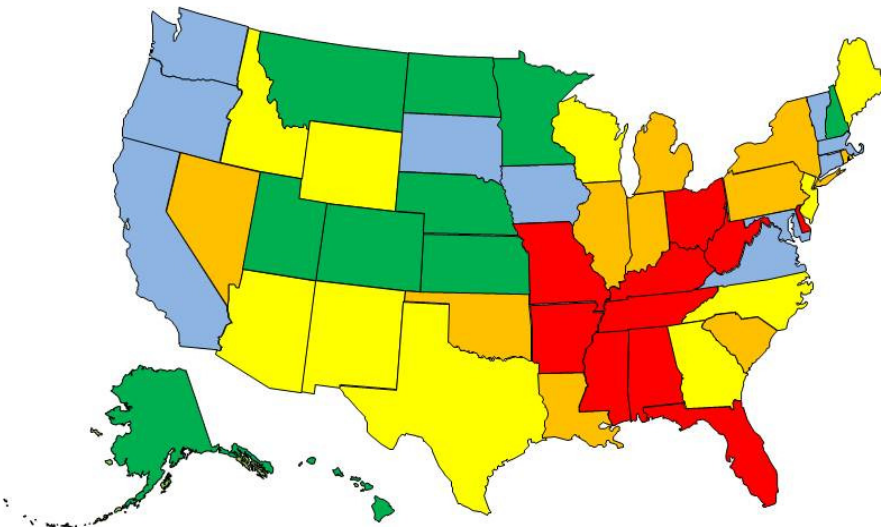
# State of Kentucky Well-Being

Ranking from data collected January 2, 2011 - December 29, 2011

	2010	2011	2010	2011
<b>Well-Being Overall</b>	<b>61.9</b>	<b>63.3</b>	<b>49</b>	<b>49</b>
Life Evaluation	42.2	43.2	49	49
Emotional Health	74.4	75.5	49	50
Physical Health	70.3	71.6	49	49
Healthy Behavior	59.1	59.3	50	49
Work Environment	46.8	50.0	36	8
Basic Access	78.8	80.1	45	40



\*#1 is the top Rank and 50 the bottom  
\*#0 is the bottom Result and 100 the top (see methodology for descriptions)  
\*Source: Gallup-Healthways Well-Being Index Survey 2011 n = 353,492 and 2010 n = 352,840

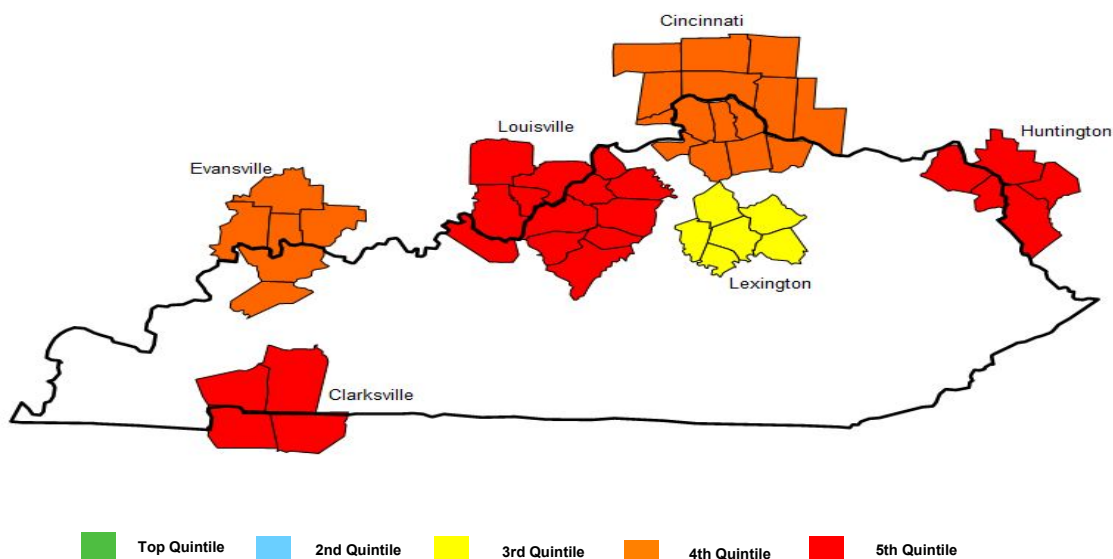


# Kentucky City Rankings

Ranking from data collected January 2, 2011 - December 29, 2011

		Lexington, Fayette	Cincinnati, Middletown	Evansville	Louisville, Jefferson County	Clarksville	Huntington, Ashland	State
Population		472,099	2,130,151	358,676	1,307,647	273,949	287,702	
Overall Rank	2011	95	128	138	152	172	190	49
	2010	115	123	172	170	162	188	49
Life Evaluation	2011	108	144	167	143	178	189	49
	2010	90	135	153	151	101	180	49
Emotional Health	2011	106	142	164	177	132	189	50
	2010	179	149	120	165	161	188	49
Physical Health	2011	97	113	169	178	164	190	49
	2010	148	132	184	165	177	188	49
Healthy Behavior	2011	169	166	183	156	101	189	49
	2010	159	153	172	158	183	161	50
Work Environment	2011	33	61	10	102	171	43	8
	2010	53	68	126	164	123	185	36
Basic Access	2011	96	91	101	108	135	185	40
	2010	61	75	134	118	119	183	45

\*Ranking of 190 Cities, following U.S. Census Bureau Definitions for Metropolitan Statistical Areas  
 \*Source: Gallup-Healthways Index Survey 2011, n = 353,492 and 2010, n = 352,840  
 \*Source: Wikipedia.org 2011, City Population





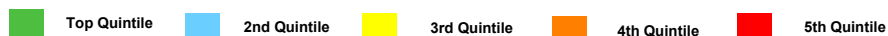
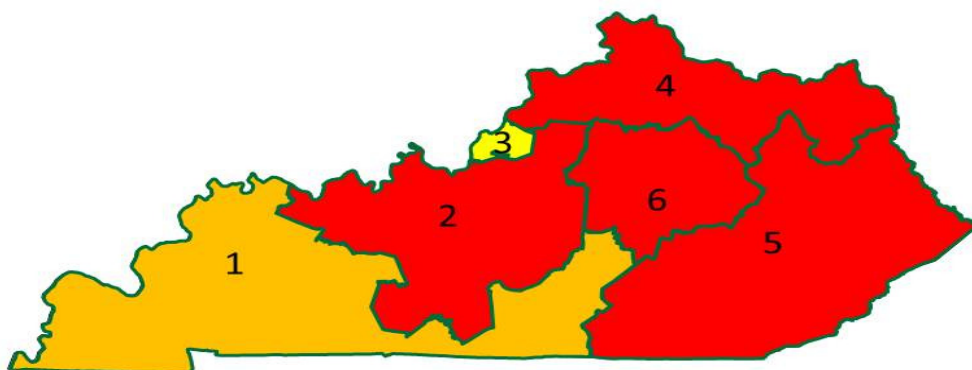
# Kentucky Congressional District Rankings

Ranking from data collected January 2, 2011 - December 29, 2011

		KY-01	KY-02	KY-03	KY-04	KY-05	State
Overall Rank	2011	285	392	218	370	436	49
	2010	383	404	312	415	435	49
Life Evaluation	2011	346	412	163	399	436	49
	2010	385	259	339	416	432	49
Emotional Health	2011	244	409	333	386	436	50
	2010	395	405	356	433	436	49
Physical Health	2011	421	408	367	379	436	49
	2010	416	422	321	427	436	49
Healthy Behavior	2011	402	387	297	428	435	49
	2010	363	433	247	406	435	50
Work Environment	2011	22	312	120	144	32	8
	2010	178	354	268	122	197	36
Basic Access	2011	261	169	225	271	423	40
	2010	329	274	239	288	421	45

\*Ranking of 436 Congressional Districts

\*Source: Gallup-Healthways Index Survey 2011, n = 353,492 and 2010, n = 352,840

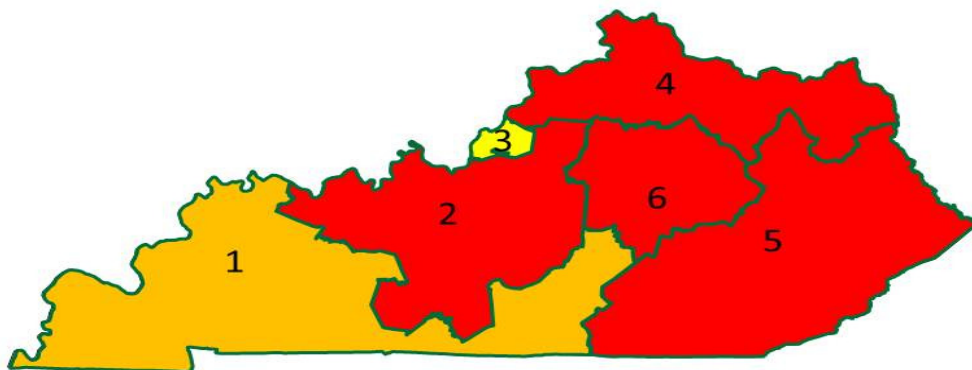


# Kentucky Congressional District Rankings

Ranking from data collected January 2, 2011 - December 29, 2011

KY-06			State
Overall Rank	2011	364	49
	2010	388	49
Life Evaluation	2011	410	49
	2010	353	49
Emotional Health	2011	417	50
	2010	423	49
Physical Health	2011	364	49
	2010	420	49
Healthy Behavior	2011	410	49
	2010	410	50
Work Environment	2011	86	8
	2010	266	36
Basic Access	2011	288	40
	2010	233	45

\*Ranking of 436 Congressional Districts  
\*Source: Gallup-Healthways Index Survey 2011, n = 353,492 and 2010, n = 352,840



■ Top Quintile   
 ■ 2nd Quintile   
 ■ 3rd Quintile   
 ■ 4th Quintile   
 ■ 5th Quintile

---

## State Congressional District Definitions

### Congressional District #1

**Counties:** Adair County, Allen County, Ballard County, Boyle County, Butler County, Caldwell County, Calloway County, Carlisle County, Casey County, Christian County, Clinton County, Crittenden County, Cumberland County, Daviess County, Fulton County, Graves County, Grayson County, Green County, Hart County, Henderson County, Hickman County, Hopkins County, Lincoln County, Livingston County, Logan County, Lyon County, Marion County, Marshall County, McCracken County, McLean County, Metcalfe County, Monroe County, Muhlenberg County, Ohio County, Pulaski County, Russell County, Simpson County, Taylor County, Todd County, Trigg County, Union County, Warren County, Wayne County, Webster County

**Cities:** Adairville, Adolphus, Albany, Allensville, Almo, Alpha, Alvaton, Arlington, Auburn, Bardwell, Barlow, Beaver Dam, Beech Creek, Beechmont, Belton, Benton, Bethelridge, Boaz, Bowling Green, Bradfordsville, Breeding, Bremen, Browder, Burkesville, Burna, Cadiz, Calhoun, Calvert City, Caneyville, Center, Centertown, Central City, Cerulean, Clay, Clinton, Columbia, Columbus, Corydon, Crofton, Cromwell, Cunningham, Dawson Springs, Dexter, Dixon, Drakesboro, Dubre, Dunmor, Dunnville, Earlington, Eddyville, Edmonton, Elk Horn, Elkton, Eubank, Fancy Farm, Farmington, Fort Campbell, Fountain Run, Franklin, Fredonia, Fulton, Gamaliel, Gilbertsville, Glens Fork, Gracey, Gradyville, Graham, Grand Rivers, Gravel Switch, Greensburg, Greenville, Guthrie, Hampton, Hanson, Hardin, Hardyville, Hartford, Hazel, Henderson, Herndon, Hestand, Hickman, Hickory, Holland, Hopkinsville, Horse Branch, Horse Cave, Hustonville, Island, Jamestown, Junction City, Kevil, Kings Mountain, Kirksey, Knifley, Knob Lick, Kuttawa, La Center, La Fayette, Ledbetter, Lewisburg, Liberty, Livermore, MC Henry, Madisonville, Manitou, Marion, Mayfield, Melber, Middleburg, Morganfield, Morgantown, Mount Hermon, Murray, Nancy, Nebo, New Concord, Nortonville, Oak Grove, Olmstead, Owensboro, Paducah, Parksville, Pembroke, Princeton, Providence, Reed, Robards, Rochester, Rockfield, Rockport, Roundhill, Rumsey, Russell Springs, Russellville, Sacramento, Saint Charles, Salem, Scottsville, Seabee, Sedalia, Sharon Grove, Slaughters, Smithland, Spottsville, Stanford, Sturgis, Summer Shade, Symsonia, Tiline, Tompkinsville, Trenton, Uniontown, Utica, Water Valley, Waverly, Waynesburg, West Paducah, White Plains, Wickliffe, Windsor, Wingo, Woodburn, Yosemite

### Congressional District #2

**Counties:** Adair County, Barren County, Boyle County, Breckinridge County, Bullitt County, Butler County, Daviess County, Edmonson County, Franklin County, Grayson County, Green County, Hancock County, Hardin County, Hart County, Henry County, Jefferson County, Larue County, Logan County, Marion County, McLean County, Meade County, Mercer County, Metcalfe County, Monroe County, Nelson County, Ohio County, Shelby County, Spencer County, Taylor County, Warren County, Washington County

**Cities:** Alvaton, Auburn, Austin, Bagdad, Bardstown, Battletown, Beaver Dam, Bee Spring, Big Clifty, Bloomfield, Bonnierville, Boston, Bowling Green, Bradfordsville, Brandenburg, Brooks, Brownsville, Buffalo, Calhoun, Campbellsville, Caneyville, Canmer, Cave City, Cecilia, Center, Chaplin, Clarkson, Cloverport, Columbia, Coxs Creek, Cromwell, Cub Run, Custer, Dundee, Eastview, Ekron, Elizabethtown, Elk Horn, Eminence, Etoile, Fairdale, Falls of Rough, Finchville, Fisherville, Fordsville, Fort Knox, Fountain Run, Frankfort, Garfield, Glasgow, Glendale, Gravel Switch, Greensburg, Guston, Hardinsburg, Hardyville, Harned, Harrodsburg, Hartford, Hawesville, Hodgenville, Horse Branch, Horse Cave, Hudson, Irvington, Knob Lick, Lebanon, Lebanon Junction, Leitchfield, Lewisport, Livermore, Loretto, Louisville, MC Daniels, Maceo, Mackville, Magnolia, Mammoth Cave, Millwood, Mount Eden, Mount Washington, Muldraugh, Munfordville, New Haven, New Hope, Oakland, Olaton, Owensboro, Park City, Payneville, Perryville, Philpot, Pleasureville, Radcliff, Raywick, Reynolds Station, Rineyville, Rockfield, Roundhill, Saint Francis, Shelbyville, Shepherdsville, Simpsonville, Smithfield, Smiths Grove, Sonora, Springfield, Stephensport, Summer Shade, Summersville, Sweeden, Taylorsville, Union Star, Upton, Utica, Vine Grove, Waddy, Webster, West Point, Westview, White Mills, Whitesville, Willisburg, Woodburn

### Congressional District #3

**Counties:** Jefferson County

**Cities:** Fairdale, Fisherville, Louisville, Prospect

## State Congressional District Definitions

### Congressional District #4

**Counties:** Bath County, Boone County, Boyd County, Bracken County, Campbell County, Carroll County, Carter County, Elliott County, Fleming County, Franklin County, Gallatin County, Grant County, Greenup County, Harrison County, Henry County, Jefferson County, Kenton County, Lawrence County, Lewis County, Mason County, Menifee County, Montgomery County, Morgan County, Nicholas County, Oldham County, Owen County, Pendleton County, Robertson County, Rowan County, Scott County, Trimble County

**Cities:** Alexandria, Argillite, Ashland, Augusta, Bedford, Bellevue, Berry, Bethlehem, Brooksville, Buckner, Burlington, Butler, California, Campbellsburg, Carlisle, Carrollton, Catlettsburg, Corinth, Covington, Crestwood, Crittenden, Cynthia, Dayton, De Mossville, Denton, Dover, Dry Ridge, Emerson, Eminence, Erlanger, Ewing, FT Mitchell, Falmouth, Flatwoods, Flemingsburg, Florence, Fort Thomas, Foster, Frankfort, Garrison, Georgetown, Germantown, Ghent, Glencoe, Goshen, Grayson, Greenup, Hebron, Hillsboro, Hitchins, Independence, Isonville, Jonesville, La Grange, Latonia, Lockport, Louisville, Mayslick, Maysville, Means, Melbourne, Milton, Moorefield, Morehead, Morning View, Mount Olivet, Mount Sterling, New Castle, New Liberty, Newport, Olive Hill, Olympia, Owenton, Owingsville, Pendleton, Petersburg, Pewee Valley, Pleasureville, Prospect, Quincy, Rush, Russell, Sadieville, Salt Lick, Sanders, Sandy Hook, Sharpsburg, Silver Grove, Smithfield, South Portsmouth, South Shore, Sparta, Stamping Ground, Sulphur, Tollesboro, Union, Vanceburg, Verona, Wallingford, Walton, Warsaw, Webbville, West Liberty, Westport, Williamstown, Worthington, Worthville

### Congressional District #5

**Counties:** Bath County, Bell County, Boyd County, Breathitt County, Carter County, Clay County, Estill County, Floyd County, Harlan County, Jackson County, Johnson County, Knott County, Knox County, Laurel County, Lawrence County, Lee County, Leslie County, Letcher County, Lincoln County, Madison County, Magoffin County, Martin County, McCreary County, Menifee County, Morgan County, Owsley County, Perry County, Pike County, Pulaski County, Rockcastle County, Rowan County, Russell County, Wayne County, Whitley County, Wolfe County

**Cities:** Adams, Ages Brookside, Allen, Alpha, Anville, Arjay, Artemus, Ary, Ashcamp, Auxier, Banner, Barbourville, Baxter, Bear Branch, Beattyville, Beauty, Beaver, Belcher, Belfry, Benham, Berea, Betsy Layne, Beverly, Bevinsville, Big Creek, Big Laurel, Bimble, Blackey, Blaine, Bledsoe, Blue River, Bonnyman, Booneville, Boons Camp, Brodhead, Bronston, Bryants Store, Buckhorn, Bulan, Burnside, Busy, Bypro, Calvin, Campton, Canada, Cannon, Carrie, Catlettsburg, Cawood, Chappell, Chavies, Clayhole, Clearfield, Clossplint, Coalgood, Coldiron, Combs, Corbin, Cornettsville, Crab Orchard, Cranks, Cumberland, Dana, David, Dayhoit, DeWitt, Deane, Debord, Delphia, Dema, Denniston, Denton, Dice, Dwale, East Bernstadt, East Point, Eastern, Elkfork, Elkhorn City, Emmalena, Eolia, Ermine, Essie, Eubank, Everts, Ezel, Feds creek, Ferguson, Flat Lick, Flatgap, Forest Hills, Frakes, Freeburn, Frenchburg, Garner, Garrett, Gays Creek, Girdler, Gordon, Gray, Green Road, Grethel, Gunlock, Hagerhill, Hallie, Happy, Hardy, Harlan, Harold, Hazard, Hazel Green, Heidrick, Helton, Hi Hat, Hindman, Hinkle, Holmes Mill, Huddy, Hueysville, Hulen, Hyden, Inez, Irvine, Isom, Ivel, Jackhorn, Jackson, Jeff, Jenkins, Jeremiah, Keaton, Keavy, Kenvir, Kettle Island, Kimper, Kite, Krypton, Langley, Leburn, Letcher, Lick Creek, Lily, Linefork, Littcarr, Livingston, London, Lost Creek, Louisa, Lovely, Lowmansville, Lynch, MC Andrews, MC Carr, MC Dowell, MC Kee, MC Roberts, Majestic, Mallie, Manchester, Martha, Martin, Mayking, Meally, Means, Melvin, Middlesboro, Millstone, Miracle, Monticello, Morehead, Mount Vernon, Mousie, Mouthcard, Mozelle, Nancy, Neon, Oil Springs, Olympia, Oneida, Orlando, Owingsville, Paintsville, Parkers Lake, Partridge, Pathfork, Phelps, Phyllis, Pikeville, Pilgrim, Pine Knot, Pine Ridge, Pine Top, Pineville, Pinsonfork, Pippa Passes, Premium, Prestonsburg, Printer, Putney, Raccoon, Ransom, Raven, Redfox, Regina, Revelo, Ricetown, River, Roark, Robinson Creek, Rockholds, Rogers, Rowdy, Royalton, Russell Springs, Salt Lick, Salyersville, Sandgap, Sassafras, Scaf, Science Hill, Scuddy, Sextons Creek, Shelbiana, Shelby Gap, Sidney, Siler, Sitka, Slemp, Smilax, Somerset, South Williamson, Staffordsville, Stambaugh, Stearns, Steele, Stinnett, Stone, Stoney Fork, Stopover, Strunk, Teaberry, Thelma, Thornton, Thousandsticks, Tomahawk, Topmost, Totz, Trosper, Tutor Key, Tyner, Van Lear, Vancleve, Varney, Vest, Vicco, Vincent, Viper, Virgie, Walker, Wallins Creek, Warfield, Wayland, Waynesburg, Webbville, Weeksbury, Wellington, Wendover, West Liberty, Wheelwright, Whick, Whitesburg, Whitley City, Williamsburg, Wittenessville, Woodbine, Wooton, Yeaddiss, Zoe

### Congressional District #6

**Counties:** Anderson County, Bath County, Bourbon County, Boyle County, Clark County, Estill County, Fayette County, Franklin County, Garrard County, Jackson County, Jessamine County, Lincoln County, Madison County, Marion County, Menifee County, Mercer County, Montgomery County, Nicholas County, Powell County, Rockcastle County, Scott County, Shelby County, Spencer County, Washington County, Wolfe County, Woodford County

**Cities:** Bagdad, Berea, Brodhead, Carlisle, Clay City, Crab Orchard, Danville, Frankfort, Georgetown, Gravel Switch, Harrodsburg, Hustonville, Irvine, Jeffersonville, Junction City, Lancaster, Lawrenceburg, Lexington, MC Kee, Means, Midway, Mount Eden, Mount Sterling, Nicholasville, Owingsville, Paint Lick, Paris, Parksville, Perryville, Pine Ridge, Ravenna, Richmond, Sadieville, Salvisa, Sharpsburg, Slade, Stamping Ground, Stanford, Stanton, Versailles, Waco, Waddy, Waynesburg, Willisburg, Wilmore, Winchester



## About the State, Congressional District & City Reports

**Survey Dates:** January 2, 2011 through December 29, 2011

**Sample Information:**

Total Surveys: 353,492 Respondents aged 18 and older

Maximum Sample Size: Cities: 15,674 respondents  
States: 33,118 respondents  
Congressional Districts: 2,364 respondents\*

Minimum Sample Size: Cities: 302 respondents  
States: 1,022 respondents  
Congressional Districts: 195 respondents\*

**Margin of Error:**

For results based on the overall 353,492 respondents, one can say with 95% confidence that the maximum margin of sampling error is +/-0.2 percentage points.

\*For results based on 5,000 +/-1.4 percentage points

\*For results based on 1,000 +/-3.1 percentage points

\*For results based on 500 +/-4.4 percentage points

\*For results based on 300 +/-5.7 percentage points

**Composite Results:  
0 (bottom) to  
100 (top) Scale**

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 Well-Being Index composite result is an average of six domains: life evaluation, emotional health, physical health, healthy behaviors, work environment and basic access. Amongst states, overall Well-Being Index results ranged from a high of 70.2 (Hawaii) to a low of 62.3 (West Virginia). The 2011 national average for Well-Being was 66.2, Life Evaluation 48.8, Emotional Health 79.0, Physical Health 76.7, Health Behaviors 63.4, Work Environment 47.2 and Basic Access 81.9.

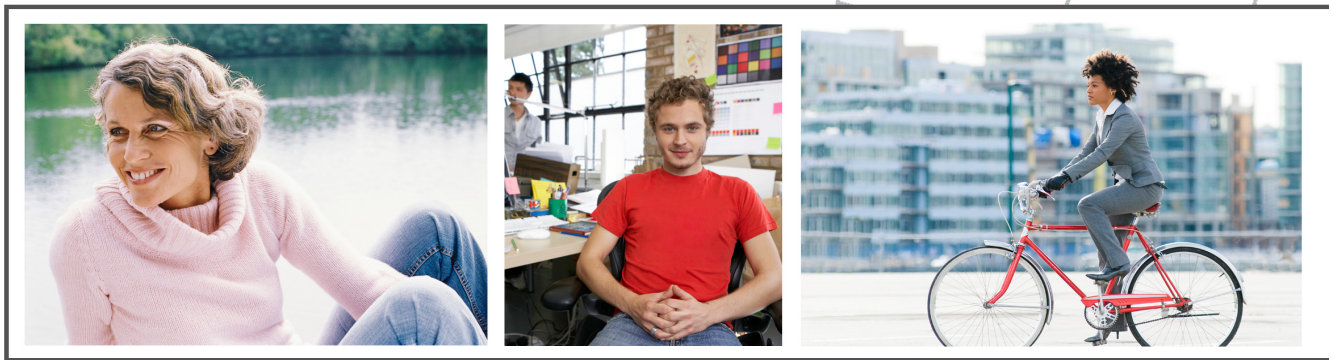
**Position Scale:**

For detailed descriptions of the domains, visit the methodology section of [www.well-beingindex.com](http://www.well-beingindex.com).




Each state is positioned from 1-50, based on composite scores as compared to all States; Each Congressional District is positioned from 1-436, based on composite scores as compared to all Congressional Districts; Each City (Metropolitan Statistical Area) is positioned from 1-190, based on composite scores as compared to all cities.

"The survey methods for Gallup-Healthways Well-Being Index relies on live (not automated) interviewers, dual-frame random-digit-dial (RDD) sampling (which includes landlines as well as wireless phone sampling to reach those in wireless-only households), and a random selection method for choosing respondents within a household. Additionally, daily tracking includes Spanish-language interviews for respondents who speak only Spanish, includes interviews in Alaska and Hawaii. The data are weighted daily to compensate for disproportional ties in selection probabilities and non-response. The data are weighted to match targets from U.S. Census Bureau by age, sex, region, gender, education, ethnicity and race."

"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."



## Stay in touch.

Connect with us:   

800-327-3822

[WWW.HEALTHWAYS.COM](http://WWW.HEALTHWAYS.COM)

[info@healthways.com](mailto:info@healthways.com)



**HEALTHWAYS**

701 Cool Springs Blvd.  
Franklin, TN 37067