Gallup-Healthways Well-Being Index®

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

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State of Kentucky Well-Being

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

*#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

<table>
<thead>
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<th>Category</th>
<th>2010</th>
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WWW.WELL-BEINGINDEX.COM
## Kentucky City Rankings

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

<table>
<thead>
<tr>
<th>State</th>
<th>Population</th>
<th>Lexington, Fayette</th>
<th>Cincinnati, Middletown</th>
<th>Evansville</th>
<th>Louisville, Jefferson County</th>
<th>Clarksville</th>
<th>Huntington, Ashland</th>
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*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
## Kentucky Congressional District Rankings

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

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<thead>
<tr>
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*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

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</tbody>
</table>

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

### Congressional District #2

**Counties:**
- Adair County, Allen 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:**

### Congressional District #3

**Counties:**
- Jefferson County

**Cities:**
- Fairdale, Fisherville, Louisville, Prospect
State Congressional District Definitions

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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:

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. Among 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.

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:  

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info@healthways.com

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