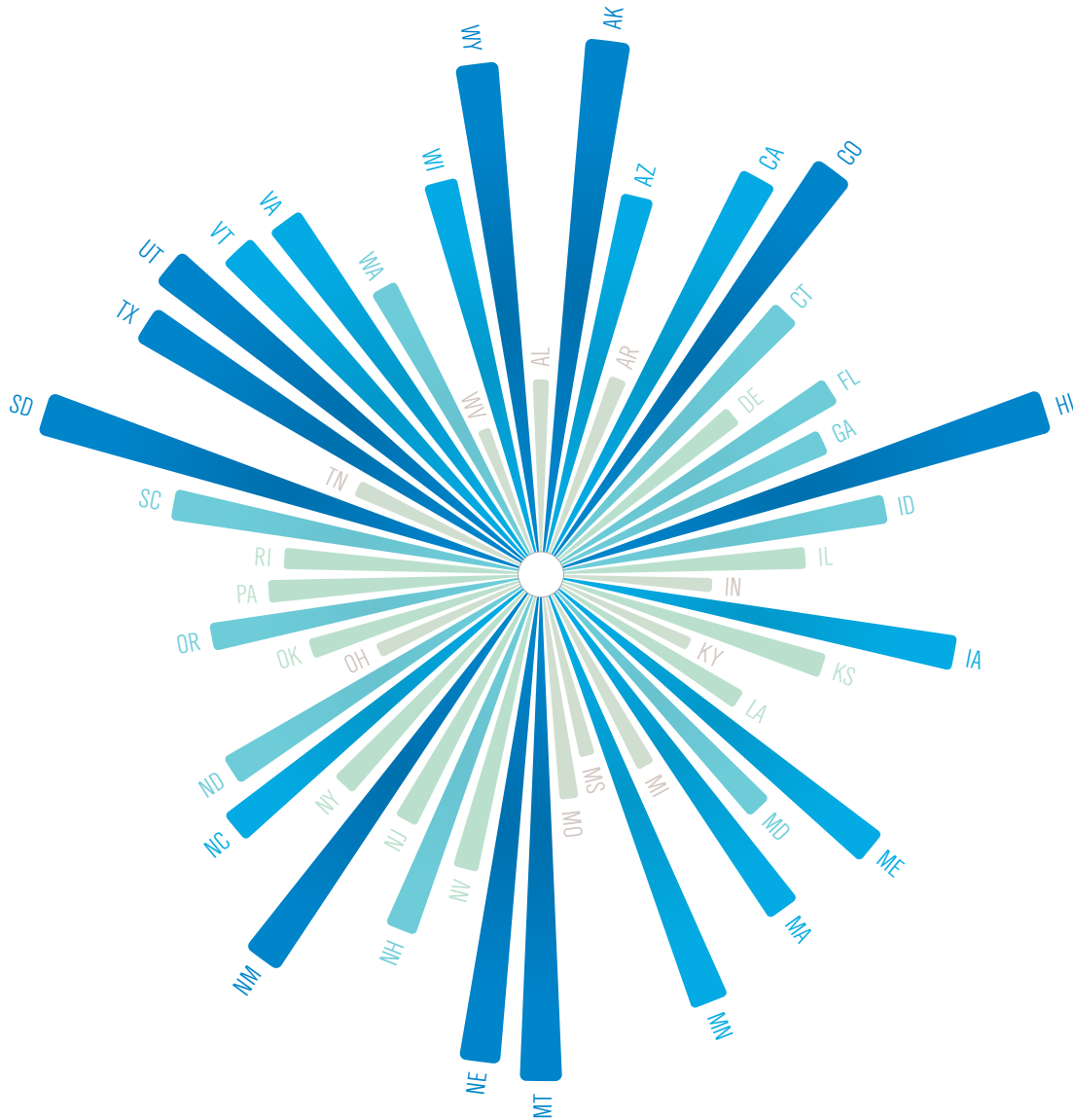


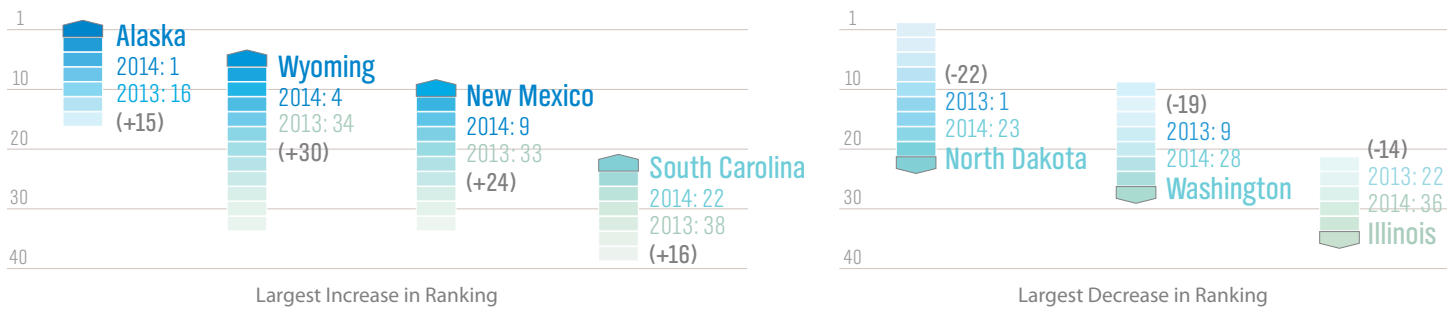
# STATE OF AMERICAN WELL-BEING

## 2014 State Well-Being Rankings



The above graph represents each state's composite rank (1 – 50) as measured by the 2014 Gallup-Healthways Well-Being Index®. Quintiles are divided by color, and longer segments correlate to a higher rank. Alaska — ranked number 1 — sets the high end of the scale, while West Virginia — ranked 50th — marks the low end.

# 2014 State Well-Being Rankings Analysis



“Researchers, policy makers and healthcare leaders need good information about the well-being of populations that they serve. Well-being sheds light on the issues that drive quality, cost and productivity. A well-being metric also supports the creation of an action plan for our nation, in order to achieve sustained improvement in the health of our citizens.”

—David B. Nash MD, MBA, Dean, Jefferson School of Population Health

The Gallup-Healthways Well-Being Index® includes more than 2.1 million surveys and captures how people feel about and experience their daily lives. Levels of well-being correlate with healthcare (utilization and cost) and productivity measures (absenteeism, presenteeism and job performance), all critical to organizational and economic competitiveness.

Well-Being Index data provide a comprehensive view of well-being across five elements:

- **Purpose:** Liking what you do each day and being motivated to achieve your goals
- **Social:** Having supportive relationships and love in your life
- **Financial:** Managing your economic life to reduce stress and increase security
- **Community:** Liking where you live, feeling safe and having pride in your community
- **Physical:** Having good health and enough energy to get things done daily

## Methodology

These data are based on 176,702 interviews with U.S. adults across all 50 states, conducted from January 2 to December 30, 2014. 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](http://wbi.healthways.com) to learn more.

Policy, community and business leaders can use these data to benchmark populations and prioritize interventions to measurably improve well-being.

Nationally, many aspects of well-being have improved in 2014 to their best levels since measurement began in 2008. Life evaluation, for example, reached its highest recorded point. In 2014, Alaska topped the rankings for the first time; Alaska has ranked in the top 10 four times in seven years. Alaska is the only state to rank in the top 10 in all five elements and ranks first in purpose well-being.

Hawaii, South Dakota, Wyoming and Montana round out the top five. Hawaii and Colorado are the only states that have been in the top 10 every year since 2008. Ten others — Montana, Utah, Minnesota, Nebraska, Alaska, North Dakota, Iowa, South Dakota, Vermont and Wyoming — have ranked in the top 10 at least three times.

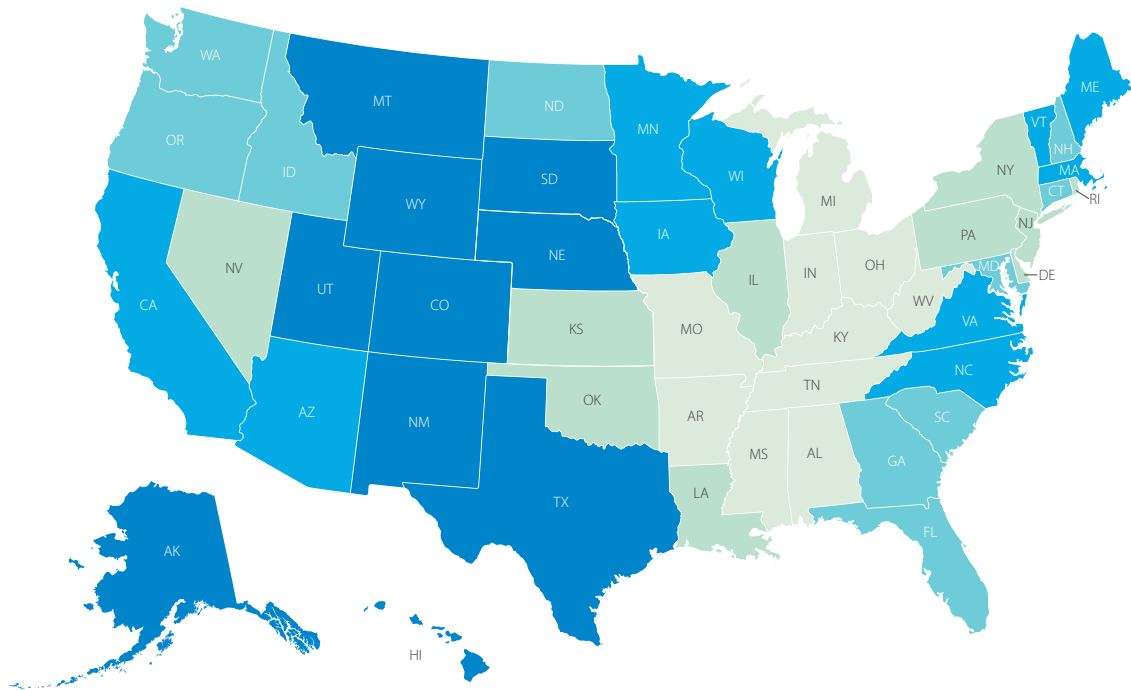
Kentucky and West Virginia continue to have the lowest well-being in the nation, ranking 49th and 50th respectively for six straight years. Arkansas, Mississippi and Ohio also have consistently low well-being.

# State Rankings by Element

Composite Rank		Purpose	Social	Financial	Community	Physical
1.	Alaska	1	7	2	3	2
2.	Hawaii	5	28	1	5	1
3.	South Dakota	4	1	5	1	11
4.	Wyoming	11	2	4	4	12
5.	Montana	10	33	8	2	9
6.	Colorado	16	20	11	10	6
7.	Nebraska	7	5	7	6	31
8.	Utah	23	9	33	7	15
9.	New Mexico	3	25	23	25	5
10.	Texas	2	13	26	16	23
11.	Minnesota	24	26	6	12	16
12.	California	14	14	25	30	3
13.	Vermont	25	38	14	15	7
14.	Virginia	20	4	15	19	22
15.	Maine	35	19	19	13	19
16.	Iowa	17	40	9	9	36
17.	Massachusetts	40	12	16	24	8
18.	Wisconsin	26	34	10	14	30
19.	North Carolina	13	8	41	18	24
20.	Arizona	15	15	35	29	13
21.	New Hampshire	36	18	24	11	27
22.	South Carolina	8	3	44	23	28
23.	North Dakota	6	45	3	21	35
24.	Connecticut	37	21	20	40	4
25.	Idaho	33	39	39	8	33

Composite Rank		Purpose	Social	Financial	Community	Physical
26.	Florida	18	10	40	32	21
27.	Oregon	41	24	28	17	26
28.	Washington	39	27	18	27	32
29.	Maryland	31	6	12	46	18
30.	Georgia	21	16	47	37	25
31.	Nevada	34	32	31	43	10
32.	Kansas	28	30	21	33	37
33.	New York	46	35	37	44	17
34.	New Jersey	43	23	29	48	20
35.	Pennsylvania	42	22	17	36	34
36.	Illinois	29	41	22	50	29
37.	Rhode Island	49	50	27	45	14
38.	Delaware	19	11	13	47	39
39.	Oklahoma	12	17	34	22	46
40.	Louisiana	9	31	48	34	43
41.	Missouri	30	36	32	35	41
42.	Michigan	45	37	38	39	38
43.	Arkansas	27	29	42	20	48
44.	Tennessee	32	44	49	28	42
45.	Alabama	38	43	45	31	47
46.	Mississippi	22	42	50	41	44
47.	Ohio	47	47	36	49	40
48.	Indiana	44	46	30	42	45
49.	Kentucky	48	49	46	26	49
50.	West Virginia	50	48	43	38	50

# Overall State Rankings



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