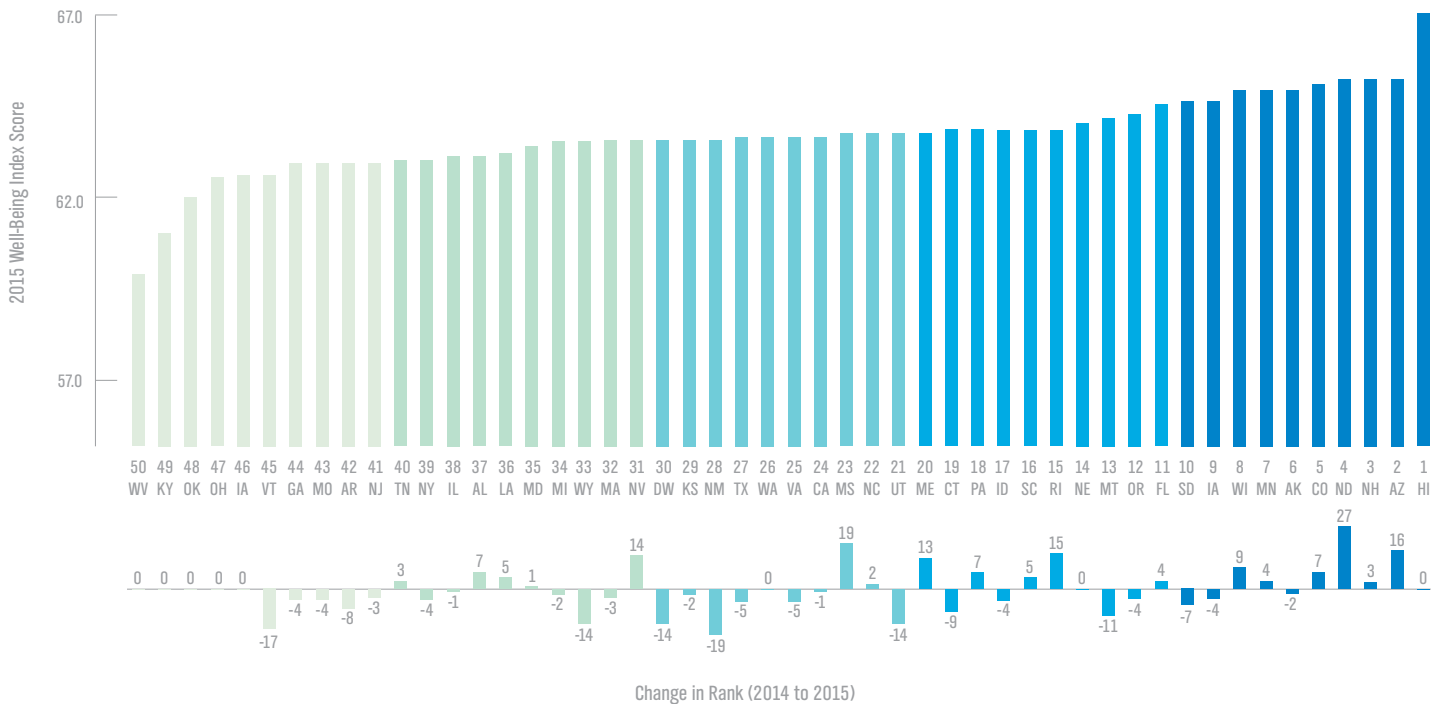


STATE OF AMERICAN WELL-BEING

2015 State Well-Being Rankings for Older Americans



■ Highest Quintile ■ Second Quintile ■ Third Quintile ■ Fourth Quintile ■ Fifth Quintile

The above graph shows the 50 U.S. states, starting with the lowest well-being on the left to highest well-being on the right, based on the 2015 Well-Being Index score for each state. Change in ranking from 2014 to 2015 is also shown. Older Americans are those age 55+. Ranking data includes 2015 and Q1 2016.



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.



State Well-Being Rankings Analysis for Older Americans

People in the United States are now living significantly longer than prior generations, a trend that stands to continue. As a nation, we must improve upon advances in well-being, while developing new strategies to help Americans age well and thrive in later life.

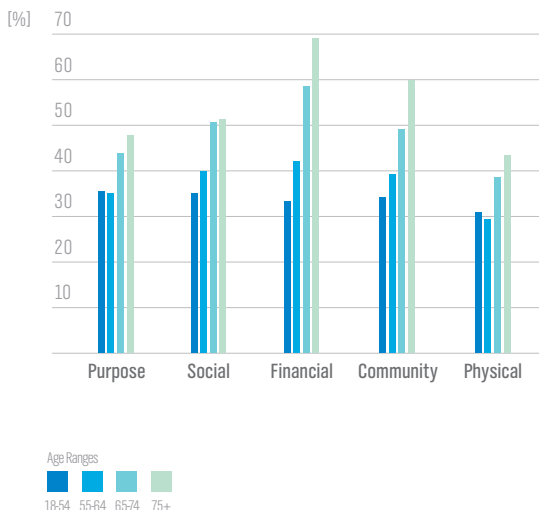
– Joseph F. Coughlin,
Director and Founder,
MIT AgeLab

The analysis of well-being across all age groups paints a powerful picture of the important link between the physical and social aspects of well-being, especially for older Americans. Older Americans acknowledge the positive impact socialization and camaraderie play on their personal fitness.

– Sheri Pruitt, PhD, Vice President,
Chief Behavioral Scientist,
SilverSneakers Fitness



Thriving in Well-Being by Element and Age, 2015



This report, part of Gallup-Healthways State of American Well-Being series, examines the well-being of Americans ages 55 and older. Nationally, older Americans have significantly higher well-being as compared to their younger counterparts – with older Americans achieving a Well-Being Index score of 63.6 in 2015, 3 points higher than those under 55.

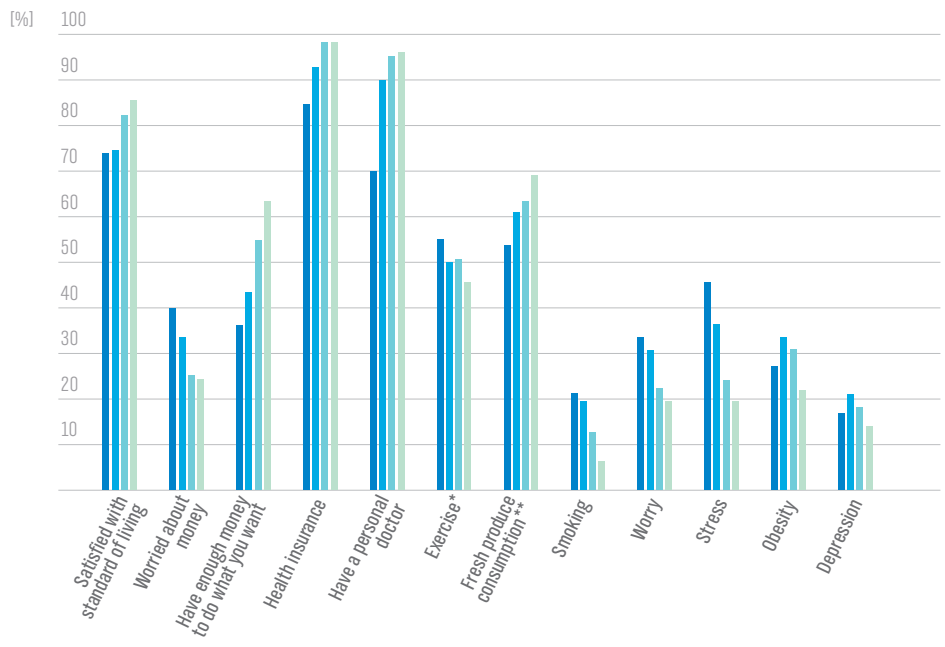
There's plenty of good news for older Americans, as they thrive at significantly higher rates across all five elements of well-being as compared to those under 55 (see table below). Older Americans do particularly well in financial well-being where they thrive at a rate of 53%, compared to 33% for those who are younger. Older Americans express 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 those younger than 55.

Older Americans also report higher rates of having health insurance and a personal doctor than younger people, and they eat more fresh produce, smoke less, and have less worry and stress than their younger counterparts. While incidence of obesity and depression spike from age 55 to 64, those age 65 and over report a decreasing incidence of both conditions. Additionally, purpose and social well-being are particularly strong across all aspects for older Americans, accelerating at age 60 and 65, respectively.

In terms of state rankings, Hawaii retained its leadership position in 2015 as the number one well-being state for older Americans, while West Virginia ranks last for the second consecutive year. Hawaii achieves a 67.0 Well-Being Index score for its older population and is 1.8 points higher than Arizona, New Hampshire and North Dakota who rank second, third and fourth, respectively. Hawaii leads the nation in purpose, community and physical well-being; while Arizona leads for social well-being, and North Dakota leads in financial. Newcomers to the highest 10 states for well-being in older Americans are Arizona, North Dakota, Colorado, Minnesota and Wisconsin; while North Dakota recorded the largest positive movement in ranking since 2014, moving from the 31st position to fourth.

At the other end of our rankings list, there was much consistency, with West Virginia, Kentucky, Oklahoma, Ohio and Indiana remaining the lowest five well-being states for older Americans in 2015. New Mexico and Vermont had the largest year-over-year decline in well-being for older Americans, moving down 19 and 17 places, respectively.

Well-Being Items By Age, 2015



*Exercise 30+ minutes 3+ days in the last week.

**Eat 5+ servings of fruits and vegetables 4+ days in the last week.

State Well-Being Rankings for Older Americans, Overall and By Element, 2015 & Q1 2016

2015 Rank		Well-Being Index Score*	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
1.	Hawaii	67.0	1	11	6	1	1
2.	Arizona	65.2	4	1	10	18	5
3.	New Hampshire	65.2	40	4	8	11	3
4.	North Dakota	65.2	11	45	1	3	25
5.	Colorado	65.1	17	26	14	19	2
6.	Alaska	64.9	12	9	4	16	38
7.	Minnesota	64.9	20	29	3	12	6
8.	Wisconsin	64.9	14	17	5	23	7
9.	Iowa	64.7	6	25	2	5	22
10.	South Dakota	64.7	33	27	7	4	21
11.	Florida	64.5	10	3	30	21	8
12.	Oregon	64.3	35	18	11	28	15
13.	Montana	64.2	30	47	24	2	31
14.	Nebraska	64.0	22	41	9	17	35
15.	Rhode Island	63.9	15	28	20	30	14
16.	South Carolina	63.9	9	2	47	14	34
17.	Idaho	63.9	24	37	23	8	29
18.	Pennsylvania	63.9	28	13	12	34	13
19.	Connecticut	63.9	34	14	15	46	4
20.	Maine	63.8	45	39	22	10	20
21.	Utah	63.8	43	34	32	6	36
22.	North Carolina	63.8	16	8	45	13	26
23.	Mississippi	63.8	2	7	50	20	33
24.	California	63.7	19	30	37	39	11
25.	Virginia	63.7	25	24	27	31	18
26.	Washington	63.7	38	33	13	36	24
27.	Texas	63.7	3	22	38	26	39
28.	New Mexico	63.6	37	38	36	38	10
29.	Kansas	63.6	18	31	19	29	28
30.	Delaware	63.6	8	10	18	22	43

2015 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
31.	Nevada	63.6	39	21	31	44	12
32.	Massachusetts	63.6	47	15	34	33	9
33.	Wyoming	63.5	29	49	17	9	40
34.	Michigan	63.5	36	20	28	32	30
35.	Maryland	63.4	23	5	21	48	19
36.	Louisiana	63.3	7	19	48	27	37
37.	Alabama	63.2	5	16	44	24	41
38.	Illinois	63.2	27	23	26	47	23
39.	New York	63.0	44	32	35	45	17
40.	Tennessee	63.0	21	35	40	15	46
41.	New Jersey	62.9	46	6	33	50	16
42.	Arkansas	62.9	13	36	39	7	47
43.	Missouri	62.9	32	42	25	37	42
44.	Georgia	62.9	26	12	49	42	32
45.	Vermont	62.7	49	48	43	25	27
46.	Indiana	62.7	31	40	16	41	45
47.	Ohio	62.5	42	43	29	43	44
48.	Oklahoma	62.0	41	44	42	35	48
49.	Kentucky	61.2	48	46	41	40	49
50.	West Virginia	59.9	50	50	46	49	50

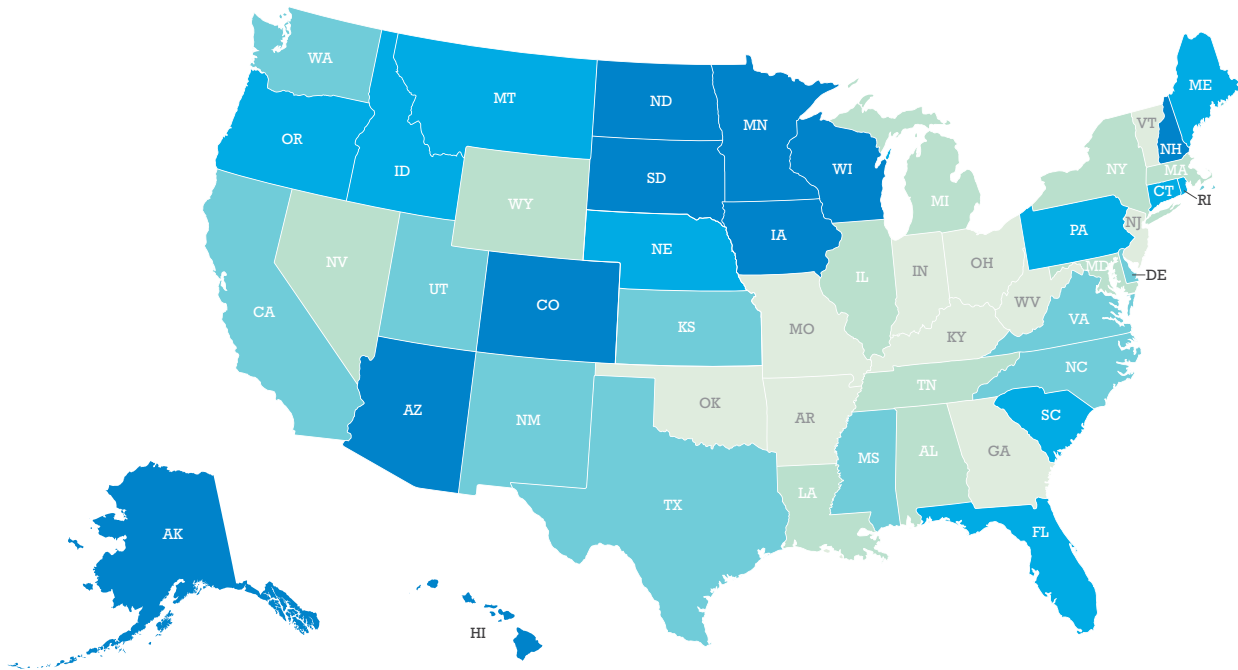
- Highest Quintile (1 - 10)
- 2nd Quintile (11 - 20)
- 3rd Quintile (21 - 30)
- 4th Quintile (31 - 40)
- 5th Quintile (41 - 50)

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

Some states may have identical Well-Being Index scores due to rounding.

*Older Americans includes those age 55+. Rankings data includes 2015 and Q1 2016.

State Well-Being Rankings for Older Americans, 2015 & Q1 2016



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

Methodology

These data are collected as part of the Gallup-Healthways Well-Being Index and are based on 177,281 total U.S. interviews, conducted from January 2 to December 30, 2015. For those age 55 and older, our sample size is 93,348 in 2015. Our state rankings analysis includes all of 2015, plus interviews that took place throughout the first quarter of 2016, and as such spans January 2, 2015 to March 31, 2016, for a total sample size for those 55 and over of 115,572. 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. Gallup conducts interviews in both English and Spanish. For data collected prior to September 1, 2015, each sample of national adults includes a minimum quota of 50% cellphone respondents and 50% landline respondents. For data collected between September 1, 2015, and December 31, 2015, each sample of national adults includes a minimum quota of 60% cellphone respondents and 40% landline respondents. Additional minimum quotas by time zone within region are included in the sampling approach. 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.

About Gallup

Gallup delivers analytics and advice to help leaders and organizations solve their most pressing problems. Combining more than 80 years of experience with its global reach, Gallup knows more about the attitudes and behaviors of employees, customers, students and citizens than any other organization in the world.

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.