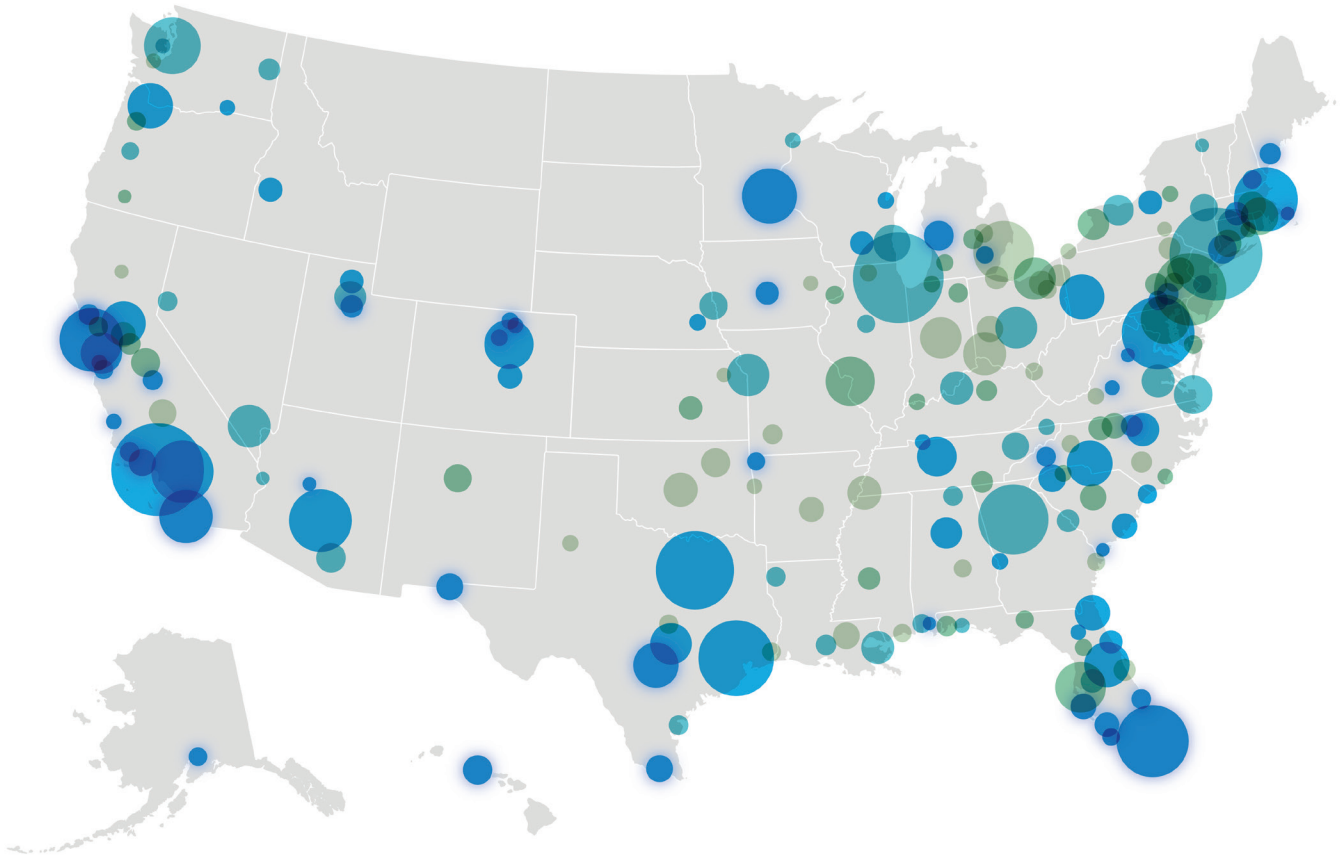
STATE OF AMERICAN WELL-BEING

2016 Community Well-Being Rankings



Population: 250,000 500,000 1,000,000 2,500,000 5,000,000 ≥10,000,000

Highest Quintile Second Quintile Third Quintile Fourth Quintile Fifth Quintile

This map shows 189 communities based on their Well-Being Index score. The size of the circle represents the population of the community; and the color of the circle represents the level of well-being by quintile.

Gallup · Healthways Well-Being Index®

Where you live can impact your health and well-being. Innovative leaders are transforming their communities to create improvements in how people socialize, work, eat, play and move. These changes are empowering citizens to make healthier choices, be more productive and have better quality of life.

Employers, health systems and community leaders are poised to create positive change by promoting meaningful and measurable actions towards better well-being. And, by doing so, they invest in a brighter future for all.

– Michael Acker, General Manager, Blue Zones Project at Healthways

As a health system caring for the people of Southwest Florida, we are actively improving well-being, not only by managing illness and injury, but also by identifying ways in which we can create a healthier and more active community for all our residents.

We are bringing together schools, grocery stores, restaurants, employers, civic organizations and other groups in a true cross-community collaboration. 15,000 early adopters (and counting) have joined us in this grassroots transformation, momentum that underscores our residents' commitment to living their healthiest lives.

– Alan S. Weiss, M.D., President and CEO, NCH Healthcare System

This report, part of the Gallup-Healthways ***State of American Well-Being*** series, examines well-being across the nation, with 189 communities ranked based on their Well-Being Index score. The report analyzes how well-being varies by community, as well as who leads and lags across the five elements of well-being—purpose, social, financial, community and physical. The data and insights from this report can be used as a call-to-action for communities around the country, leveraging it to benchmark and identify opportunities for well-being improvement.

In 2015–2016, many of the top well-being communities hail from California (seven in the top 25), Colorado (three), Texas (three), Florida (two) and Virginia (two). There is strong consistency historically, as 17 communities returned to the top 25 in 2015-2016, as compared to 2014-2015. The highest well-being community in the country in 2015–2016 is Naples-Immokalee-Marco Island, FL, with a well-being score of 66.3. Barnstable Town, MA was number two, followed by Santa Cruz-Watsonville, CA, Urban Honolulu, HI, Charlottesville, VA, North Port-Sarasota-Bradenton, FL, and San Luis Obispo-Paso Robles-Arroyo Grande, CA. Naples is a community with a track record of high well-being, and this is its second consecutive year as number one. Boulder, CO and Provo-Orem, UT are the only other communities to be in the top spot multiple times since measurement started in 2008. In 2015–2016, Naples had the country's highest number of residents thriving in community well-being, highest rates of healthy eating, lowest rates of daily stress, and lowest lifetime diagnoses of depression.

Other leading communities include El Paso, TX, Visalia-Porterville, CA, and Naples for purpose well-being; Hilton Head Island-Bluffton-Beaufort, SC, Barnstable, and Naples for social well-being; Sarasota, Anchorage, AK, and Honolulu for financial well-being; Naples, San Luis Obispo, and Santa Cruz for community well-being; and Barnstable, Boulder and Naples for physical well-being.

In terms of low well-being, California (three), Ohio (three), Oklahoma (three), Arkansas (three), and Texas (two) each had multiple communities that ranked in the lowest 25. Fort Smith, AR-OK, Hickory-Lenoir-Morganton, NC, Huntington-Ashland, WV-KY-OH, Topeka, KS, Canton-Massillon, OH, Flint, MI, Chico, CA, and Beaumont-Port Arthur, TX all had Well-Being Index scores of 59.5 or less in 2015–2016. Fort Smith had the country's lowest social, financial and physical well-being in 2015–2016; while Burlington-South Burlington, VT was lowest in purpose well-being and Fayetteville, NC was lowest in community well-being.

Well-Being Scores in U.S. Communities, 2015/2016

Highest Well-Being Communities

1.	Naples-Immokalee-Marco Island, FL	66.3
2.	Barnstable Town, MA	66.2
3.	Santa Cruz-Watsonville, CA	65.9
4.	Urban Honolulu, HI	65.4
5.	Charlottesville, VA	65.3
6.	North Port-Sarasota-Bradenton, FL	65.2
7.	San Luis Obispo-Paso Robles, CA	65.2
8.	Lynchburg, VA	64.9
9.	Hilton Head Island-Bluffton-Beaufort, SC	64.9
10.	Boulder, CO	64.7

Lowest Well-Being Communities

180.	Montgomery, AL	59.8
181.	Erie, PA	59.7
182.	Beaumont-Port Arthur, TX	59.5
183.	Chico, CA	59.5
184.	Flint, MI	59.4
185.	Canton-Massillon, OH	59.4
186.	Topeka, KS	59.3
187.	Huntington-Ashland, WV-KY-OH	58.7
188.	Hickory-Lenoir-Morganton, NC	58.6
189.	Fort Smith, AR-OK	57.5

2015/2016 Community Rankings, Highest Quintile

2015/2016 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
1.	Naples-Immokalee-Marco Island, FL	66.3	3	3	11	1	3
2.	Barnstable Town, MA	66.2	12	2	5	5	1
3.	Santa Cruz-Watsonville, CA	65.9	6	20	7	3	4
4.	Urban Honolulu, HI	65.4	21	53	3	6	7
5.	Charlottesville, VA	65.3	13	5	23	13	6
6.	North Port-Sarasota-Bradenton, FL	65.2	14	4	1	12	14
7.	San Luis Obispo-Paso Robles-Arroyo Grande, CA	65.2	25	89	25	2	5
8.	Lynchburg, VA	64.9	16	8	14	8	25
9.	Hilton Head Island-Bluffton-Beaufort, SC	64.9	7	1	26	27	20
10.	Boulder, CO	64.7	118	97	56	7	2
11.	Fort Collins, CO	64.7	28	34	101	4	9
12.	Santa Maria-Santa Barbara, CA	64.7	26	18	70	22	8
13.	Prescott, AZ	64.1	18	71	21	15	22
14.	McAllen-Edinburg-Mission, TX	64.1	4	22	170	17	29
15.	Greeley, CO	64.1	15	59	27	35	23
16.	El Paso, TX	64.0	1	46	91	46	36
17.	Santa Rosa, CA	64.0	88	101	52	18	10
18.	Provo-Orem, UT	64.0	22	31	33	20	37
19.	Salinas, CA	64.0	5	25	31	71	19
20.	Anchorage, AK	64.0	41	24	2	44	45
21.	Durham-Chapel Hill, NC	63.9	43	11	57	42	17
22.	San Diego-Carlsbad, CA	63.9	54	72	50	45	13
23.	Des Moines-West Des Moines, IA	63.8	39	96	4	19	53
24.	San Antonio-New Braunfels, TX	63.8	9	19	60	32	48
25.	Visalia-Porterville, CA	63.8	2	26	53	79	33
26.	Asheville, NC	63.7	70	33	87	11	26
27.	Ann Arbor, MI	63.7	50	128	6	39	39
28.	Lancaster, PA	63.7	24	32	8	25	57
29.	Fayetteville-Springdale-Rogers, AR-MO	63.6	27	98	81	10	44
30.	Port St. Lucie, FL	63.5	33	7	17	31	74
31.	San Francisco-Oakland-Hayward, CA	63.5	110	51	13	82	16
32.	Portland-South Portland, ME	63.4	84	14	42	30	35
33.	Oxnard-Thousand Oaks-Ventura, CA	63.4	35	103	106	28	21
34.	Daphne-Fairhope-Foley, AL	63.4	8	86	158	9	40
35.	Miami-Fort Lauderdale-West Palm Beach, FL	63.4	17	27	162	73	11
36.	Grand Rapids-Wyoming, MI	63.4	38	44	28	21	98
37.	Minneapolis-St. Paul-Bloomington, MN-WI	63.3	105	95	16	36	38
38.	Cape Coral-Fort Myers, FL	63.3	53	38	20	48	34

Naples, FL

The Blue Zones Project in Southwest Florida, sponsored by NCH Healthcare System, has engaged more than 15,000 individuals and 300 organizations including schools, grocers, restaurants, worksites, and civic organizations, all to improve the well-being of the community.

Several milestones have been achieved since the project launched in 2015. The city completed a redevelopment project adding roundabouts, sidewalks, and bike lanes to improve walk- and bike-ability. Now more than 1,200 residents are in walking groups, called Walking Moais, and homeowners associations host meetings to broaden awareness. Additionally, NCH is improving its campus to benefit employees and patients, with weekly farmers markets, the elimination of sugar-sweetened beverages, purpose workshops and new active transportation options on campus.

- Highest Quintile (1 - 38)
- 2nd Quintile (39 - 76)
- 3rd Quintile (77 - 113)
- 4th Quintile (114 - 151)
- 5th Quintile (152 - 189)

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 communities will depict the same Well-Being Index score when rounded to a single decimal. Ranks are based on the unrounded score

2015/2016 Community Rankings, Second Quintile

2015/2016 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
39.	San Jose-Sunnyvale-Santa Clara, CA	63.3	82	77	12	101	15
40.	Bridgeport-Stamford-Norwalk, CT	63.2	52	28	109	97	12
41.	Greenville-Anderson-Mauldin, SC	63.2	31	21	45	24	104
42.	Green Bay, WI	63.2	172	173	19	14	32
43.	Colorado Springs, CO	63.1	63	61	72	50	54
44.	Washington-Arlington-Alexandria, DC-VA-MD-WV	63.1	62	40	22	86	27
45.	Gainesville, FL	63.1	11	6	51	78	70
46.	Austin-Round Rock, TX	63.0	45	100	64	34	60
47.	Phoenix-Mesa-Scottsdale, AZ	63.0	34	47	66	66	47
48.	Raleigh, NC	63.0	81	66	65	37	61
49.	Charleston-North Charleston, SC	62.9	48	45	74	57	62
50.	Ogden-Clearfield, UT	62.9	49	37	73	33	105
51.	Deltona-Daytona Beach-Ormond Beach, FL	62.8	59	10	47	64	42
52.	Houston-The Woodlands-Sugar Land, TX	62.8	20	65	98	90	49
53.	Los Angeles-Long Beach-Anaheim, CA	62.8	42	73	95	114	18
54.	Charlotte-Concord-Gastonia, NC-SC	62.8	47	23	144	49	63
55.	Dallas-Fort Worth-Arlington, TX	62.8	23	80	86	62	73
56.	Clarksville, TN-KY	62.7	60	9	9	125	112
57.	Denver-Aurora-Lakewood, CO	62.7	114	148	96	55	24
58.	Boston-Cambridge-Newton, MA-NH	62.7	154	74	37	63	31
59.	Madison, WI	62.4	181	145	18	26	88
60.	York-Hanover, PA	62.4	107	16	29	104	50
61.	Orlando-Kissimmee-Sanford, FL	62.3	37	50	147	94	67
62.	Pittsburgh, PA	62.3	108	62	24	81	80
63.	Lincoln, NE	62.2	78	174	46	40	129
64.	Jacksonville, FL	62.2	69	39	99	103	76
65.	Kennewick-Richland, WA	62.2	126	166	30	23	159
66.	Sacramento–Roseville–Arden-Arcade, CA	62.2	109	70	39	117	59
67.	Manchester-Nashua, NH	62.2	106	12	67	85	77
68.	Columbus, GA-AL	62.2	19	13	127	163	97
69.	Syracuse, NY	62.1	71	54	10	170	75
70.	Springfield, MA	62.1	64	56	130	136	28
71.	Myrtle Beach-Conway-North Myrtle Beach, SC-NC	62.1	58	29	112	41	138
72.	Nashville-Davidson-Murfreesboro-Franklin, TN	62.1	65	109	93	38	147
73.	Riverside-San Bernardino-Ontario, CA	62.1	46	134	105	139	43
74.	Boise City-Nampa, ID	62.0	124	163	128	29	110
75.	Portland-Vancouver-Hillsboro, OR-WA	62.0	136	90	78	72	79
76.	Birmingham-Hoover, AL	62.0	30	69	124	70	136

Forth Worth, TX

Since Blue Zones Project, Fort Worth started in 2015, more than 27,000 individuals have pledged to lead healthier lives, and many more have attended purpose workshops and cooking demonstrations. The initiative has 75 worksites, 35 restaurants, 14 schools, 11 grocery stores, and six faith-based organizations, plus 23 participating organizations that are making healthy choices easier for residents in Fort Worth. Community improvements include better access to fresh produce in food deserts, and city leaders clearing the way for urban agriculture, mobile fresh markets and healthy corner stores.

Since 2015, Fort Worth's well-being score has increased, and more citizens are 'thriving'. There is also a 2.2 point increase in exercise, an uptick in fresh produce consumption, and a 3.3 point decrease in smoking rates, now well below the national average.

- Highest Quintile (1 – 38)
- 2nd Quintile (39 – 76)
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- 4th Quintile (114 – 151)
- 5th Quintile (152 – 189)

2015/2016 Community Rankings, Third Quintile

2015/2016 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
77.	Rochester, NY	62.0	123	117	75	113	68
78.	Omaha-Council Bluffs, NE-IA	62.0	72	162	34	59	132
79.	Seattle-Tacoma-Bellevue, WA	62.0	139	118	40	111	65
80.	Trenton, NJ	61.9	94	15	43	164	30
81.	Kansas City, MO-KS	61.9	102	143	68	77	100
82.	Duluth, MN-WI	61.9	144	116	59	47	113
83.	Atlanta-Sandy Springs-Roswell, GA	61.9	92	68	150	129	58
84.	Peoria, IL	61.9	77	149	15	134	99
85.	Lake Havasu City-Kingman, AZ	61.8	36	35	63	126	78
86.	Lakeland-Winter Haven, FL	61.8	32	17	143	120	116
87.	Augusta-Richmond County, GA-SC	61.8	55	55	153	124	124
88.	Kingsport-Bristol-Bristol, TN-VA	61.8	99	112	110	16	169
89.	Tucson, AZ	61.7	85	76	135	121	84
90.	Burlington-South Burlington, VT	61.7	189	113	119	60	46
91.	Lafayette, LA	61.7	44	124	179	51	111
92.	Hartford-West Hartford-East Hartford, CT	61.7	166	106	35	146	55
93.	Chicago-Naperville-Elgin, IL-IN-WI	61.7	112	121	92	149	52
94.	Las Vegas-Henderson-Paradise, NV	61.7	90	92	134	147	64
95.	Albany-Schenectady-Troy, NY	61.7	134	36	49	133	92
96.	Crestview-Fort Walton Beach-Destin, FL	61.7	100	107	38	68	157
97.	Corpus Christi, TX	61.7	10	49	163	116	123
98.	Spokane-Spokane Valley, WA	61.7	173	119	114	69	122
99.	Eugene, OR	61.6	157	58	113	61	144
100.	Huntsville, AL	61.6	91	142	83	43	168
101.	New York-Newark-Jersey City, NY-NJ-PA	61.6	152	99	123	142	41
102.	Mobile, AL	61.6	101	60	125	137	95
103.	New Orleans-Metairie, LA	61.6	56	78	154	154	81
104.	Milwaukee-Waukesha-West Allis, WI	61.6	117	130	71	135	83
105.	Bremerton-Silverdale, WA	61.6	150	67	58	65	142
106.	Richmond, VA	61.6	121	93	126	96	114
107.	Virginia Beach-Norfolk-Newport News, VA-NC	61.5	75	43	84	166	91
108.	Louisville-Jefferson County, KY-IN	61.5	80	94	54	91	150
109.	Reno, NV	61.5	182	177	157	87	69
110.	Columbus, OH	61.5	111	146	55	109	130
111.	Shreveport-Bossier City, LA	61.5	29	48	173	118	145
112.	Knoxville, TN	61.4	104	136	104	52	165
113.	Salt Lake City, UT	61.4	149	132	117	99	109

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2015/2016 Community Rankings, Fourth Quintile

2015/2016 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
114.	Modesto, CA	61.4	61	63	116	156	121
115.	Tampa-St. Petersburg-Clearwater, FL	61.4	128	83	136	107	101
116.	Greensboro-High Point, NC	61.4	96	140	166	88	120
117.	Allentown-Bethlehem-Easton, PA-NJ	61.4	129	85	120	115	85
118.	Jackson, MS	61.4	40	104	187	171	51
119.	Kalamazoo-Portage, MI	61.4	147	181	90	92	117
120.	Tallahassee, FL	61.4	76	64	146	158	94
121.	Salem, OR	61.3	146	75	103	75	143
122.	Wilmington, NC	61.3	175	114	160	80	115
123.	Lansing-East Lansing, MI	61.3	177	157	36	89	149
124.	New Haven-Milford, CT	61.3	143	30	151	159	71
125.	Vallejo-Fairfield, CA	61.3	130	150	102	168	56
126.	Albuquerque, NM	61.2	125	141	152	165	66
127.	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	61.2	137	88	100	152	90
128.	St. Louis, MO-IL	61.2	142	137	79	145	96
129.	Fort Wayne, IN	61.2	115	185	41	130	128
130.	Providence-Warwick, RI-MA	61.2	135	131	118	157	82
131.	South Bend-Mishawaka, IN-MI	61.2	57	120	62	148	134
132.	Pensacola-Ferry Pass-Brent, FL	61.1	74	87	156	95	158
133.	Lexington-Fayette, KY	61.1	132	161	107	74	161
134.	Harrisburg-Carlisle, PA	61.1	164	133	69	106	133
135.	Wichita, KS	61.1	120	81	141	84	167
136.	Norwich-New London, CT	61.1	186	82	108	161	87
137.	Fresno, CA	61.1	66	176	161	153	127
138.	Ocala, FL	61.0	153	111	137	100	126
139.	Salisbury, MD-DE	61.0	87	154	180	76	140
140.	Spartanburg, SC	61.0	159	41	164	54	181
141.	Winston-Salem, NC	61.0	113	152	172	56	170
142.	Baltimore-Columbia-Towson, MD	61.0	140	122	77	172	93
143.	Cleveland-Elyria, OH	61.0	145	151	94	150	103
144.	Reading, PA	60.9	79	125	111	140	118
145.	Evansville, IN-KY	60.9	86	79	97	143	154
146.	Buffalo-Cheektowaga-Niagara Falls, NY	60.9	168	153	48	128	135
147.	Columbia, SC	60.9	73	144	175	131	146
148.	Davenport-Moline-Rock Island, IA-IL	60.9	97	156	61	138	151
149.	Medford, OR	60.9	165	160	167	58	162
150.	Chattanooga, TN-GA	60.8	161	167	182	53	163
151.	Utica-Rome, NY	60.8	174	168	76	160	86

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2015/2016 Community Rankings, Fifth Quintile

2015/2016 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
152.	Cincinnati, OH-KY-IN	60.8	156	155	80	119	160
153.	Killeen-Temple, TX	60.8	122	158	88	184	107
154.	Palm Bay-Melbourne-Titusville, FL	60.8	179	135	148	83	156
155.	Springfield, MO	60.7	131	102	149	98	177
156.	Akron,OH	60.7	103	91	121	102	172
157.	Scranton–Wilkes-Barre–Hazleton, PA	60.7	148	57	82	178	106
158.	Detroit-Warren-Dearborn, MI	60.7	162	139	129	151	131
159.	Fayetteville, NC	60.7	89	84	133	189	108
160.	Youngstown-Warren-Boardman, OH-PA	60.6	138	110	169	141	141
161.	Binghamton, NY	60.6	158	52	44	188	89
162.	Savannah, GA	60.6	93	138	183	167	125
163.	Dayton, OH	60.6	141	108	142	132	152
164.	Indianapolis-Carmel-Anderson, IN	60.6	170	115	139	127	164
165.	Memphis, TN-MS-AR	60.5	51	105	174	182	139
166.	Stockton-Lodi, CA	60.5	95	123	171	186	72
167.	Oklahoma City, OK	60.5	155	171	159	105	175
168.	Roanoke, VA	60.5	183	179	132	67	155
169.	Cedar Rapids, IA	60.4	169	164	32	110	186
170.	Gulfport-Biloxi-Pascagoula, MS	60.3	119	126	184	122	184
171.	Tulsa, OK	60.3	98	175	168	112	179
172.	Bakersfield, CA	60.3	116	184	165	180	119
173.	Worcester, MA-CT	60.3	185	182	138	162	102
174.	Little Rock-N Little Rock-Conway, AR	60.2	83	186	140	144	180
175.	Lubbock, TX	60.1	68	129	186	123	178
176.	Olympia, WA	60.0	184	169	155	93	182
177.	Baton Rouge, LA	59.9	160	178	178	174	137
178.	Rockford, IL	59.9	67	42	89	187	174
179.	Toledo, OH	59.8	171	159	115	176	176
180.	Montgomery, AL	59.8	180	147	185	181	148
181.	Erie, PA	59.7	176	172	131	173	173
182.	Beaumont-Port Arthur, TX	59.5	127	183	181	183	153
183.	Chico, CA	59.5	167	170	177	155	185
184.	Flint, MI	59.4	163	127	145	185	171
185.	Canton-Massillon, OH	59.4	187	187	122	169	166
186.	Topeka, KS	59.3	133	165	85	177	183
187.	Huntington-Ashland, WV-KY-OH	58.7	151	188	176	179	187
188.	Hickory-Lenoir-Morganton, NC	58.6	178	180	188	108	188
189.	Fort Smith, AR-OK	57.5	188	189	189	175	189

- Highest Quintile (1 - 38)
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STATE OF AMERICAN WELL-BEING

2016 Community Well-Being Rankings

Methodology

These data are based on a subset of 354,473 telephone interviews with U.S. adults across all 50 states and the District of Columbia, conducted from January 2, 2015 to December 30, 2016. In 2015, 177,281 interviews were conducted nationally; in 2016, 177,192 were conducted nationally. Gallup conducts 500 telephone interviews daily, resulting in a sample that projects to an estimated 95 percent of all U.S. adults. Metropolitan Statistical Areas (MSAs) are based on the U.S. Office of Management and Budget definitions. Only MSAs with at least 300 completed interviews are reported, and results for each MSA are uniquely weighted according to Nielsen Claritas demographic targets. 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 30, 2016 each sample of national adults includes a minimum quota of 60% cellphone respondents and 40% landline respondents. Additional minimum quotas by time zone and 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.

Read more about community well-being trends at: http://www.gallup.com/poll/204536/naples-florida-remains-top-metro.aspx

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.

About Sharecare

Sharecare is a health and wellness engagement solution providing people with personalized resources to help them live their healthiest lives. Nearly 41 million people have shared more than 6 billion data points about their health status and habits with Sharecare, which uses that information to create a comprehensive health profile allowing users to access all of their health resources in one place, and dynamically connect to the knowledge, evidence-based programs and health professionals they need. Learn more at www.sharecare.com.

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