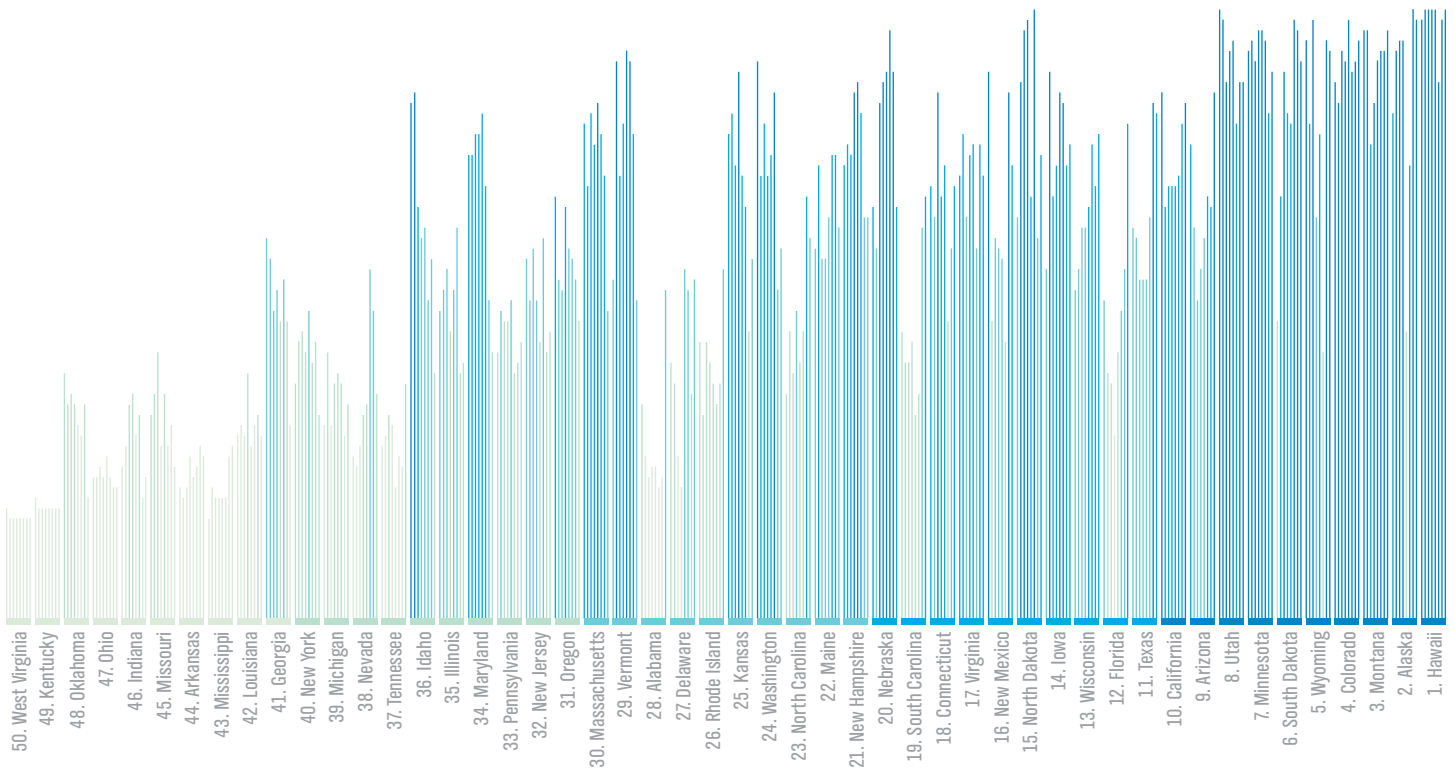


STATE OF AMERICAN WELL-BEING

2015 State Well-Being Rankings



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

The above graph arranges states from lowest well-being in 2015 to highest well-being in 2015 (left to right). Each state is comprised of eight individual lines, representing its historical well-being rank from 2008 – 2015.

2015 State Well-Being Rankings Analysis

Leading employers are beginning to step up as champions, investing to help their employees live and work better, and cultivate the behaviors that keep us well and better manage illness. These leaders know that investments in employee well-being have a measurable and sustainable impact on business performance, as well as far-reaching benefits that impact the health of our nation.

– Donato J. Tramuto,
CEO, Healthways

The Gallup-Healthways Well-Being Index® includes more than 2.3 million surveys, capturing how people feel about and experience their daily lives. Levels of well-being correlate with healthcare utilization and cost, and productivity measures such as 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, social, financial, community, and physical. Policy, community and business leaders can use these data to benchmark populations, understand gaps and opportunities, and then prioritize interventions to measurably improve well-being. Employers across the country are implementing well-being improvement initiatives to increase their competitiveness and create meaningful differentiation.

Nationally, well-being is statistically unchanged from 2014, with the Well-Being Index score for the U.S. at 61.7 in 2015, compared to 61.6 in 2014. There are many positive national well-being trends including an uptick in financial well-being, a decline in the uninsured rate, a decline in smoking to its lowest rate since our measurement began in 2008, an increase in reported exercise, and declines in both food and healthcare insecurity. Life evaluation—how Americans rate and perceive their lives—also reached its highest levels yet.

Well-being in the U.S. exhibits regional patterns, with the northern plains and mountain west reporting higher levels of well-being, along with some western states and pockets in the northeast and Atlantic states. Hawaii reclaims its top position with the nation's highest overall well-being, a title it has held five times since 2008. Alaska, with the top spot in 2014, is 2015's second highest well-being state, with Montana, Colorado and Wyoming rounding out the top 5.

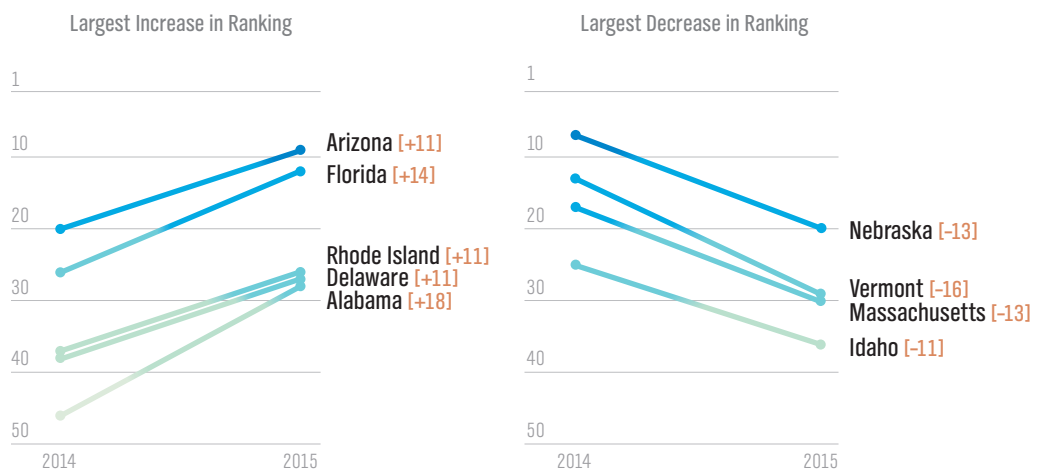
Since 2012, the top 10 states with the most consistently high well-being are Hawaii, Colorado, Montana, South Dakota, Minnesota, Utah, Nebraska, Iowa, Alaska and Vermont. In terms of the well-being elements, in 2015 Delaware leads in purpose; South Carolina in social; Alaska in financial; Montana in community; and Hawaii in physical.

At the other end of the spectrum, the citizens in many of the lowest well-being states have consistently reported low well-being since 2008. West Virginia and Kentucky have been the lowest and second lowest well-being states in the country, respectively, for seven straight years. West Virginia is last in the nation in four of the five elements, while Mississippi has the lowest financial well-being in the nation.

Recent research at HERO demonstrates a compelling correlation between companies that deliver strong financial returns and those that have documented, best practice wellness programs. This knowledge can benefit business leaders looking for a competitive edge, and investors looking for a sound investment.

– Paul Terry, Ph.D.,
President and CEO, HERO
(Health Enhancement
Research Organization)

Greatest Change in Rankings, 2014 - 2015



State Ranking Details

2015 Rank	[Change From 2014]	Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
1.	Hawaii [+1]	64.8	4	16	3	2	1
2.	Alaska [-1]	64.1	5	5	1	7	6
3.	Montana [+2]	63.8	21	37	9	1	4
4.	Colorado [+2]	63.6	15	21	17	6	2
5.	Wyoming [-1]	63.5	3	15	8	4	10
6.	South Dakota [-3]	63.5	7	43	6	3	7
7.	Minnesota [+4]	63.3	14	19	4	8	9
8.	Utah [-]	63.1	18	3	31	5	11
9.	Arizona [+11]	63.0	6	7	23	16	8
10.	California [+2]	62.7	10	18	21	29	3
11.	Texas [-1]	62.7	2	11	35	18	20
12.	Florida [+14]	62.4	9	4	36	27	16
13.	Wisconsin [+5]	62.4	31	31	7	20	19
14.	Iowa [+2]	62.4	20	35	5	11	30
15.	North Dakota [+8]	62.3	11	48	2	19	37
16.	New Mexico [-7]	62.2	19	13	32	31	14
17.	Virginia [-3]	62.2	23	9	15	28	18
18.	Connecticut [+6]	62.2	34	2	18	43	5
19.	South Carolina [+3]	62.2	8	1	39	24	32
20.	Nebraska [-13]	62.1	16	42	12	13	36
21.	New Hampshire [-]	62.1	48	17	20	14	21
22.	Maine [-7]	62.1	28	36	22	10	33
23.	North Carolina [-4]	62.1	17	8	44	17	29
24.	Washington [+4]	62.0	42	23	11	26	24
25.	Kansas [+7]	62.0	24	20	30	22	28
26.	Rhode Island [+11]	61.9	36	14	19	38	15
27.	Delaware [+11]	61.9	1	33	13	35	31
28.	Alabama [+18]	61.8	13	12	42	21	41
29.	Vermont [-16]	61.8	49	26	16	12	25
30.	Massachusetts [-13]	61.8	47	28	25	34	12

2015 Rank	[Change From 2014]	Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
31.	Oregon [-4]	61.7	33	25	29	25	35
32.	New Jersey [+2]	61.6	40	6	28	49	13
33.	Pennsylvania [+2]	61.6	37	24	10	37	27
34.	Maryland [-5]	61.6	29	10	14	48	26
35.	Illinois [+1]	61.5	30	30	26	45	23
36.	Idaho [-11]	61.5	43	40	48	9	40
37.	Tennessee [+8]	61.5	26	38	40	15	42
38.	Nevada [-8]	61.5	41	29	43	39	22
39.	Michigan [+3]	61.3	38	34	24	33	38
40.	New York [-7]	61.2	46	39	37	47	17
41.	Georgia [-10]	61.2	27	27	49	41	34
42.	Louisiana [-2]	61.1	12	22	46	42	39
43.	Mississippi [+1]	60.9	22	32	50	40	43
44.	Arkansas [-1]	60.9	25	49	38	23	47
45.	Missouri [-4]	60.8	35	46	34	36	44
46.	Indiana [+2]	60.5	39	41	33	44	46
47.	Ohio [-]	60.5	45	45	27	46	45
48.	Oklahoma [-9]	60.4	32	47	45	32	48
49.	Kentucky [-]	60.3	44	44	41	30	49
50.	West Virginia [-]	58.5	50	50	47	50	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

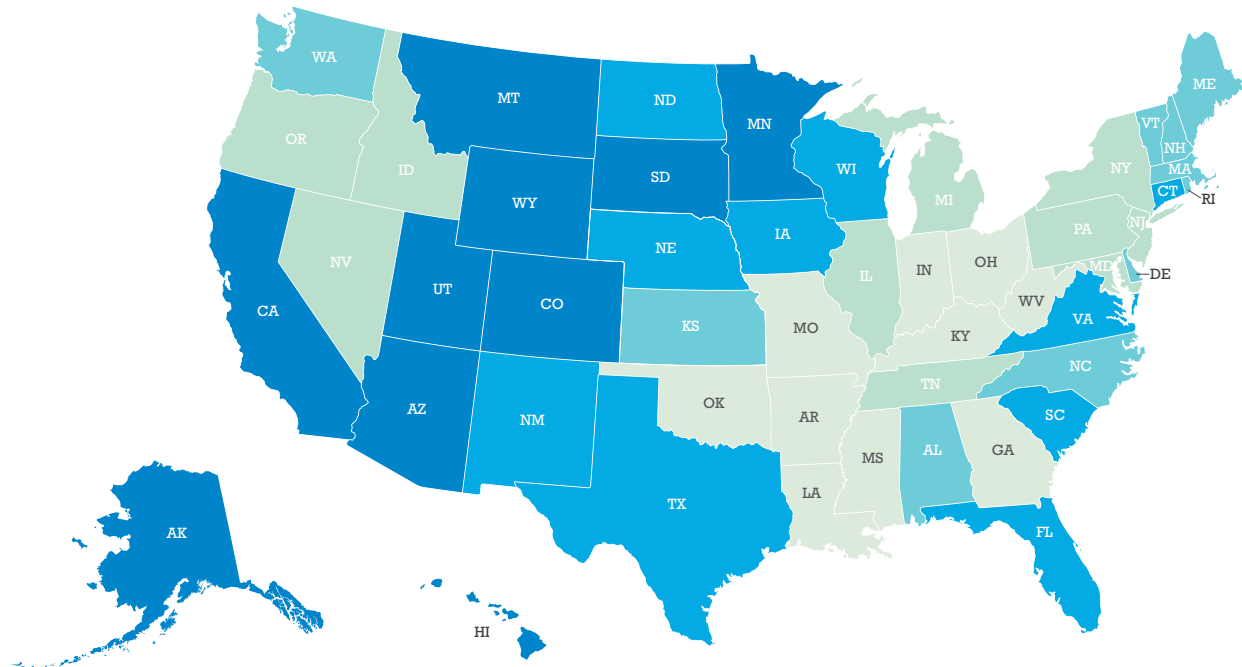
Financial: Managing your economic life to reduce stress and increase security

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.

Overall State Rankings



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

Methodology

These data are based on 177,281 telephone interviews with U.S. adults across all 50 states and the District of Columbia, conducted from January 2nd to December 30th, 2015. Gallup conducts 500 telephone interviews a day, 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 15, 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. In 2015, scores for each of the well-being elements are now also calculated on a 0 to 100 scale. They had previously been calculated on a 0 to 10 score.

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.