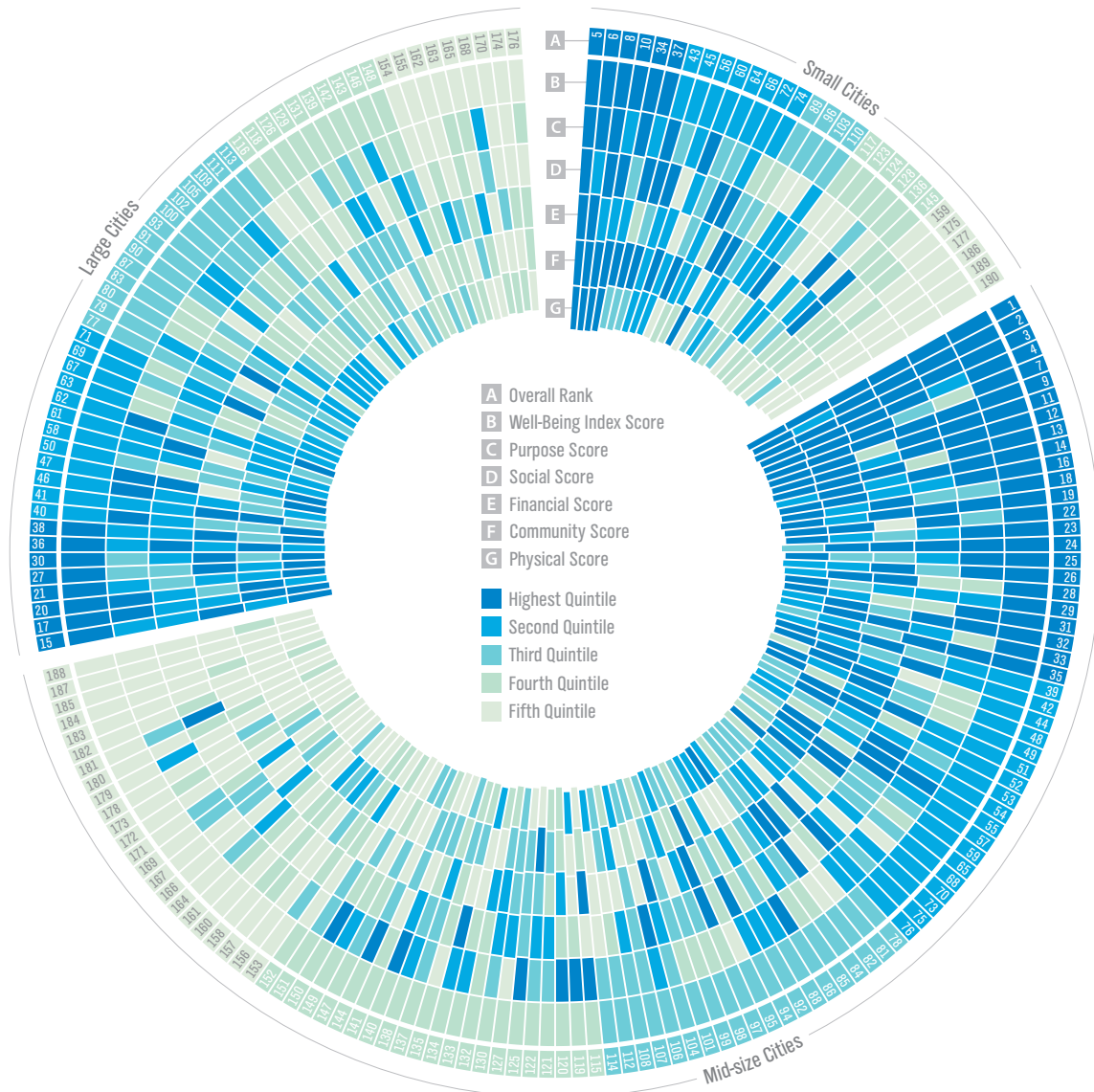


# STATE OF AMERICAN WELL-BEING

## 2015 Community Well-Being Rankings and Access to Care



## Methodology

These data are based on a subset of 353,983 telephone interviews with U.S. adults across all 50 states and the District of Columbia, conducted from January 2, 2014 to December 30, 2015. In 2014, 176,702 interviews were conducted nationally; in 2015, 177,281 were conducted. 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, 2015 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. 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 scale.

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## Cover Image

The cover graphic illustrates the 190 U.S. communities reported on in this Gallup-Healthways report, grouped by population size: small, mid-size and large. U.S. Census Bureau definitions for Metropolitan Statistical Areas (MSAs) were used for this grouping, with populations below 300,000 comprising small communities; those with 300,000 to 1 million comprising mid-size communities; and those with over 1 million comprising large communities. Within each group, MSAs are ordered from highest to lowest well-being in a clockwise direction. Moving toward the center of the graphic, the bars represent the overall Well-Being Index score for each MSA plus the scores for the five elements of well-being: purpose, social, financial, community and physical.

For more information, visit: <http://www.well-beingindex.com/2015-community-rankings>

# State of Community Well-Being & Access to Care

Access to healthcare services is not an obligation, it's a right for every single individual on this earth. When we strive to give all people access to community health services, and expand and extend those services in a safe environment, then we are building the right foundation to improve the well-being of our country.

– Donato J. Tramuto,  
CEO, Healthways

The ability to understand the well-being of populations helps community leaders and population health stakeholders gauge prosperity and progress and can shine light on where investments can be made to improve and transform environments to foster high well-being. High well-being communities have citizens who are thriving across many aspects of their lives, who are optimistic about their future, and collectively who are more productive, perform better, and have better health and lower healthcare costs.

This special report, a collaboration between Gallup, Healthways and Health eVillages, a program founded by Donato Tramuto in partnership with the not-for-profit Robert F Kennedy Human Rights organization and Aptus Health, presents insights gathered through the Gallup-Healthways Well-Being Index®. The Well-Being Index is the most comprehensive measurement of health and well-being in the world, with over 2.7 million interviews in over 140 countries since we began measurement in 2008. Our research captures how people feel about and experience their daily lives and provides a broad perspective on the aspects of life that matter most to people—our sense of purpose, social relationships, financial security, connection to our communities and physical health.

Importantly, we also measure crucial metrics relating to access to care, such as the ability to afford food and basic healthcare services as well as easy access to medicine and health insurance coverage. Through our work and research, we know that access to quality, affordable healthcare continues to be an issue for far too many in the United States and in many countries across the globe. With these data and insights, we hope to provide a foundation from which we can improve the health and well-being in underserved communities in the U.S. and around the world.

Announced in 2016, Healthways' partnership with Health eVillages demonstrates our commitment to improving the communities where we do business and our passion for improving the lives of others. **The Health eVillages–Healthways Community Outreach Program** provides an opportunity for colleagues, vendors, customers and partners to make a difference in underserved communities by offering their expertise, resources and time.

Healthcare is a basic human right and every community in the country has an opportunity to improve. Leaders need metrics that illuminate where the pressing needs exist and where to invest for change.

– Kerry Kennedy,  
President, Robert F. Kennedy  
Human Rights and Member, Health  
eVillages Board of Directors

## Well-Being in U.S. Communities, 2014/2015

### Highest Well-Being Communities

1. Naples-Immokalee-Marco Island, FL
2. Salinas, CA
3. North Port-Sarasota-Bradenton, FL
4. Fort Collins, CO
5. Barnstable Town, MA
6. Santa Cruz-Watsonville, CA
7. Boulder, CO
8. Charlottesville, VA
9. Anchorage, AK
10. San Luis Obispo-Paso Robles-Arroyo Grande, CA

### Lowest Well-Being Communities

181. Rockford, IL
182. Dayton, OH
183. Worcester, MA-CT
184. Toledo, OH
185. Youngstown-Warren-Boardman, OH-PA
186. Chico, CA
187. Huntington-Ashland, WV-KY-OH
188. Hickory-Lenoir-Morganton, NC
189. Fort Smith, AR-OK
190. Charleston, WV

## Community Access to Care

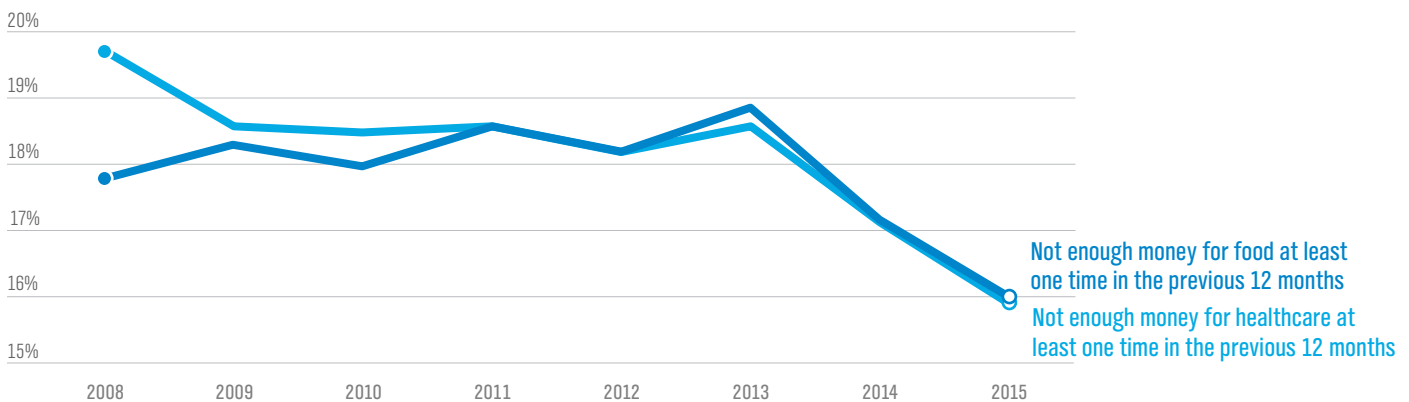
The Well-Being Index provides important information about communities and the ability for their citizens to afford and access basic health services. While there is good news about national levels of food and healthcare insecurity—these metrics have reached their lowest points since we began measurement in 2008—and more Americans now have health insurance coverage with an especially sharp uptick since 2013, there are still many communities around the country where significant gaps exist relative to basic access to care.

Below, the national trend for six important health access metrics are shown from 2008 until 2015. These metrics include the ability to afford food and healthcare; easy access to medicine and having health insurance; as well as having a personal doctor and dentist visits in the last 12 months.

The specific questions that we ask in the Gallup-Healthways Well-Being Index related to basic access to care include:

- Have there been times in the past twelve months when you did not have enough money to buy food that you or your family needed?
- Have there been times in the past twelve months when you did not have enough money to pay for health care and/or medicines?
- Do you have health insurance coverage?
- In the city or area where you live, is it easy or not easy to get medicine?
- Do you have a personal doctor?
- Have you visited a dentist in the last 12 months?

### Food and Healthcare Insecurity, 2015



#### Lowest food insecurity, 2015 (%)

1. Boulder, CO	7.1
2. Green Bay, WI	8.5
3. Santa Cruz-Watsonville, CA	9.2

#### Highest food insecurity, 2015 (%)

188. Spartanburg, SC	24.6
189. Charleston, WV	24.9
190. McAllen-Edinburg-Mission, TX	26.8

#### Lowest healthcare insecurity, 2015 (%)

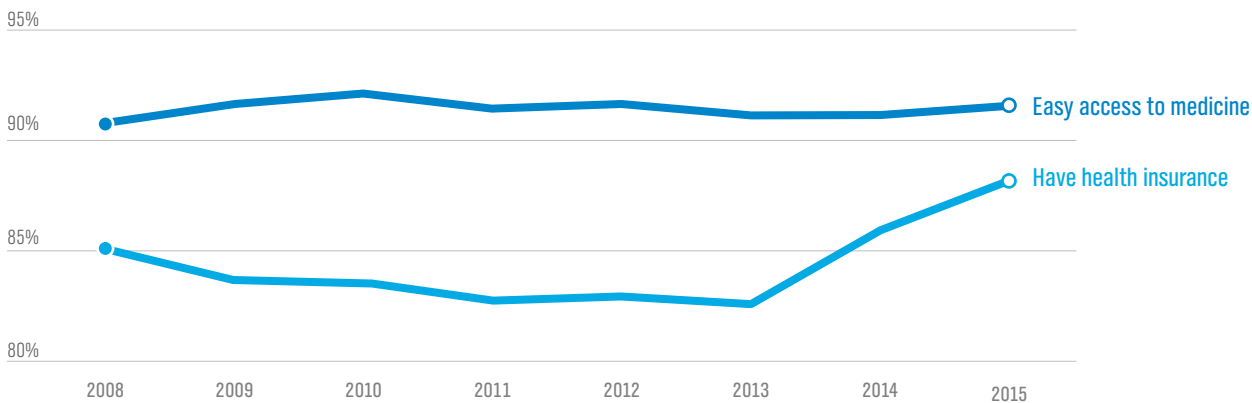
1. Barnstable Town, MA	8.1
2. Albany-Schenectady-Troy, NY	9.2
3. San Jose-Sunnyvale-Santa Clara, CA	9.5

#### Highest healthcare insecurity, 2015 (%)

188. Hickory-Lenoir-Morganton, NC	25.2
189. Charleston, WV	25.9
190. Fort Smith, AR-OK	26.9

# Community Access to Care

## Access to Medicine and Health Insurance Coverage, 2015



### Highest access to medicine, 2015 (%)

1. Ann Arbor, MI	97.1
2. Grand Rapids-Wyoming, MI	96.6
3. Lincoln, NE	96.1

### Lowest access to medicine, 2015 (%)

188. Fresno, CA	85.0
189. Lake Havasu City-Kingman, AZ	83.3
190. Fort Smith, AR-OK	81.8

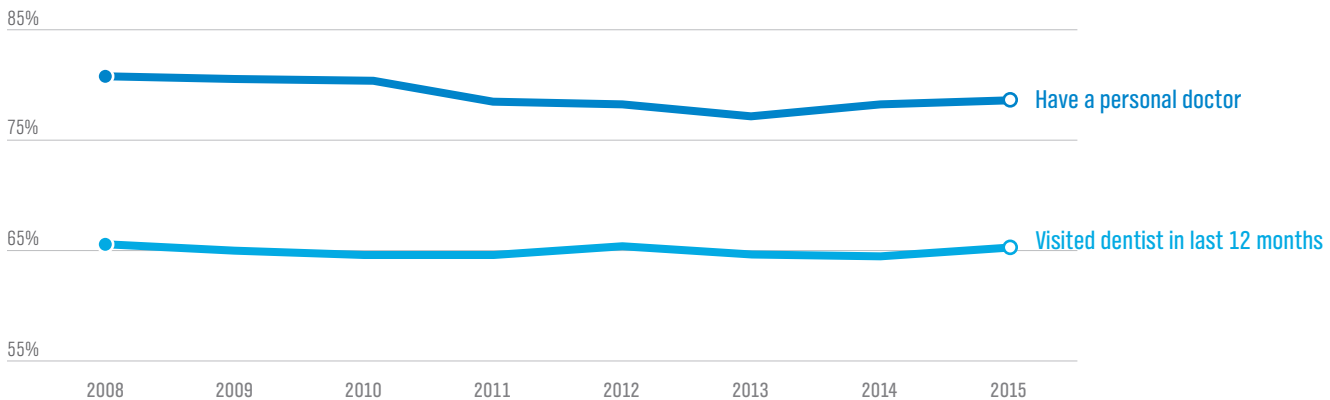
### Highest health insurance coverage, 2015 (%)

1. Norwich-New London, CT	96.5
2. Albany-Schenectady-Troy, NY	96.4
3. Barnstable Town, MA	96.0

### Lowest health insurance coverage, 2015 (%)

188. Houston-The Woodlands-Sugar Land, TX	77.3
189. El Paso, TX	70.4
190. McAllen-Edinburg-Mission, TX	62.1

## Personal Doctor and Dentist Visits, 2015



### Highest having a personal doctor, 2015 (%)

1. Rochester, NY	91.7
2. Worcester, MA-CT	90.9
3. Lancaster, PA	90.8

### Lowest having a personal doctor, 2015 (%)

188. Salinas, CA	65.6
189. El Paso, TX	63.2
190. McAllen-Edinburg-Mission, TX	57.8

### Highest having dentist visit in last 12 months, 2015 (%)

1. Norwich-New London, CT	86.8
2. Ann Arbor, MI	81.5
3. Barnstable Town, MA	80.1

### Lowest having dentist visit in last 12 months, 2015 (%)

188. Lake Havasu City-Kingman, AZ	48.8
189. McAllen-Edinburg-Mission, TX	48.8
190. Beaumont-Port Arthur, TX	48.6

# Community Well-Being Rankings Analysis

**It's not impossible to improve well-being in communities. By focusing on making healthier surroundings, we've been able to help people live longer and better in 26 American cities. The key is identifying evidence-based designs and policies that make the healthy choice, the easy choice. Then having a comprehensive plan to implement those nudges in schools, grocery stores, restaurants, workplaces and with municipal governments.**

– Dan Buettner,  
Blue Zones Founder and  
National Geographic Fellow

In the following tables, we present the well-being for 190 communities in the U.S., with detail on each community relative to the five elements of well-being. Our analysis also provides the highest well-being communities by size of community. These data provide a comprehensive snapshot of our country—where we see pockets of high well-being, in places where citizens report they are thriving across many aspects of their everyday lives; and also where we see opportunities for investment and well-being improvement.

The results of our 2014/2015 rankings analysis reveal that communities in Florida, California, Colorado and Texas are among the highest well-being communities in the nation. These four states account for 14 of the top 20 well-being communities. In contrast, low well-being communities are spread out across a more geographically diverse group of states. That said, Ohio does claim five of the lowest 20 well-being communities in the U.S.

Naples–Immokalee–Marco Island, Florida is the number one well-being community in the country, just edging out Salinas, California. Naples is particularly strong in community well-being (1<sup>st</sup>) and also scores highly in both purpose (4<sup>th</sup>) and social (6<sup>th</sup>) well-being. Corpus Christi, Texas is the number one community for both purpose and social well-being, while North Port–Sarasota–Bradenton, Florida ranks number one in financial well-being. Boulder, Colorado, a community that leads the nation with low levels of obesity, is the number one community for physical well-being.

Since 2012, the top communities with the most consistently high well-being include Naples–Immokalee–Marco Island; Provo–Orem, Utah; Boulder; Fort Collins, Colorado; Urban Honolulu, Hawaii; San Jose–Sunnyvale–Santa Clara, California; San Luis Obispo–Paso Robles, California; and Barnstable Town, Massachusetts. Only two communities in the top 20 are within states that have relatively low well-being. Barnstable Town (#5) and Ann Arbor, Michigan (#18) outperform the well-being of their states.

On the other end of the spectrum, Charleston, West Virginia is the lowest well-being community in the country. Charleston scores low across all well-being elements, and ranks last in physical well-being, and second to last in purpose and financial well-being. Other low well-being communities are Fort Smith, Arkansas–Oklahoma; Hickory–Lenoir–Morganton, North Carolina; Huntington–Ashland, West Virginia–Kentucky–Ohio; Chico, California; and Youngstown–Warren–Boardman, Ohio–Pennsylvania. Worcester, Massachusetts–Connecticut has the lowest purpose well-being, Fort Wayne, Indiana has the lowest social well-being, Hickory–Lenoir–Morganton, North Carolina has the lowest financial well-being, and Fayetteville, North Carolina has the lowest community well-being.

## Well-Being in U.S. Communities by Size of Community, 2014/2015

Highest Well-Being, Large Communities	Highest Well-Being, Mid-Size Communities	Highest Well-Being, Small Communities
1. San Jose–Sunnyvale–Santa Clara, CA	1. Naples–Immokalee–Marco Island, FL	1. Barnstable Town, MA
2. Austin–Round Rock, TX	2. Salinas, CA	2. Santa Cruz–Watsonville, CA
3. San Antonio–New Braunfels, TX	3. North Port–Sarasota–Bradenton, FL	3. Charlottesville, VA
4. San Diego–Carlsbad, CA	4. Fort Collins, CO	4. San Luis Obispo–Paso Robles–Arroyo Grande, CA
5. Minneapolis–St. Paul–Bloomington, MN–WI	5. Boulder, CO	5. Greeley, CO
6. San Francisco–Oakland–Hayward, CA	6. Anchorage, AK	6. Daphne–Fairhope–Foley, AL
7. Raleigh, NC	7. McAllen–Edinburg–Mission, TX	7. Lynchburg, VA
8. Washington–Arlington–Alexandria, DC–VA–MD–WV	8. Santa Maria–Santa Barbara, CA	8. Wilmington, NC
9. Los Angeles–Long Beach–Anaheim, CA	9. Urban Honolulu, HI	9. Prescott, AZ
10. Grand Rapids–Wyoming, MI	10. Provo–Orem, UT	10. Amarillo, TX

# U.S. 2014/2015 Community Rankings, Highest Quintile

2015 Rank	Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
1. Naples-Immokalee-Marco Island, FL	65.0	4	6	18	1	15
2. Salinas, CA	65.0	3	9	8	44	2
3. North Port-Sarasota-Bradenton, FL	64.7	14	2	1	15	7
4. Fort Collins, CO	64.6	41	10	35	2	19
5. Barnstable Town, MA	64.6	30	4	11	26	3
6. Santa Cruz-Watsonville, CA	64.6	21	44	7	6	11
7. Boulder, CO	64.5	142	102	5	7	1
8. Charlottesville, VA	64.5	6	8	43	8	6
9. Anchorage, AK	64.4	11	35	3	24	24
10. San Luis Obispo-Paso Robles-Arroyo Grande, CA	64.3	40	12	52	3	13
11. McAllen-Edinburg-Mission, TX	64.3	2	7	140	11	20
12. Santa Maria-Santa Barbara, CA	64.3	7	23	69	18	17
13. Urban Honolulu, HI	64.2	34	116	2	12	21
14. Provo-Orem, UT	63.8	16	14	50	9	43
15. San Jose-Sunnyvale-Santa Clara, CA	63.7	53	58	4	69	5
16. Oxnard-Thousand Oaks-Ventura, CA	63.5	29	42	55	16	29
17. Austin-Round Rock, TX	63.5	25	56	53	21	38
18. Ann Arbor, MI	63.4	77	97	13	39	26
19. Cape Coral-Fort Myers, FL	63.4	24	13	10	58	28
20. San Antonio-New Braunfels, TX	63.3	10	64	91	32	55
21. San Diego-Carlsbad, CA	63.3	48	88	60	52	10
22. Asheville, NC	63.1	95	24	165	4	36
23. Colorado Springs, CO	63.1	35	53	103	47	34
24. Port St. Lucie, FL	63.1	28	3	25	30	103
25. Visalia-Porterville, CA	63.1	9	60	92	77	23
26. Peoria, IL	63.0	19	83	6	75	47
27. Minneapolis-St. Paul-Bloomington, MN-WI	63.0	96	105	16	40	33
28. Green Bay, WI	63.0	141	136	14	22	45
29. Bridgeport-Stamford-Norwalk, CT	63.0	59	68	67	90	4
30. San Francisco-Oakland-Hayward, CA	63.0	113	62	15	87	12
31. El Paso, TX	63.0	5	145	150	72	25
32. Myrtle Beach-Conway-North Myrtle Beach, SC-NC	63.0	20	38	107	37	50
33. Portland-South Portland, ME	63.0	123	48	37	33	46
34. Greeley, CO	62.9	8	99	42	31	102
35. Corpus Christi, TX	62.9	1	1	113	70	90
36. Raleigh, NC	62.9	45	33	51	35	64
37. Daphne-Fairhope-Foley, AL	62.9	58	5	123	5	81
38. Washington-Arlington-Alexandria, DC-VA-MD-WV	62.8	56	45	19	93	22

- Highest Quintile (1 - 38)
- 2<sup>nd</sup> Quintile (39 - 76)
- 3<sup>rd</sup> Quintile (77 - 114)
- 4<sup>th</sup> Quintile (115 - 152)
- 5<sup>th</sup> Quintile (153 - 190)

**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

## U.S. 2014/2015 Community Rankings, Second Quintile

2015 Rank	Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
39. Lancaster, PA	62.8	67	112	12	19	66
40. Los Angeles-Long Beach-Anaheim, CA	62.8	32	76	94	96	9
41. Grand Rapids-Wyoming, MI	62.8	66	61	21	29	104
42. Durham-Chapel Hill, NC	62.8	68	31	102	62	27
43. Lynchburg, VA	62.8	31	25	106	20	84
44. Santa Rosa, CA	62.8	134	169	76	34	16
45. Wilmington, NC	62.7	79	21	65	48	44
46. Houston-The Woodlands-Sugar Land, TX	62.7	15	57	57	84	48
47. Miami-Fort Lauderdale-West Palm Beach, FL	62.7	26	18	171	86	8
48. Des Moines-West Des Moines, IA	62.6	125	96	9	23	116
49. Manchester-Nashua, NH	62.5	118	108	17	53	37
50. Denver-Aurora-Lakewood, CO	62.5	81	147	86	55	31
51. Springfield, MA	62.5	73	19	59	135	18
52. Huntsville, AL	62.5	51	123	33	36	112
53. Roanoke, VA	62.5	97	47	70	14	96
54. Charleston-North Charleston, SC	62.4	57	34	100	83	52
55. Tallahassee, FL	62.4	13	11	62	129	49
56. Prescott, AZ	62.4	62	178	72	25	61
57. Greenville-Anderson-Mauldin, SC	62.4	46	29	144	27	111
58. Phoenix-Mesa-Scottsdale, AZ	62.3	52	49	77	88	54
59. Lincoln, NE	62.3	85	82	32	28	145
60. Amarillo, TX	62.3	17	67	161	60	75
61. Charlotte-Concord-Gastonia, NC-SC	62.3	44	37	167	67	57
62. Dallas-Fort Worth-Arlington, TX	62.3	27	95	82	64	86
63. Boston-Cambridge-Newton, MA-NH	62.3	144	72	54	66	35
64. Kennewick-Richland, WA	62.2	83	111	99	10	159
65. Spokane-Spokane Valley, WA	62.1	127	101	38	65	97
66. Duluth, MN-WI	62.1	80	28	41	41	134
67. Salt Lake City, UT	62.0	126	80	125	71	59
68. Fayetteville-Springdale-Rogers, AR-MO	62.0	102	98	143	13	136
69. Richmond, VA	62.0	82	39	126	82	72
70. Reno, NV	61.9	172	51	118	95	30
71. Hartford-West Hartford-East Hartford, CT	61.9	148	46	36	133	40
72. Medford, OR	61.8	71	15	130	59	132
73. Omaha-Council Bluffs, NE-IA	61.8	76	159	45	63	144
74. Binghamton, NY	61.8	122	81	27	187	14
75. Winston-Salem, NC	61.8	111	75	163	57	94
76. South Bend-Mishawaka, IN-MI	61.8	54	22	29	159	108

- Highest Quintile (1 - 38)
- 2<sup>nd</sup> Quintile (39 - 76)
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**Purpose:** Liking what you do each day and being motivated to achieve your goals

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**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

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## U.S. 2014/2015 Community Rankings, Third Quintile

2015 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
77.	Jacksonville, FL	61.8	78	94	83	115	82
78.	Lafayette, LA	61.7	60	117	133	45	106
79.	Orlando-Kissimmee-Sanford, FL	61.7	50	59	157	105	71
80.	Pittsburgh, PA	61.7	132	91	22	100	79
81.	Madison, WI	61.7	178	173	24	42	107
82.	Lansing-East Lansing, MI	61.7	171	26	30	92	129
83.	Portland-Vancouver-Hillsboro, OR-WA	61.7	151	124	105	76	73
84.	Ocala, FL	61.7	119	100	61	89	70
85.	New Haven-Milford, CT	61.7	117	40	114	155	32
86.	Fresno, CA	61.7	18	150	145	162	58
87.	Sacramento-Roseville-Arden-Arcade, CA	61.6	131	89	73	121	62
88.	Montgomery, AL	61.6	49	84	68	172	68
89.	Crestview-Fort Walton Beach-Destin, FL	61.6	149	85	28	50	153
90.	Nashville-Davidson-Murfreesboro-Franklin, TN	61.6	91	160	115	49	127
91.	Tucson, AZ	61.6	65	55	129	111	69
92.	Salisbury, MD-DE	61.6	75	144	137	74	101
93.	Riverside-San Bernardino-Ontario, CA	61.6	39	129	134	142	65
94.	Killeen-Temple, TX	61.6	61	17	84	151	117
95.	Boise City-Nampa, ID	61.6	166	148	131	38	95
96.	Burlington-South Burlington, VT	61.5	186	141	85	43	93
97.	Albany-Schenectady-Troy, NY	61.5	136	32	34	119	91
98.	York-Hanover, PA	61.5	120	86	48	125	53
99.	Ogden-Clearfield, UT	61.5	130	87	172	54	113
100.	Atlanta-Sandy Springs-Roswell, GA	61.5	89	93	158	123	74
101.	Salem, OR	61.5	138	103	78	85	131
102.	Milwaukee-Waukesha-West Allis, WI	61.4	106	128	111	126	63
103.	Norwich-New London, CT	61.4	153	63	71	174	42
104.	Syracuse, NY	61.4	86	41	31	179	89
105.	Chicago-Naperville-Elgin, IL-IN-WI	61.4	105	135	80	146	67
106.	Augusta-Richmond County, GA-SC	61.4	70	20	177	120	114
107.	Stockton-Lodi, CA	61.4	92	109	109	185	41
108.	Chattanooga, TN-GA	61.4	99	70	178	51	135
109.	Birmingham-Hoover, AL	61.4	47	106	139	91	154
110.	Lake Havasu City-Kingman, AZ	61.3	64	69	44	149	77
111.	Kansas City, MO-KS	61.3	108	139	89	94	124
112.	Greensboro-High Point, NC	61.3	94	127	169	99	100
113.	New York-Newark-Jersey City, NY-NJ-PA	61.2	154	120	121	145	39
114.	Albuquerque, NM	61.2	112	154	153	153	51

- Highest Quintile (1 - 38)
- 2<sup>nd</sup> Quintile (39 - 76)
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**Purpose:** Liking what you do each day and being motivated to achieve your goals  
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**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

## U.S. 2014/2015 Community Rankings, Fourth Quintile

2015 Rank	Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
115. Davenport-Moline-Rock Island, IA-IL	61.2	36	164	20	127	163
116. Rochester, NY	61.2	159	153	63	116	115
117. Clarksville, TN-KY	61.2	158	79	23	122	147
118. Las Vegas-Henderson-Paradise, NV	61.2	129	121	154	144	60
119. Jackson, MS	61.2	33	115	187	165	56
120. Canton-Massillon, OH	61.1	38	119	39	132	123
121. Wichita, KS	61.1	100	71	116	104	151
122. Kingsport-Bristol-Bristol, TN-VA	61.1	88	43	93	17	185
123. Bellingham, WA	61.1	182	166	174	46	105
124. Bremerton-Silverdale, WA	61.1	164	161	49	61	169
125. Little Rock-N Little Rock-Conway, AR	61.1	37	104	101	107	167
126. Seattle-Tacoma-Bellevue, WA	61.1	168	156	87	113	92
127. Allentown-Bethlehem-Easton, PA-NJ	61.1	155	52	108	110	78
128. Gainesville, FL	61.0	103	36	122	139	126
129. Oklahoma City, OK	61.0	107	125	81	79	173
130. Deltona-Daytona Beach-Ormond Beach, FL	61.0	104	73	46	114	146
131. Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	61.0	147	74	96	157	85
132. Vallejo-Fairfield, CA	61.0	115	149	56	167	128
133. Columbus, GA-AL	61.0	72	126	181	173	76
134. Lakeland-Winter Haven, FL	61.0	63	30	173	112	150
135. Palm Bay-Melbourne-Titusville, FL	61.0	160	143	117	78	133
136. Olympia, WA	61.0	161	174	47	98	148
137. Reading, PA	61.0	90	90	66	137	110
138. Tulsa, OK	60.9	43	107	151	81	178
139. Virginia Beach-Norfolk-Newport News, VA-NC	60.9	98	50	110	169	99
140. Shreveport-Bossier City, LA	60.9	23	66	156	102	179
141. Kalamazoo-Portage, MI	60.9	139	185	112	80	149
142. Columbus, OH	60.8	145	167	88	108	138
143. New Orleans-Metairie, LA	60.8	74	142	179	131	122
144. Bakersfield, CA	60.8	22	77	175	182	88
145. Cedar Rapids, IA	60.8	137	16	26	141	177
146. Baltimore-Columbia-Towson, MD	60.8	140	65	64	177	98
147. Trenton, NJ	60.7	87	137	95	176	80
148. Tampa-St. Petersburg-Clearwater, FL	60.7	133	110	138	118	125
149. Gulfport-Biloxi-Pascagoula, MS	60.7	69	131	160	128	156
150. Beaumont-Port Arthur, TX	60.7	12	133	104	168	157
151. Columbia, SC	60.7	84	114	183	156	118
152. Eugene, OR	60.7	175	163	149	73	161

- Highest Quintile (1 - 38)
- 2<sup>nd</sup> Quintile (39 - 76)
- 3<sup>rd</sup> Quintile (77 - 114)
- 4<sup>th</sup> Quintile (115 - 152)
- 5<sup>th</sup> Quintile (153 - 190)

**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

## U.S. 2014/2015 Community Rankings, Fifth Quintile

2015 Rank	Community	Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
153.	Modesto, CA	60.6	93	138	146	147	130
154.	Providence-Warwick, RI-MA	60.6	173	168	124	143	109
155.	Buffalo-Cheektowaga-Niagara Falls, NY	60.6	179	146	40	148	142
156.	Harrisburg-Carlisle, PA	60.6	165	180	90	101	152
157.	Knoxville, TN	60.6	135	162	159	56	176
158.	Pensacola-Ferry Pass-Brent, FL	60.5	143	140	148	106	158
159.	Topeka, KS	60.5	124	118	128	140	120
160.	Lexington-Fayette, KY	60.5	170	186	127	68	180
161.	Savannah, GA	60.5	121	152	186	171	83
162.	St. Louis, MO-IL	60.4	162	155	98	154	137
163.	Louisville-Jefferson County, KY-IN	60.4	116	151	120	103	171
164.	Mobile, AL	60.4	101	54	135	180	162
165.	Cincinnati, OH-KY-IN	60.4	150	170	75	124	168
166.	Fort Wayne, IN	60.3	163	190	58	130	166
167.	Spartanburg, SC	60.3	157	113	185	97	164
168.	Memphis, TN-MS-AR	60.3	42	78	182	183	143
169.	Evansville, IN-KY	60.2	114	92	166	150	174
170.	Cleveland-Elyria, OH	60.2	167	179	79	170	119
171.	Fayetteville, NC	60.1	109	134	74	190	121
172.	Springfield, MO	60.1	169	177	155	109	181
173.	Akron, OH	60.1	128	184	136	134	155
174.	Detroit-Warren-Dearborn, MI	60.0	174	165	142	166	141
175.	Erie, PA	60.0	146	171	119	152	172
176.	Indianapolis-Carmel-Anderson, IN	59.9	152	157	147	136	182
177.	Utica-Rome, NY	59.9	187	130	132	178	87
178.	Flint, MI	59.9	156	176	97	188	160
179.	Baton Rouge, LA	59.9	55	172	170	164	170
180.	Scranton-Wilkes-Barre-Hazleton, PA	59.7	176	132	141	184	140
181.	Rockford, IL	59.4	110	27	168	189	175
182.	Dayton, OH	59.3	184	122	162	158	184
183.	Worcester, MA-CT	59.3	190	175	164	175	139
184.	Toledo, OH	59.3	180	182	152	186	165
185.	Youngstown-Warren-Boardman, OH-PA	58.7	181	181	180	181	183
186.	Chico, CA	58.6	188	183	184	138	186
187.	Huntington-Ashland, WV-KY-OH	58.3	177	188	176	160	187
188.	Hickory-Lenoir-Morganton, NC	58.3	183	158	190	117	188
189.	Fort Smith, AR-OK	58.2	185	189	188	161	189
190.	Charleston, WV	57.1	189	187	189	163	190

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

## 2015 Community Well-Being Rankings and Access to Care

### **About Health eVillages**

Health eVillages, a program founded by Donato Tramuto in partnership with the not-for-profit Robert F. Kennedy Human Rights organization and Aptus Health, provides state-of-the-art mobile health technology including medical reference and clinical decision-support resources to medical professionals in the most challenging clinical environments around the world. More information can be found at <http://www.healthvillages.org/>.

### **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 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.

For more information, visit: <http://www.well-beingindex.com/2015-community-rankings>