

STATE OF GLOBAL WELL-BEING

2014 Country Well-Being Rankings



Percent thriving: ■ >40.0% ■ 30.1% - 40.0% ■ 20.1% - 30.0% ■ 10.1% - 20.0% ■ ≤10.0%

A Country's global rank **B** Percent thriving in three or more elements of well-being **C** Purpose (% thriving)
D Social (% thriving) **E** Financial (% thriving) **F** Community (% thriving) **G** Physical (% thriving)

Global & Regional Well-Being

Well-Being Across the World and by Region (% thriving in each element of well-being)

	Thriving in Three or More Elements	Purpose Well-Being	Social Well-Being	Financial Well-Being	Community Well-Being	Physical Well-Being
World	17%	18%	24%	26%	25%	24%
Americas	31%	36%	42%	30%	35%	33%
Europe	22%	23%	28%	40%	29%	24%
Former Soviet Union	19%	22%	28%	28%	24%	18%
Middle East and North Africa	15%	12%	22%	25%	25%	23%
Asia	13%	14%	19%	25%	22%	23%
Sub-Saharan Africa	10%	14%	17%	9%	20%	21%

Source: Gallup-Healthways Global Well-Being Index, 2014

“Through scientific and peer-review research, we know that improving a population’s well-being has a significant impact on increasing performance and lowering healthcare costs. The fact that only 17% of the world’s population is thriving in three or more elements of well-being represents a huge opportunity for country and community leaders, employers, insurers and any population health stakeholder. There are proven interventions that these leaders *can* and *should* leverage to improve the health and well-being of their populations and, at the same time, create measurable economic value.”

–Peter Choueiri, President, Healthways International

“Global leaders are becoming increasingly focused on truly understanding the health and productivity of their populations. We need standardized global measurements and comparative data to help nations identify their biggest opportunities for improving the lives of the people within their borders. These insights will guide future investments in health and well-being.”

–Arnaud Bernaert, Senior Director, Head of Global Health and Healthcare Industries, World Economic Forum

Cover graphic: Global well-being by region, as measured by the 2014 Gallup-Healthways Global Well-Being Index. The countries in each region are identified by their global well-being rank — determined by the % of survey respondents thriving in three or more elements of well-being in 2014. Moving toward the center of the graphic, the following areas are plotted for each country: % thriving in 3+ elements of well-being, % thriving in purpose well-being, % thriving in social well-being, % thriving in financial well-being, % thriving in community well-being, and % thriving in physical well-being.

2014 Global Well-Being Rankings Analysis

The Gallup-Healthways State of Global Well-Being: *2014 Country Well-Being Rankings* report provides an overview of global citizens' well-being as measured by the Gallup-Healthways Global Well-Being Index. In 2014, our research includes more than 146,000 surveys in 145 countries and areas, and captures how people feel about and experience their daily lives. Our research shows that people with higher well-being have higher productivity, lower health-care costs, are more resilient in the face of challenges and are more likely to contribute to the success of their organizations and communities.

The Global Well-Being Index measures well-being across five elements (purpose, social, financial, community and physical) and individual responses are categorized as thriving, struggling or suffering (see back page for definitions). Our analysis ranks countries based on the percentage of the population that is thriving in three or more elements of well-being.

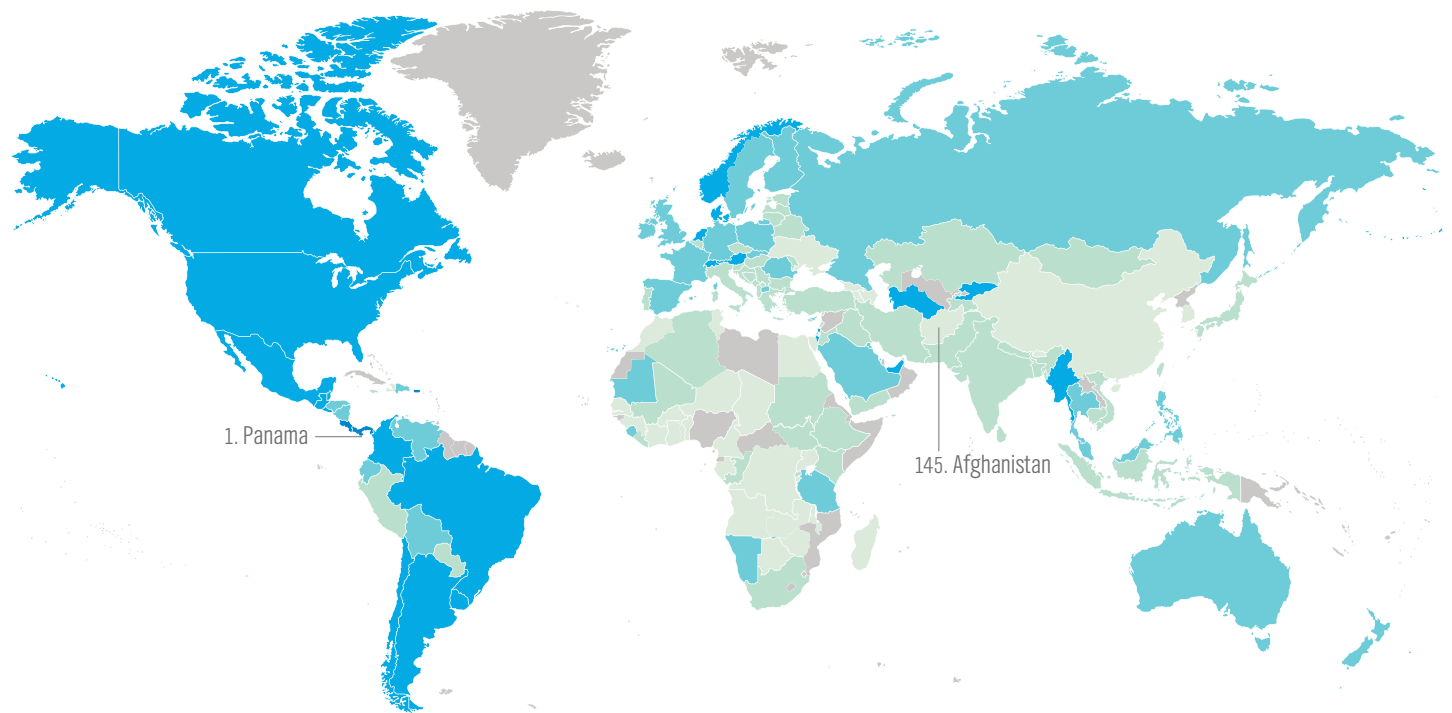
In 2014, 17% of the adults we surveyed worldwide are thriving in three or more elements of well-being, the same percentage as 2013. Among all regions, the Americas have the highest percentage of their population thriving in three or more elements and lead all other regions in purpose, social, community and physical well-being. Latin Americans in particular have the highest levels of well-being globally. Europe leads all other regions in financial well-being, with nine of the top 10 countries coming from northern Europe.

For the second year, Panama leads all other countries in well-being, with 53% of its residents thriving in three or more elements. Panama is also the highest country for purpose (60%) and physical well-being (52%). Puerto Rico, Norway and Sri Lanka round out the list of top countries in the individual elements: 63% of Puerto Ricans are thriving in social well-being; 69% of Norwegians are thriving in financial well-being; and 50% of Sri Lankans are thriving in community well-being. In 2014, the U.S. was ranked 23rd in overall well-being, falling from a 12th place ranking in 2013.

Afghanistan ranks last with 0% of Afghans thriving in three or more elements. Afghans also rank last in purpose, social and financial well-being. Residents in Bhutan have the lowest community and physical well-being globally, with only 5% and 6% of Bhutanese thriving in these categories respectively.

The state of a country's well-being sheds light on levels of prosperity and progress. Government and community leaders globally have a duty to improve the lives of the people within their borders. Other stakeholders, such as employers, health plans and providers, and educators are also focusing on improving the well-being of the populations they serve. Our research provides critical information these leaders and stakeholders need to help guide policies, interventions and development investments for community transformation and real-life behavior change. These data create a truly global picture of well-being that allows population health stakeholders to act with precision and to create meaningful change. For more information, please visit: www.well-beingindex.com/2014-global-report.

2014 Global Well-Being Map



Percent thriving in 3+ elements:



Source: Gallup-Healthways Global Well-Being Index, 2014. This map calls out Panama and Afghanistan as the highest and lowest well-being countries, respectively, based on the 2014 country well-being rankings of 145 countries.

Highest 10 Well-Being Countries

	2014 thriving in 3+ elements	2013 thriving in 3+ elements	Percentage point difference
1. Panama	53.0%	61.3%	-8.3
2. Costa Rica	47.6%	44.4%	3.2
3. Puerto Rico	45.8%	n/a	n/a
4. Switzerland	39.4%	n/a	n/a
5. Belize	38.9%	n/a	n/a
6. Chile	38.7%	31.5%	7.2
7. Denmark	37.0%	40.4%	-3.4
8. Guatemala	36.3%	34.5%	1.8
9. Austria	35.6%	39.2%	-3.6
10. Mexico	35.6%	31.1%	4.5

Lowest 10 Well-Being Countries

	2014 thriving in 3+ elements	2013 thriving in 3+ elements	Percentage point difference
136. Ghana	5.6%	11.8%	-6.2
137. Haiti	5.3%	2.9%	2.4
138. Benin	4.8%	6.4%	-1.6
139. Ivory Coast	4.5%	11.4%	-6.9
140. Congo Kinshasa	4.1%	4.6%	-0.5
141. Tunisia	4.0%	10.8%	-6.8
142. Togo	3.9%	n/a	n/a
143. Cameroon	3.1%	7.1%	-4.0
144. Bhutan	3.0%	8.3%	-5.3
145. Afghanistan	0.0%	0.7%	-0.7

Source: Gallup-Healthways Global Well-Being Index, 2014

Country Well-Being Rankings: Overall & By Element

2014 Rank	Percent thriving in 3+ elements	Purpose	Social	Financial	Community	Physical
1. Panama	53.0	1	2	30	2	1
2. Costa Rica	47.6	2	3	50	10	2
3. Puerto Rico	45.8	3	1	37	8	4
4. Switzerland	39.4	21	42	3	5	27
5. Belize	38.9	8	9	73	3	3
6. Chile	38.7	4	5	49	27	9
7. Denmark	37.0	6	66	8	4	14
8. Guatemala	36.3	5	7	101	12	6
9. Austria	35.6	18	47	5	11	29
10. Mexico	35.6	9	12	67	24	20
11. Uruguay	35.5	10	4	61	51	5
12. Argentina	33.6	17	10	55	46	13
13. Colombia	33.4	7	13	93	38	8
14. Kyrgyzstan	33.4	34	11	46	18	25
15. Brazil	33.2	12	14	66	35	18
16. Norway	32.0	26	82	1	6	77
17. Netherlands	31.9	38	76	4	16	28
18. El Salvador	31.9	11	6	102	39	7
19. Turkmenistan	31.7	24	28	27	40	17
20. Myanmar	31.7	40	8	63	7	10
21. United Arab Emirates	30.8	52	52	24	9	15
22. Israel	30.7	46	65	12	56	12
23. United States	30.5	22	24	22	41	31
24. Canada	30.2	33	38	15	23	49
25. Luxembourg	30.2	25	36	7	36	96

2014 Rank	Percent thriving in 3+ elements	Purpose	Social	Financial	Community	Physical
26. Sweden	29.1	42	87	2	19	81
27. Saudi Arabia	28.5	44	39	42	13	16
28. Germany	28.0	36	105	6	14	57
29. New Zealand	27.9	32	69	14	25	50
30. Venezuela	27.7	28	25	58	60	24
31. Bahrain	27.6	41	34	39	17	22
32. Mauritania	27.3	15	26	91	48	11
33. Nicaragua	27.3	14	19	105	31	23
34. Dominican Republic	26.9	13	15	119	71	19
35. Honduras	26.4	16	29	106	34	21
36. Ireland	26.3	55	50	19	22	51
37. Finland	26.2	43	46	10	58	71
38. Bolivia	25.9	29	18	78	55	42
39. Ecuador	25.9	23	48	95	44	35
40. Australia	25.3	57	56	16	30	79
41. Malaysia	24.6	51	35	34	32	32
42. Malta	24.4	61	20	25	26	98
43. Philippines	24.1	19	22	96	20	53
44. United Kingdom	23.5	47	79	20	64	67
45. Kuwait	23.5	60	59	32	33	40
46. Sierra Leone	23.4	20	51	125	43	41
47. Russia	23.0	37	45	29	66	89
48. France	22.8	30	27	45	70	82
49. Northern Cyprus	22.6	112	32	35	29	36
50. Thailand	22.4	39	71	21	76	59

Color is based on percent thriving as indicated by the ranges in the legend. Since each element has its own unique distribution, a ranking in one element may not have the same color coding as the same ranking in another element.

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Country Well-Being Rankings: Overall & By Element

2014 Rank	Percent thriving in 3+ elements	Purpose	Social	Financial	Community	Physical
51. Namibia	21.7	27	33	120	68	26
52. Slovakia	21.4	72	64	28	80	78
53. Romania	20.8	82	17	76	69	75
54. Macedonia	20.6	78	23	54	112	34
55. Spain	20.6	50	43	36	74	44
56. Tanzania	20.2	45	75	126	50	47
57. Poland	20.1	68	41	26	95	54
58. Turkey	19.9	92	49	41	28	64
59. Taiwan	19.8	69	58	13	79	116
60. Sri Lanka	19.5	83	110	83	1	86
61. Kazakhstan	19.1	53	70	57	75	108
62. Sudan	19.0	80	55	108	81	55
63. Mauritius	18.9	64	93	44	49	74
64. Algeria	18.5	86	77	31	88	65
65. Albania	18.5	91	21	98	100	39
66. Portugal	18.3	58	68	74	53	88
67. Belgium	18.2	54	96	17	52	100
68. Mongolia	17.7	114	16	97	73	76
69. Bosnia and Herzegovina	17.5	63	44	65	131	85
70. India	17.1	79	95	92	65	38
71. Kenya	16.8	59	61	128	42	46
72. Czech Republic	16.8	84	83	33	96	106
73. Indonesia	16.7	93	57	43	63	101
74. Bulgaria	16.6	106	60	69	101	68
75. Hungary	16.5	76	81	56	107	72

2014 Rank	Percent thriving in 3+ elements	Purpose	Social	Financial	Community	Physical
76. Jamaica	16.4	49	30	115	82	58
77. Nepal	16.4	90	97	79	15	87
78. Paraguay	16.3	35	73	118	104	97
79. Estonia	16.2	81	63	47	84	115
80. Pakistan	16.0	97	124	60	47	43
81. Belarus	15.7	56	78	68	91	136
82. Cyprus	15.7	65	40	71	78	60
83. Tajikistan	15.6	108	54	94	85	45
84. Serbia	15.3	105	31	72	137	83
85. Italy	15.3	66	62	38	106	93
86. Slovenia	14.7	62	85	52	99	94
87. Congo Brazzaville	14.6	74	94	117	57	61
88. Latvia	14.3	75	106	70	77	132
89. Lebanon	14.1	104	107	40	103	63
90. Yemen	14.0	71	92	104	127	48
91. Peru	13.8	48	74	100	116	103
92. Japan	13.5	87	127	11	86	135
93. Vietnam	13.2	117	67	51	83	114
94. Montenegro	13.1	116	37	89	140	80
95. Iran	13.0	124	89	84	98	69
96. Kosovo	13.0	119	90	80	109	62
97. Singapore	12.7	111	123	9	72	137
98. Rwanda	12.4	94	130	138	89	30
99. Cambodia	12.4	101	86	85	21	139
100. Bangladesh	12.3	99	102	99	61	70

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Country Well-Being Rankings: Overall & By Element

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101. Jordan	12.2	109	88	62	119	66
102. Iraq	12.1	102	108	81	37	121
103. Lithuania	11.7	95	119	77	114	118
104. Croatia	11.5	122	114	48	141	133
105. Moldova	11.4	67	53	88	123	122
106. South Sudan	11.3	88	131	127	54	124
107. Ethiopia	11.2	123	122	114	110	33
108. Liberia	10.4	70	91	121	102	104
109. South Africa	10.4	103	98	107	90	119
110. Mali	10.4	107	115	133	87	56
111. Greece	10.3	134	84	113	117	52
112. Palestine	9.9	142	117	82	111	95
113. Niger	9.8	77	72	136	93	37
114. Botswana	9.8	120	118	64	105	109
115. Morocco	9.5	137	111	90	128	73
116. Guinea	9.4	89	132	144	59	92
117. South Korea	9.4	96	112	53	113	138
118. Burkina Faso	9.0	110	101	124	92	84
119. Azerbaijan	9.0	130	103	86	142	120
120. Hong Kong	8.6	140	134	23	108	140
121. Gabon	8.3	113	116	116	138	127
122. Angola	8.3	31	100	140	144	131
123. Malawi	8.2	121	136	18	67	126
124. Armenia	8.1	135	80	110	136	117
125. Zambia	7.9	100	113	130	124	99

2014 Rank	Percent thriving in 3+ elements	Purpose	Social	Financial	Community	Physical
126. Georgia	7.9	127	120	111	126	123
127. China	7.9	133	129	59	134	91
128. Ukraine	7.7	131	109	112	115	142
129. Egypt	7.7	141	121	87	130	111
130. Chad	7.7	73	133	134	62	102
131. Burundi	7.6	85	128	141	143	107
132. Senegal	6.8	138	99	132	129	90
133. Uganda	6.6	98	126	139	94	134
134. Madagascar	6.5	128	138	137	45	125
135. Zimbabwe	6.1	132	125	131	132	113
136. Ghana	5.6	118	140	123	122	129
137. Haiti	5.3	129	139	109	120	128
138. Benin	4.8	125	141	143	135	110
139. Ivory Coast	4.5	115	135	135	118	130
140. Congo Kinshasa	4.1	139	144	122	139	112
141. Tunisia	4.0	144	142	103	125	143
142. Togo	3.9	126	143	142	121	105
143. Cameroon	3.1	136	137	129	133	141
144. Bhutan	3.0	143	104	75	145	145
145. Afghanistan	0.0	145	145	145	97	144

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For More Information

<http://www.well-beingindex.com/2014-global-report>

Methodology

These data are based on an estimated 146,000 interviews with adults across 145 countries and areas, conducted Jan. 1, 2014, through Dec. 31, 2014. Gallup conducts telephone and face-to-face interviews with adults aged 15 and older for a resulting sample that projects to an estimated 95% of all adults globally. The Global Well-Being Index consists of 10 questions added to the Gallup World Poll as part of the Gallup-Healthways Global Well-Being Index. Each item is attached to an element of well-being: purpose, social, financial, community or physical. Response options for each of the 10 questions in the Global Well-Being Index are based on a five-point scale, ranging from strongly disagree (1) to strongly agree (5). Gallup compiles individual responses and categorizes respondents as thriving, struggling or suffering in each element.

Definitions

The Five Elements of Well-Being

- 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

Levels of Well-Being

- Thriving: Well-being that is strong and consistent in a particular element
- Struggling: Well-being that is moderate or inconsistent in a particular element
- Suffering: Well-being that is low and inconsistent in a particular element

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. 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 its customers, which include employers, integrated health systems, hospitals, physicians, health plan clients, communities and government entities. The company serves approximately 68 million people on four continents.