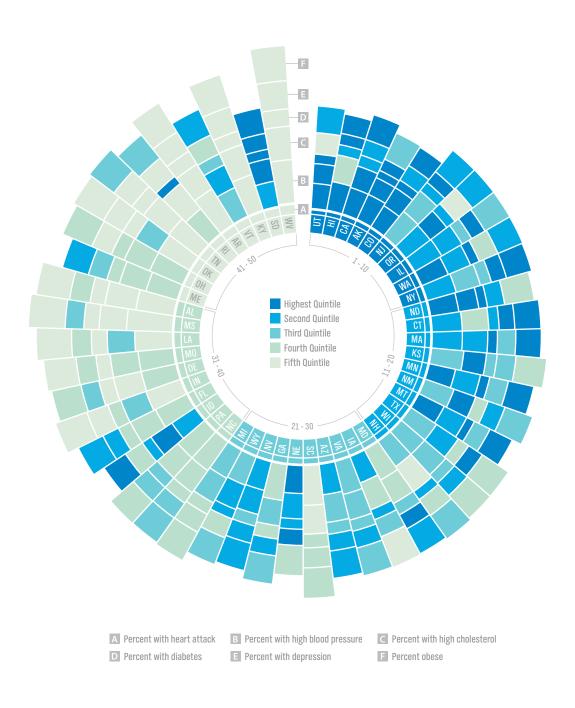


Self-Reported Incidence of Heart WELL-BEING Attack by State





Incidence of Heart Attack Analysis, 2014 and 1H2015

"Heart disease is preventable and usually even reversible for most people by making comprehensive lifestyle changes — eat well, stress less, move more, love more. My colleagues and I are collaborating with Healthways to help create a new paradigm of health care — lifestyle medicine — that empowers people to address and transform these underlying causes of heart disease. And the only side effects are good ones."

-Dr. Dean Ornish, President, Preventive Medicine Research Institute

"The Ornish Reversal
Program involves a
multidimensional approach
to cardiac disease —
taking patients beyond
physical health to deeper
enrichment in interpersonal
and social realms, to
reverse their cardiac
disease and improve their
overall well-being."

Bob Porter, Managing Director, The Ornish Program, Healthways This report, the seventh in a series, measures the incidence of heart attack across the country, comparing states as well as the relationship of heart attack to other key well-being items. Our research asks people whether they have had a heart attack in their lifetime.

As part of the Gallup-Healthways Well-Being Index®, chronic conditions such as heart attack, high blood pressure, high cholesterol, diabetes and depression have been measured on a daily basis since 2008. These items comprise a portion of physical well-being, which captures whether people have good health and enough energy to get things done each day. Physical is one of five elements of well-being, along with purpose, social, financial and community.

In 2014, the states with the lowest incidence of people who say they have had a heart attack are Utah, Hawaii, California, Alaska, Colorado and New Jersey — each with less than 3% incidence. On the other end of the spectrum, the states with the highest incidence of people who have had a history of heart attack include West Virginia, South Dakota, Kentucky, Vermont, Arkansas and Rhode Island — each with more than 6% incidence.

History of heart attack has a relationship to overall well-being, as well as several well-being items. Adults with a history of heart attack have substantially lower well-being, with a well-being score more than six points lower than those who have never had a heart attack. Additionally, those who have had a heart attack also have higher rates of obesity, are much more likely to currently or have had high blood pressure, are more likely to smoke, and are less likely to exercise. People with a history of heart attack are also less likely to like what they do each day, less active and productive every day, and twice as likely to have at least two days each month where poor health prevents normal activities.

In 2014, the percentage of adults reporting a history of heart attack was 3.9% nationwide. This has trended in a downward direction since 2008, when 4.5% of U.S. adults indicated history of heart attack.

History of

No History of

	Heart Attack	Heart Attack
Well-Being score	55.2	61.3
Fresh produce consumption ¹	59%	57%
Exercise ²	46%	52%
Obesity	35%	27%
High Blood Pressure	52%	23%
Smoking	22%	17%
Active and productive every day	54%	69%
Poor health keeps from usual activities ³	52%	25%
Like what you do every day	65%	77%
Learn or do something interesting daily	58%	65%
Enough money to do everything you want to do	30%	39%

These data show a comparison of people who have a history of heart attack to those who do not have a history of heart attack across key well-being items. All analyses control for age, gender, race/ethnicity, household income, education level, marital status, number of children in the household, and region of the country.

- ¹ Eating 5+ servings of produce 4+ days per week
- ² 30+ minutes of exercise 3+ days per week
- ³ Poor health keeps from usual activities 2+ days per month

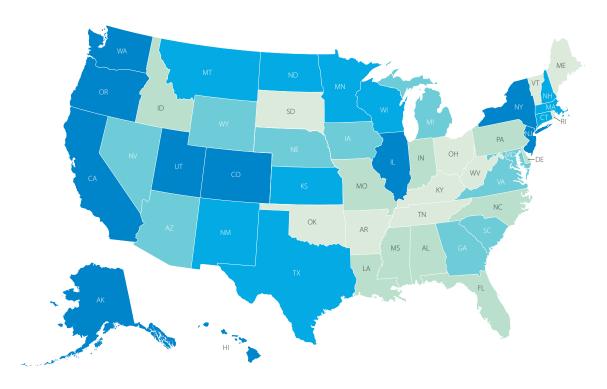
Methodology

These data are collected as part of the Gallup-Healthways Well-Being Index and are based on 176,702 total interviews across all 50 states, conducted from January 2nd to December 30th, 2014. Our item-level analysis on Page 2 includes additional interviews from the first half of 2015 and spans January 2nd, 2014 to June 30th, 2015, for a total sample size of 265,369. 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. 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.

State Rankings for Self-Reported Incidence of Heart Attack and Other Chronic Conditions, 2014*

Rank	Percent with Heart Attack	High Blood Pressure	High Cholesterol	Diabetes	Depression	Obesity	Rank		Percent with Heart Attack	High Blood Pressure	High Cholesterol	Diabetes	Depression	Obesity
1. Utah	2.4	2	3	8	42	11	26.	Nebraska	4.1	6	13	16	9	35
2. Hawaii	2.5	10	37	18	1	1	27.	Georgia	4.2	38	22	35	14	21
3. California	2.7	5	9	20	15	4	28.	Nevada	4.2	16	11	28	19	19
4. Alaska	2.8	3	1	1	2	24	29.	Wyoming	4.2	23	17	12	33	26
5. Colorado	2.9	1	6	4	12	2	30.	Michigan	4.2	28	25	33	37	40
6. New Jersey	3.0	26	27	19	3	16	31.	North Carolina	4.3	36	33	31	23	29
7. Oregon	3.2	18	5	15	43	12	32.	Pennsylvania	4.4	34	38	29	28	33
8. Illinois	3.3	20	15	21	5	25	33.	Idaho	4.4	13	10	14	38	6
9. Washington	3.3	9	18	6	34	13	34.	Florida	4.5	35	40	34	18	15
10. New York	3.4	15	23	24	6	8	35.	Indiana	4.6	41	30	38	47	43
11. North Dakota	3.5	7	4	3	16	32	36.	Delaware	4.8	37	42	43	25	31
12. Connecticut	3.5	14	35	13	4	10	37.	Missouri	4.8	39	36	42	35	41
13. Massachusetts	3.5	17	20	7	24	5	38.	Louisiana	5.0	44	24	49	36	48
14. Kansas	3.5	27	8	22	26	37	39.	Mississippi	5.2	50	44	48	29	50
15. Minnesota	3.6	4	16	10	30	9	40.	Alabama	5.3	46	47	47	39	45
16. New Mexico	3.8	21	7	37	20	28	41.	Maine	5.4	31	32	36	27	14
17. Montana	3.8	8	14	2	21	3	42.	Ohio	5.5	40	39	39	41	39
18. Texas	3.8	22	19	32	10	38	43.	Oklahoma	5.5	42	21	44	46	46
19. Wisconsin	3.9	25	26	23	13	36	44.	Tennessee	5.8	43	48	46	44	30
20. New Hampshire	3.9	24	43	11	31	22	45.	Rhode Island	6.0	33	49	5	48	27
21. Maryland	3.9	32	31	30	8	18	46.	Arkansas	6.2	48	45	45	45	47
22. lowa	3.9	11	34	17	22	42	47.	Vermont	6.3	29	12	26	40	20
23. Virginia	3.9	30	28	25	17	23	48.	Kentucky	6.4	47	46	41	49	44
24. Arizona	4.0	19	29	27	11	17	49.	South Dakota	6.4	12	2	9	7	7
25. South Carolina	4.0	45	41	40	32	34	50.	West Virginia	7.7	49	50	50	50	49
Highest Quintile 2 nd Quintile 3 rd Quintile 4 th Quintile 5 th Quintile *All rankings are based on lifetime occurrence of chronic conditions, with the exception of obesity ranking which is based on current rates														

State Rankings for Incidence of Heart Attack, 2014



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

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.