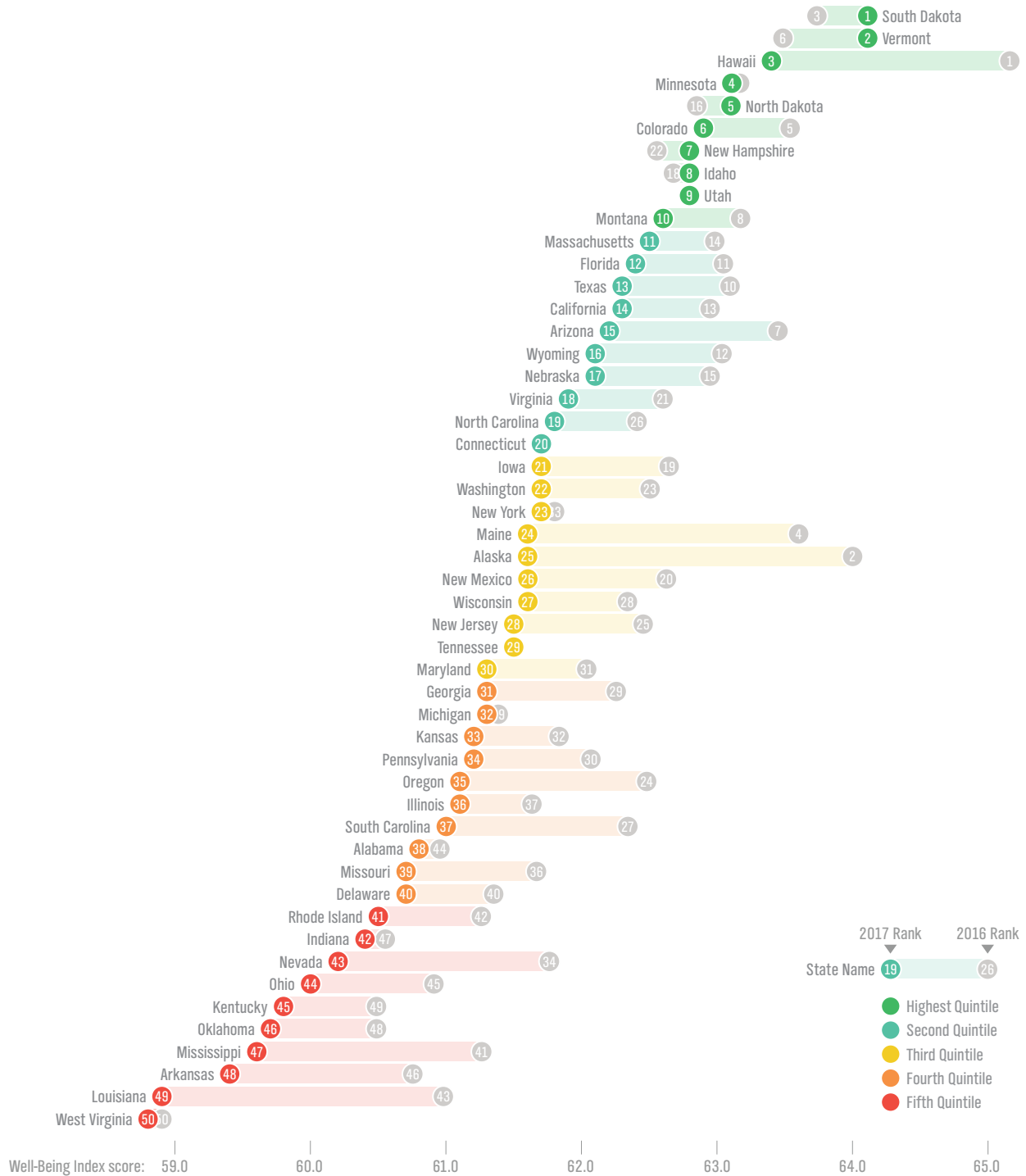


STATE OF AMERICAN WELL-BEING

2017 STATE WELL-BEING RANKINGS



Well-Being Across the U.S.

The Gallup-Sharecare Well-Being Index, which includes more than 2.5 million surveys, captures how people feel about and experience their daily lives. As part of the Gallup-Sharecare *State of American Well-Being series*, this report examines well-being across the nation, including how well-being varies by state and which states lead and lag across the five elements of well-being. The five elements are:

- **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

The stark difference in our country's well-being today versus just a year ago underscores the need to understand, assess and nurture the health of our populations comprehensively and continuously. Regardless of your role in the community – be it an employer, civic leader, private citizen or any combination thereof – investing in the well-being of others is critical, now more than ever.

– Jeff Arnold,
CEO and Founder,
Sharecare

Overall, 2017 was a challenging year for Americans' well-being. The national Well-Being Index score for the U.S. in 2017 was 61.5 – a decline from 62.1 in 2016. This overall drop was characterized by declines in 21 states, easily the largest year-over-year decline in the 10-year history of the Well-Being Index. Not a single state showed statistically significant improvement compared to the previous year, which is also unprecedented in Well-Being Index measurement.

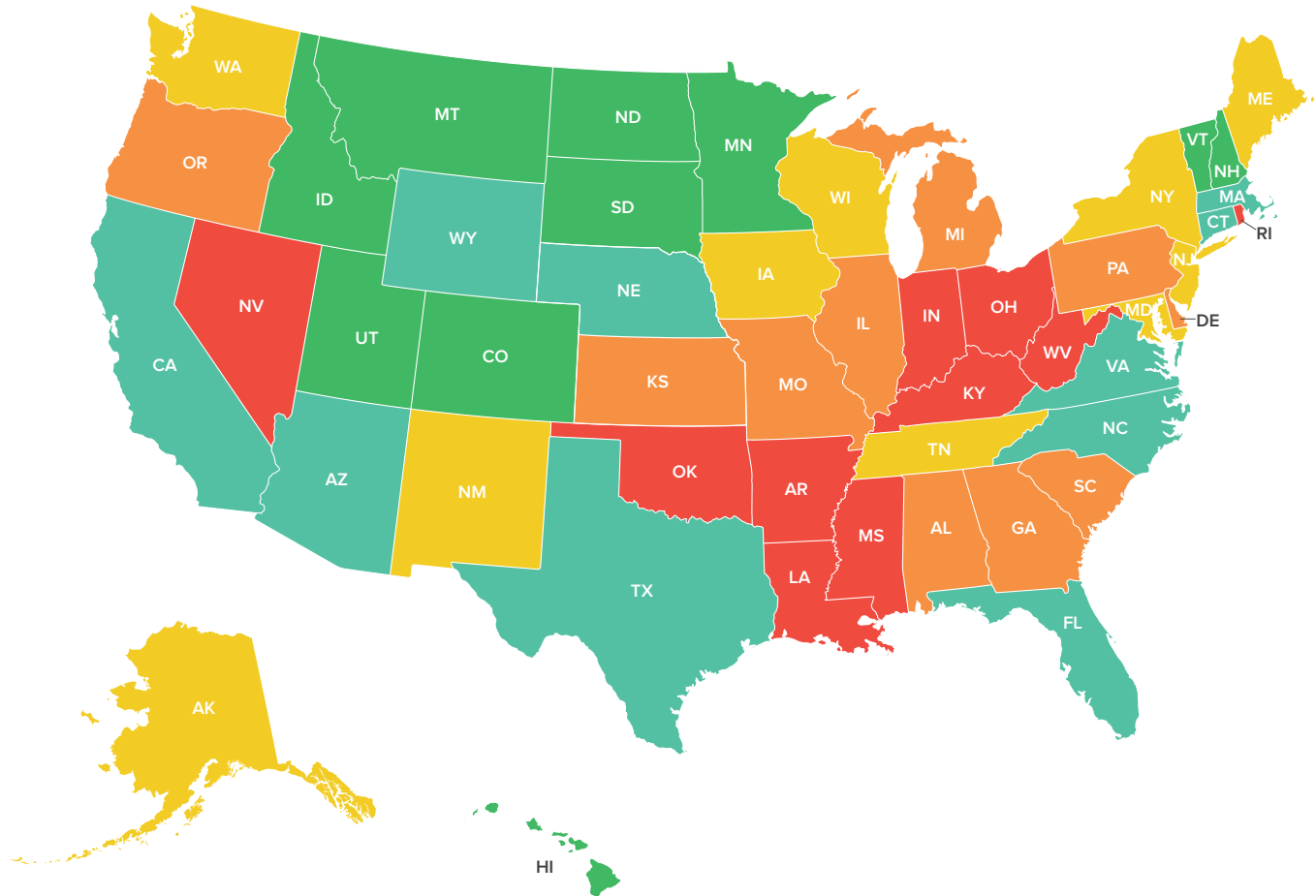
In the state rankings, South Dakota and Vermont, followed by Hawaii, were the highest well-being states in 2017. South Dakota has ranked among the highest six states every year since 2013 and Vermont, which had the sixth highest well-being in 2016, shares the highest well-being score (64.1) in 2017. Neither state had scored at the top of the well-being state rankings before. Hawaii, which along with Colorado holds the distinction of ranking in the top 10 highest well-being states each year since 2008, ranked just below South Dakota and Vermont in 2017 with a score of 63.4. In 2016, Hawaii was ranked in first place with a 65.2 well-being score.

Residents of West Virginia reported the lowest levels of well-being in 2017 for the ninth consecutive year with a well-being score of 58.8. Louisiana fell to its lowest rank ever, recording a score of 58.9, just above West Virginia.

Well-Being Scores in U.S. States, 2017

Highest Well-Being States		Lowest Well-Being States	
1. South Dakota	64.10	41. Rhode Island	60.48
2. Vermont	64.09	42. Indiana	60.39
3. Hawaii	63.39	43. Nevada	60.18
4. Minnesota	63.12	44. Ohio	60.03
5. North Dakota	63.06	45. Kentucky	59.85
6. Colorado	62.87	46. Oklahoma	59.66
7. New Hampshire	62.80	47. Mississippi	59.59
8. Idaho	62.79	48. Arkansas	59.36
9. Utah	62.75	49. Louisiana	58.93
10. Montana	62.56	50. West Virginia	58.80

2017 State Well-Being Rankings



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

Well-Being Across the U.S.

Bending the curve of well-being at a population level can seem overwhelming in a year when national measures declined at their highest rates in ten years. The data tells us what we've suspected all along – that well-being goes beyond the individual and is impacted by outside forces. Innovative community leaders recognize this and are shifting their focus towards emerging population health models that take a long-term view to well-being. We can make a difference by addressing environmental forces, social determinants and root causes that influence our well-being and relationships.

– **Michael Acker**
 General Manager,
 Blue Zones Project
 Senior Vice President,
 Sharecare

Strengths and Weaknesses of Highest and Lowest Ranking States

South Dakota was buoyed by its top rank in purpose well-being and was also in the top five for financial and community well-being in 2017. For their part, residents of Vermont scored the highest community and physical well-being scores in the nation and also ranked in the top four states for social and financial well-being. Meanwhile, after sitting atop the financial, community and physical well-being rankings in 2016, Hawaii was in the top four states for purpose, social and community well-being in 2017.

West Virginia residents continue to be held down by a low financial well-being score and have the lowest well-being in the nation for physical well-being for the ninth consecutive year. Residents of Louisiana score lowest for community well-being and second to last for financial well-being.

States With Highest and Lowest Well-Being Scores in Each Element, 2017

	Top	Bottom	
Purpose	<ul style="list-style-type: none"> • South Dakota • Texas • Hawaii • Florida • North Dakota 	<ul style="list-style-type: none"> • Arkansas • Massachusetts • Kentucky • Oregon • Rhode Island 	
Social	<ul style="list-style-type: none"> • Florida • Vermont • Hawaii • New Hampshire • Arizona 	<ul style="list-style-type: none"> • Iowa • Kansas • Oklahoma • Arkansas • Rhode Island 	
Financial	<ul style="list-style-type: none"> • North Dakota • South Dakota • Minnesota • Vermont • Alaska 	<ul style="list-style-type: none"> • Arkansas • Oklahoma • West Virginia • Louisiana • Mississippi 	
Community	<ul style="list-style-type: none"> • Vermont • Idaho • South Dakota • Hawaii • Utah 	<ul style="list-style-type: none"> • Delaware • New Mexico • Illinois • Nevada • Louisiana 	
Physical	<ul style="list-style-type: none"> • Vermont • Colorado • California • Massachusetts • Connecticut 	<ul style="list-style-type: none"> • Mississippi • Oklahoma • Kentucky • Arkansas • West Virginia 	

States that Declined in 2017

The states that suffered declines in 2017 occurred primarily in the West and South and included states that have been both historically high in well-being (such as Hawaii and Alaska) and low in well-being (such as Mississippi, Louisiana and Ohio). By region, the declining states were:

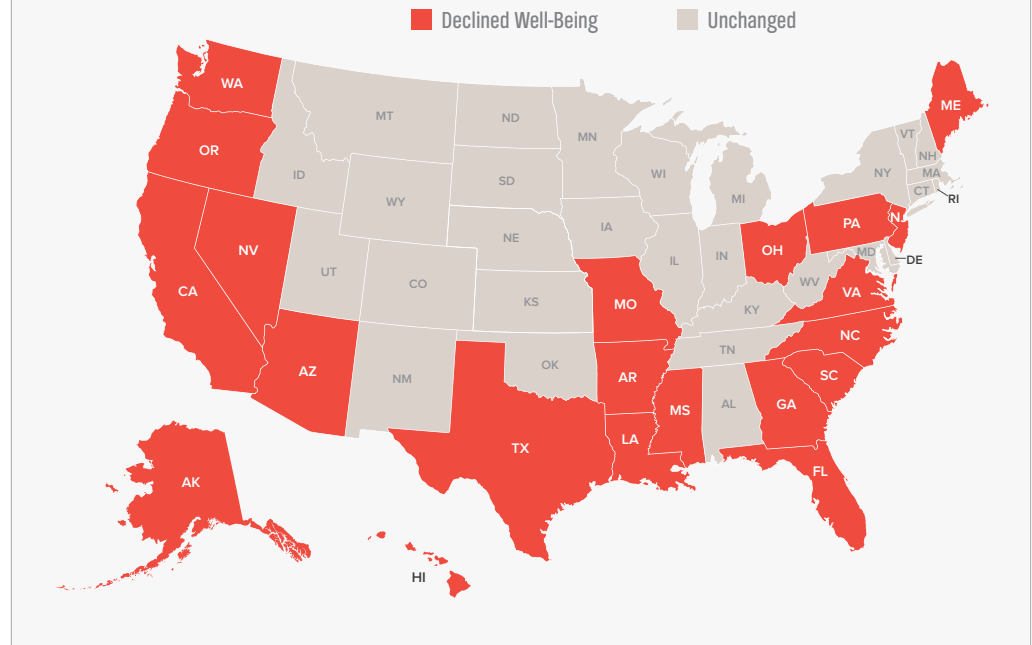
West: Alaska, Hawaii, Nevada, Oregon, Arizona, Washington, California

South: Louisiana, Mississippi, Arkansas, South Carolina, Georgia, Texas, North Carolina, Florida

East: Maine, New Jersey, Pennsylvania, Virginia

Midwest: Missouri, Ohio

The well-being scores of the remaining 29 states did not statistically decline from 2016 to 2017.
*no states saw statistically significant improvements.



Many of the states showing declines in well-being scores in 2017 worsened on the same set of metrics. These common characteristics include:

- An increase in worry on any given day
- A sharp uptick in reporting “little interest or pleasure in doing things”
- An increase in clinical diagnoses of depression
- Elevated reports of daily physical pain
- A decline in perceiving “positive energy” from friends and family members
- A reduction in having “someone who encourages you to be healthy”
- A drop in reports of liking “what you do each day”
- A decrease in those who have a leader in their lives who make them “enthusiastic about the future”
- A decline in the percentage of respondents who report that they are reaching their goals
- Satisfaction with standard of living (compared to peers)

Best Practices for Well-Being Improvement

With the constant pressure people face in all aspects of their lives today, depression is at an all-time high in this country. In Colorado, we are working to reverse this trend and support our community in making lifestyle changes by tackling conditions like depression, heart disease and other chronic conditions with Ornish Lifestyle Medicine. It is wonderful to have a turnkey well-being program for patients with heart disease that addresses not only heart disease, but also mental health and mindfulness, physical activity, healthy cardiac nutrition and group support.

– **Dr. Andrew M. Freeman,**
FACC, FACP

Director, Cardiovascular
Wellness & Prevention

Medical Director,
Ornish Lifestyle Medicine
National Jewish Health

Below are best practices for employers, state and community leaders, health systems, hospitals and all population health stakeholders as they implement well-being improvement programs. Best-in-class programs include interventions, infrastructure investments that encourage healthier choices, cultural change that promotes and celebrates well-being, and measurement to gauge progress.

Engage Individuals and Promote Sustained Lifestyle Changes—Strategies to improve well-being across populations start with the individual. A holistic, ultra-personal approach that goes beyond physical health to encompass purpose, social, financial and community factors helps identify and mitigate the underlying root causes of poor health.

By delivering a dynamic user experience that includes high touch (live coaching) and high tech (self-directed digital coaching), and serves up appropriate content (from disease management through lifestyle management), individuals can better manage their health. This dynamic approach moves healthcare from episodic to everyday, helping to educate and activate people to live their healthiest lives.

Foster a Culture of Well-Being—Creating a workforce strengthened by well-being begins with leadership engagement, employee well-being measurement and an internal analysis of current well-being initiatives, barriers and needs. The process incorporates all functional tenets of the organization: leadership, values and rituals, human capital, structure, and performance.

Organizations need to think about work experience from the employee point of view and consider how policies, structures and workplace culture affect employee well-being. To that point, managers play a vital role in both employee engagement and well-being. Gallup research shows [managers influence 70% of their team's engagement](#), and [engaged workers are 28% more likely to participate in a wellness program](#). Companies who provide manager training to promote well-being within their teams accelerate the culture of well-being. Companies who cultivate a culture of well-being ultimately gain a competitive advantage through better employee performance, lower turnover, reduced absenteeism, and a higher sense of individual and shared purpose.

Create an Active Living Environment; Make the Healthy Choice the Easy Choice—Communities that invest in active living, including bike paths, parks, walkability and public transit, have residents with better health and well-being outcomes. Gallup-Sharecare research shows that [residents in high active living communities](#) have significantly lower rates of smoking, obesity, diabetes, high blood pressure, high cholesterol and depression; and significantly higher rates of exercise, healthy eating, fresh produce consumption and physical thriving.

Many communities are beginning to make healthy choices easier, encouraging people to move naturally and develop strong social networks by designing streets for all users, creating new transportation and land use policies, and utilizing mixed-use housing development. Cooperation from local schools, worksites, restaurants, grocery stores, faith-based organizations, and city government helps ensure that environmental changes have lasting, community-wide impact, improving residents' health and well-being.

Measure, Benchmark, and Identify Opportunities—Measurement is the foundation of any well-being program. Leaders benchmark their populations, understand gaps and opportunities, and prioritize interventions. In short, measurement informs the overall strategy and quantifies the efficacy of well-being programs and their return on investment.

2017 State Well-Being Rankings

2017 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
1.	South Dakota	64.1	1	29	2	3	7
2.	Vermont	64.1	30	2	4	1	1
3.	Hawaii	63.4	3	3	10	4	9
4.	Minnesota	63.1	23	15	3	7	8
5.	North Dakota	63.1	5	7	1	16	29
6.	Colorado	62.9	25	24	13	14	2
7.	New Hampshire	62.8	16	4	11	8	6
8.	Idaho	62.8	19	45	17	2	17
9.	Utah	62.8	12	9	7	5	24
10.	Montana	62.6	22	33	18	6	13
11.	Massachusetts	62.5	47	8	9	13	4
12.	Florida	62.4	4	1	31	17	14
13.	Texas	62.3	2	11	32	18	22
14.	California	62.3	13	12	28	27	3
15.	Arizona	62.2	6	5	34	23	18
16.	Wyoming	62.1	17	38	23	10	28
17.	Nebraska	62.1	21	40	14	11	23
18.	Virginia	61.9	20	19	15	30	15
19.	North Carolina	61.8	7	6	35	19	35
20.	Connecticut	61.7	33	14	8	43	5
21.	Iowa	61.7	35	46	6	12	38
22.	Washington	61.7	41	30	21	24	16
23.	New York	61.7	29	18	26	29	10
24.	Maine	61.6	43	27	39	9	26
25.	Alaska	61.6	45	28	5	36	20
26.	New Mexico	61.6	9	13	33	47	12
27.	Wisconsin	61.6	36	44	12	20	30
28.	New Jersey	61.5	34	22	27	35	11
29.	Tennessee	61.5	10	21	29	15	40
30.	Maryland	61.3	32	20	22	44	19

2017 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
31.	Georgia	61.3	15	17	43	32	36
32.	Michigan	61.3	28	25	19	28	37
33.	Kansas	61.2	42	47	20	26	32
34.	Pennsylvania	61.2	31	16	24	34	33
35.	Oregon	61.1	49	34	42	22	25
36.	Illinois	61.1	26	23	16	48	27
37.	South Carolina	61.0	14	10	44	25	41
38.	Alabama	60.8	8	26	45	21	44
39.	Missouri	60.7	38	36	25	37	39
40.	Delaware	60.7	11	31	41	46	31
41.	Rhode Island	60.5	50	50	36	39	21
42.	Indiana	60.4	37	35	30	41	42
43.	Nevada	60.2	39	43	40	49	34
44.	Ohio	60.0	44	41	38	42	43
45.	Kentucky	59.8	48	32	37	33	48
46.	Oklahoma	59.7	18	48	47	38	47
47.	Mississippi	59.6	24	39	50	40	46
48.	Arkansas	59.4	46	49	46	31	49
49.	Louisiana	58.9	27	42	49	50	45
50.	West Virginia	58.8	40	37	48	45	50

- Highest Quintile (1 - 10)
- 2nd Quintile (11 - 20)
- 3rd Quintile (21 - 30)
- 4th Quintile (31 - 40)
- 5th Quintile (41 - 50)

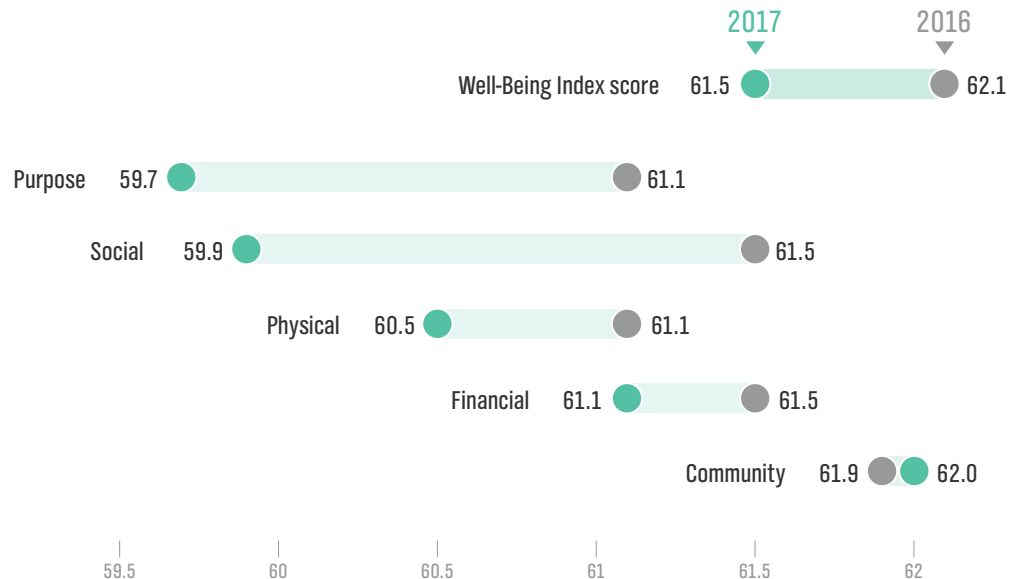
Purpose: Liking what you do each day and being motivated to achieve your goals
 Social: Having supportive relationships and love in your life
 Financial: Managing your economic life to reduce stress and increase security
 Community: Liking where you live, feeling safe and having pride in your community
 Physical: Having good health and enough energy to get things done daily

Some states may have identical Well-Being Index scores due to rounding.

National Well-Being Trends

With the exception of community well-being, all of the national well-being elements suffered declines in 2017. These declines came despite improvement in key economic metrics, including unemployment, perceptions of standard of living, confidence in the economy and optimism about spending.

Change in Score, 2016 – 2017



Two key elements of well-being – social and purpose – declined particularly sharply. In the case of social well-being, fewer Americans agree that their friends and family provide them with positive energy every day and that someone in their life always encourages them to be healthy. As for purpose well-being, fewer agree that they like what they do each day and that there is a leader in their life who makes them feel enthusiastic about the future.

Other mental health metrics such as clinical diagnosis of depression, suffering from little interest or pleasure in doing things and significant daily worry all had noteworthy increases in 2017.

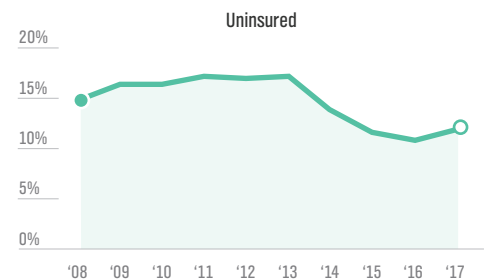
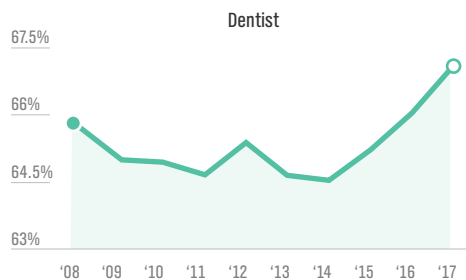
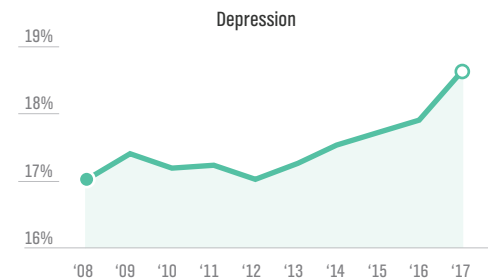
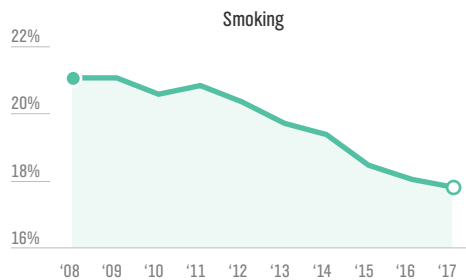
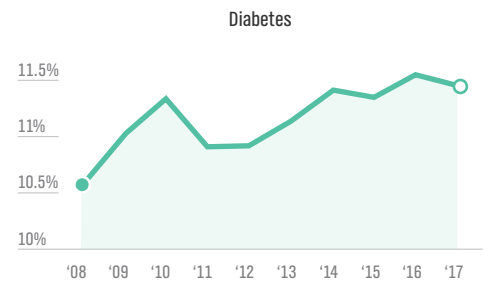
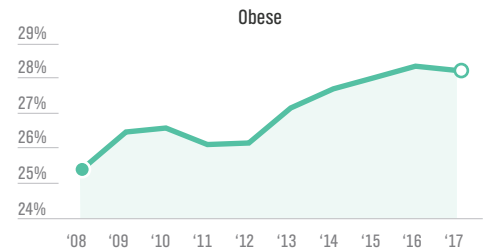
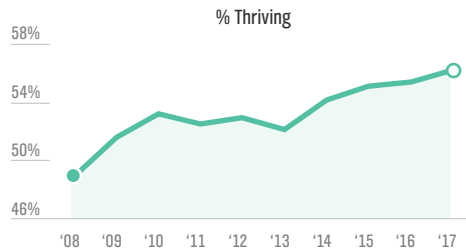
Yet, not all the news was bad. Traditional metrics of physical health, such as exercise (30+ minutes at least three days each week) and smoking, continued to improve, reaching their highest levels in 10 years of Well-Being Index measurement. General Life Evaluation, which is tracked in the Well-Being Index and classifies Americans’ ratings of their current and future lives as “thriving,” “struggling,” or “suffering,” has also continued a steady four-year trend of upward movement. This measure has surpassed 56% “thriving” for the first time. And dental visits, a key behavior associated with well-being, also reached its highest level with 67.1% of Americans reporting that they visited the dentist in the last 12 months.

Commonalities in State Well-Being Scores

As in prior years, well-being in the U.S. shows regional patterns. The Northern Plains and Mountain West are higher well-being areas, along with some western states (including Hawaii) and pockets of the Northeast and Atlantic. The lowest well-being states are usually found in the South and up through the industrial Midwest.

Major National Trends In Key Metrics

	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Thriving	48.9%	51.6%	53.2%	52.5%	53.0%	52.2%	54.1%	55.1%	55.4%	56.3%
Exercise 30+ minutes 3+ days in last week	51.4%	49.6%	51.1%	51.2%	52.7%	51.6%	51.9%	52.7%	53.4%	55.0%
Smoking	21.1%	21.0%	20.6%	20.8%	20.3%	19.7%	19.4%	18.5%	18.0%	17.8%
Visited a dentist in the last 12 months	65.7%	65.0%	64.9%	64.7%	65.4%	64.7%	64.6%	65.2%	66.0%	67.1%
Obese	25.5%	26.5%	26.6%	26.1%	26.2%	27.1%	27.7%	28.0%	28.4%	28.2%
Diabetes	10.6%	11.0%	11.3%	10.9%	10.9%	11.1%	11.4%	11.4%	11.6%	11.4%
Depression	17.1%	17.4%	17.2%	17.2%	17.0%	17.3%	17.5%	17.7%	17.8%	18.6%
Little interest in doing things: nearly daily	-	-	-	-	-	15.6%	10.5%	9.7%	9.5%	10.3%
Little interest in doing things: not at all	-	-	-	-	-	42.4%	64.3%	65.3%	66.2%	59.1%
Have a personal doctor	80.8%	80.5%	80.4%	78.6%	78.3%	77.2%	78.3%	78.6%	79.1%	77.2%
Uninsured	14.8%	16.2%	16.4%	17.1%	16.9%	17.3%	13.8%	11.7%	10.8%	11.8%



STATE OF AMERICAN WELL-BEING

2017 STATE WELL-BEING RANKINGS

Methodology

Results are based on telephone interviews conducted January 2-December 30, 2017, as a part of the Gallup-Sharecare Well-Being Index, with a random sample of 160,498 adults, aged 18 and older, living in all 50 U.S. states and the District of Columbia. For results based on the total sample of national adults, the margin of sampling error for the Well-Being Index score is ± 0.15 points at the 95% confidence level. The margin of sampling error for most states is about ± 0.6 points, although this increases to about ± 1.6 points for the smallest population states such as North Dakota, Wyoming, Hawaii and Delaware. All reported margins of sampling error include computed design effects due to weighting.

Statistical change testing is based at the 90% ($p < .10$) confidence level and includes design effect for more conservative results that incorporate the imperfectness of the randomness of the state samples.

Each sample of national adults includes a minimum quota of 70% cellphone respondents and 30% landline respondents, with additional minimum quotas by time zone within region. Landline and cellular telephone numbers are selected using random-digit-dial methods.

About the Gallup-Sharecare Well-Being Index™

The Gallup-Sharecare Well-Being Index is an ongoing measurement of well-being, with more than 2.5 million surveys fielded to date. The partnership between Gallup and Sharecare merges decades of clinical research, health care leadership and behavioral economics expertise to track and understand the key factors that drive greater well-being for individuals and populations. Gallup and Sharecare aim to create a healthier world through knowledge, information and action informed by the data and insights gathered.

The Well-Being Index is calculated on a scale of 0 to 100, where 0 represents the lowest possible well-being and 100 represents the highest possible well-being. Through ongoing nationally representative surveys, the Well-Being Index creates a composite picture of health and well-being within the U.S. To learn more, visit www.well-beingindex.com.

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