

Measures of Well-Being Gallup-Healthways Well-Being Index

Every day, except for major holidays, the Gallup-Healthways Well-Being Index surveys at least 1,000 people. They use scientific research methods to measure well-being in Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access.

<http://www.well-beingindex.com/monthlyWBReport.asp>

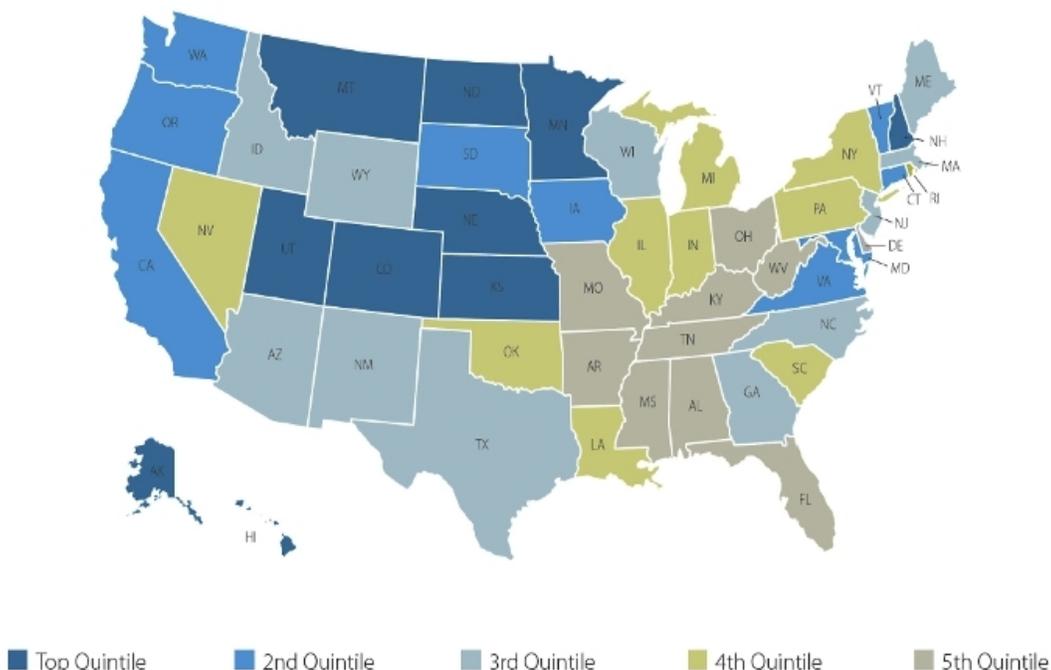
While the data shows that Tennessee ranks low on measures of well-being, it shows that the Metropolitan Statistical Area that includes Davidson County and the 5th Congressional District of Tennessee both rank more favorably, when compared with other areas of the state and the nation.

State Rankings

The 2011 *State of Well-Being-Tennessee* reported that among all states, Tennessee is in the 5th (bottom) quintile (41st out of 50 states) in terms of overall well-being. The map below shows the rankings by state, with Hawaii the highest and West Virginia the lowest. (Each quintile is 1/5 of the total or 20%.)

State Composite Map

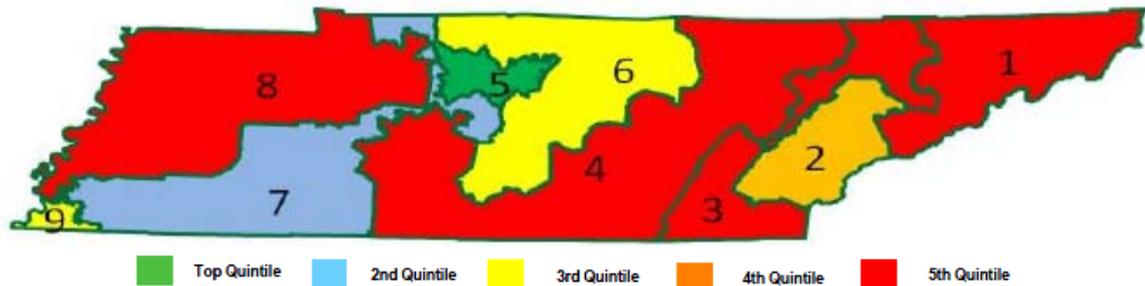
Rankings from data collected January 2, 2011 – December 29, 2011



Tennessee Area Rankings

Although Tennessee ranked 41st out of 50 states, there was a wide variation in different parts of the state. The report compared the urban areas in Tennessee (Nashville-Davidson County-Murfreesboro-Franklin Metropolitan Statistical Area, Memphis, Knoxville, Clarksville, Chattanooga and Kingsport-Bristol), which shows that Nashville-Davidson County-Murfreesboro-Franklin MSA ranks considerably higher than the other urban areas in the state on overall ranking as well as on most specific indicators. Out of 190 ranked, the Nashville-Davidson County-Murfreesboro-Franklin Metropolitan Statistical Area ranked 48 nationwide, compared to 92 for Memphis, 140 for Knoxville, 172 for Clarksville, 174 for Chattanooga and 188 for Kingsport-Bristol).

Gallup-Healthways also analyzed data by Congressional Districts, and the map below compares the Congressional Districts in Tennessee. Across Tennessee, the 5th Congressional District, which includes Davidson County as well as parts of adjacent counties, ranks in top quintile among 436 Congressional Districts in 2011.



Daily Pulse – A Snapshot in Time

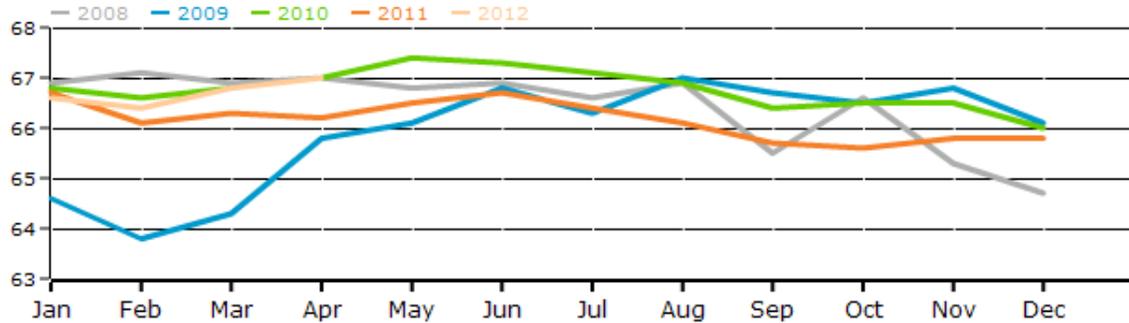
The Gallup-Healthways Well-Being Index includes a regular point-in-time snapshot of the factors in the well-being index for the United States, showing the trends from the previous month.

The U.S. Well-Being Index		
As of 05/01/2012	Score	Chg./vs. LM
Well-Being Index	67.0	+0.2 ▲
Life Evaluation	50.4	+0.5 ▲
Emotional Health	79.9	+0.5 ▲
Physical Health	76.8	+0.1 ▲
Healthy Behaviors	64.9	+0.4 ▲
Work Environment	47.5	-1.0 ▼
Basic Access	82.6	+0.6 ▲

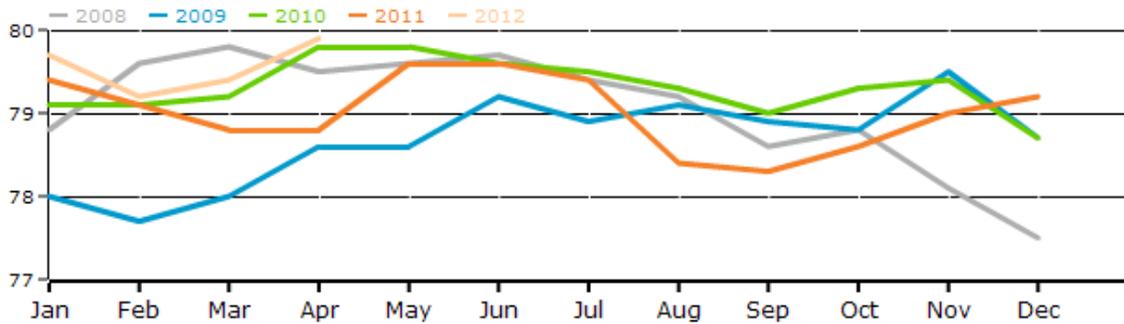
This snapshot of May 1, 2012, shows improvements in each index except for a decrease in Work Environment.

Monthly Rankings of Well-Being

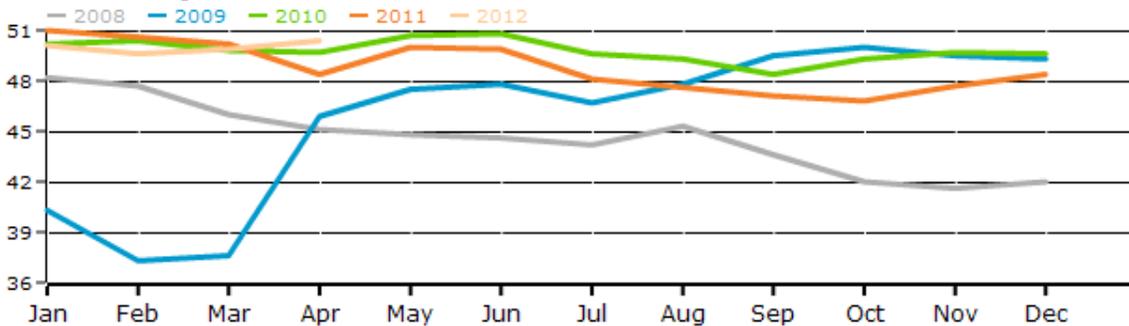
Gallup-Healthways also provides monthly reports with a longitudinal comparison beginning in 2008. The Overall distribution incorporates all six indices, as shown in the Overall Well-Being Index below. The overall ranking for April 2012 (most recent data on the chart) is higher than other months during the past three years, except for a few summer months in 2010.



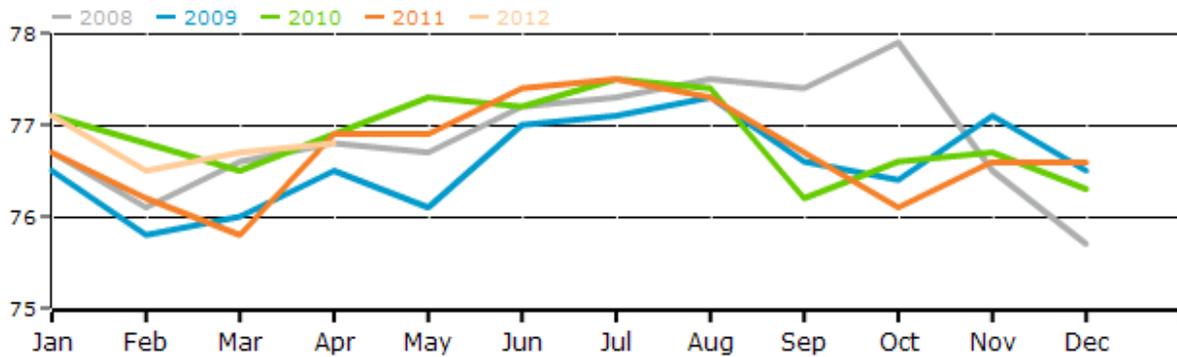
While there are some similarities in the patterns each year across multiple indices, more variation is shown by individual index. The Emotional Health chart below is among those that show low measurements near the end of the Great Recession, particularly the latter part of 2008 through mid-2009.



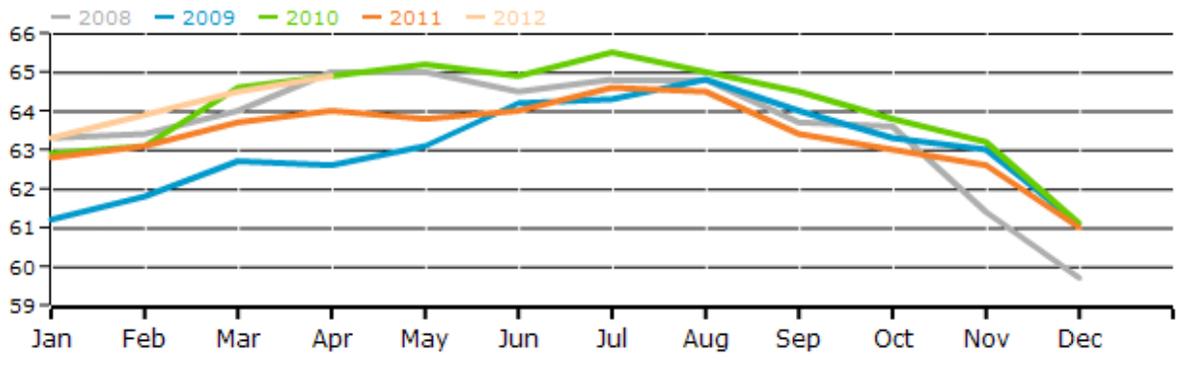
Life Evaluation (how Americans rate their current lives and anticipated future life situations) has been higher in 2012 than for all of 2008, 2009, and most of 2010 and 2011. It also reflects lower measurements during the recession.



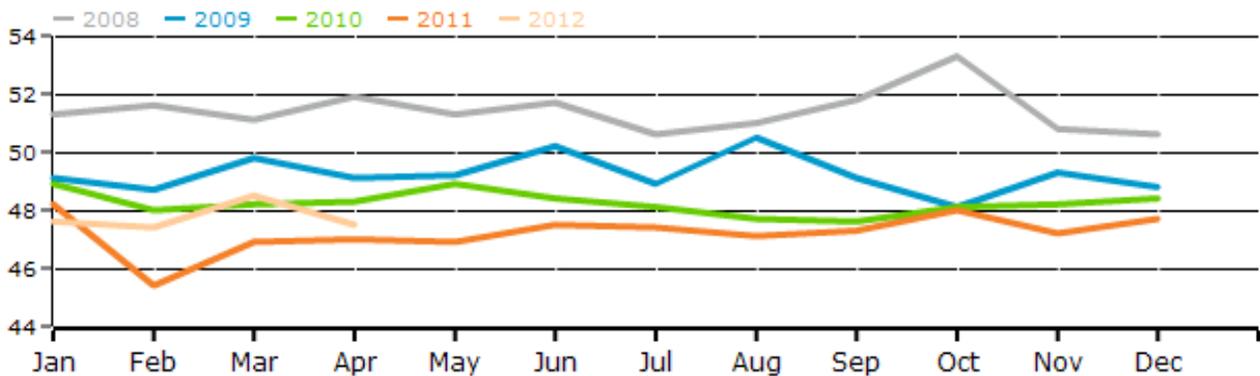
Regardless of the annual patterns for Physical Health, for most years, there are lower rankings near the end of the calendar year.



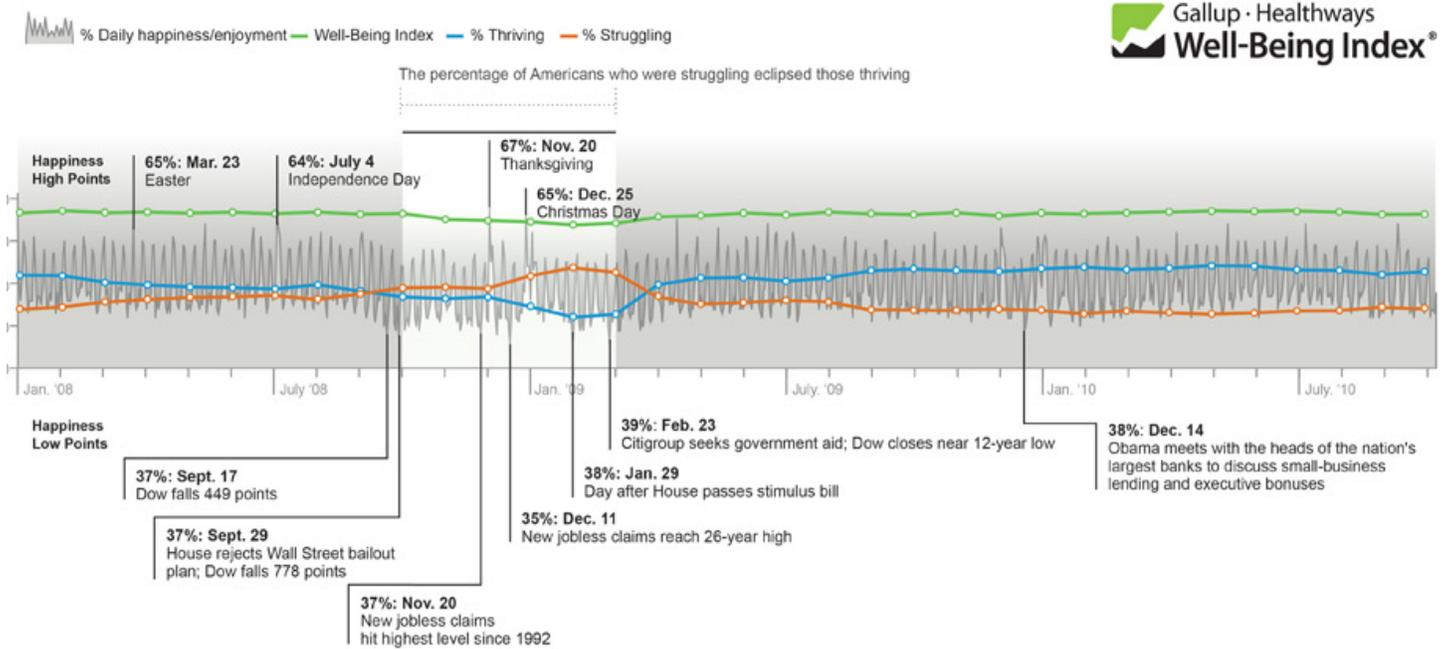
Similar to the pattern in Physical Health, Healthy Behaviors (lifestyle habits) show elevated rankings during the spring-summer with the lowest ranking at the end of the calendar year, for all years measured.



Work Environment (work satisfaction and other factors) has been lower in 2011 and 2012, compared to 2008 and 2009.



Beginning in January 2008, Gallup completed its one-millionth survey on October 23, 2010. The chart shows specific events related to the Great Recession (December 2007 through June 2009).



For additional information:

<http://www.well-beingindex.com/findings.asp>

Measuring Well-Being in the United States:

[http://www.well-beingindex.com/files/Measuring%20Well-Being%20in%20the%20US Harter&Gurley Sept%202008.pdf](http://www.well-beingindex.com/files/Measuring%20Well-Being%20in%20the%20US%20Harter&Gurley%20Sept%202008.pdf)

Methodology/Index: <http://well-beingindex.com/files/Gallup-Healthways%20Index%20Methodology%20Report%20FINAL%2003-25-08.pdf>

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Metropolitan Social Services – Planning & Coordination
<http://www.nashville.gov/sservices/planningcoordination/index.asp>