

STATE OF MISSOURI WELL-BEING

2013 STATE, COMMUNITY, AND CONGRESSIONAL DISTRICT ANALYSIS



Gallup & Healthways: Working Together to Improve the Health of Populations and Individuals

The Gallup-Healthways Well-Being Index® is the preeminent source for well-being data in the United States and globally. A definitive measure and empirical database of real-time changes in well-being throughout the world, the Well-Being Index provides insights needed to improve health, increase productivity, and lower healthcare costs within any community.

The analysis contained in this individual state report contains six years of longitudinal data on Americans' perceptions of their well-being within this state. It includes topics such as physical and emotional health, healthy behaviors, work environment, social and community factors, financial security, and access to necessities such as food, shelter, and healthcare. The report includes analyses of these topics and provides a composite well-being rank and score for each community.

Business, healthcare, community, and government leaders leverage Well-Being Index data on the factors proven to impact well-being to inform and prioritize tangible policies to help their populations thrive and grow. It is an invaluable source of benchmark and comparability data by industry, occupation, city, state, and country. As communities and organizations increasingly put

well-being on their dashboards as a crucial business metric, the Well-Being Index can confirm that investments in health and quality of life can be measurably improved and have substantive impact on both improving performance and reducing costs.

With more than 2 million surveys completed, the Well-Being Index is the world's largest dataset on well-being, and it has garnered significant national and international recognition. Over the next decades, Gallup and Healthways will continue to survey millions of individuals around the globe, advancing the science of well-being and providing timely and in-depth information to leaders who are trying to solve some of the most pressing healthcare challenges of our time.

For more information on Gallup and Healthways ongoing well-being research, please visit www.well-beingindex.com.

To access the full report, the State of American Well-Being: 2013 State, Community, and Congressional District Analysis, please visit <http://info.healthways.com/wbi2013>.



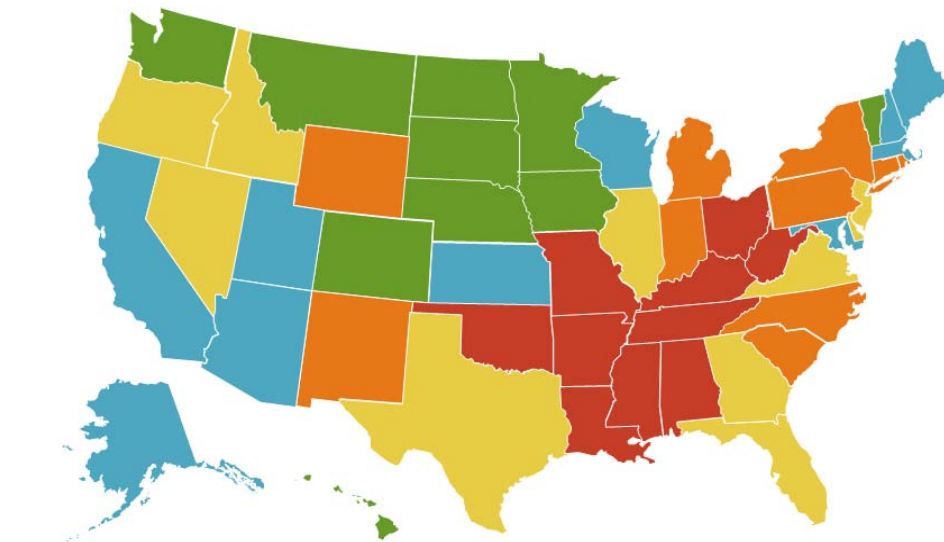
STATE OF AMERICAN WELL-BEING

Missouri

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	43	38	64.5	65.5
Life Evaluation	41	43	45.7	45.8
Emotional Health	46	37	77.8	78.8
Work Environment	41	17	46.1	49.0
Physical Health	38	38	75.2	75.8
Healthy Behaviors	46	43	60.4	61.5
Basic Access	32	30	81.9	82.0

For rankings, #1 signifies the top rank; #50 the bottom rank.
 For scores, 0 is the bottom score; 100 the top score (see methodology for descriptions)
 Source: Gallup-Healthways Well-Being Index N = 178,072 (2013) and N = 353,564 (2012)

- 1 ND
- 2 SD
- 3 NE
- 4 MN
- 5 MT
- 6 VT
- 7 CO
- 8 HI
- 9 WA
- 10 IA
- 11 NH
- 12 UT
- 13 MA
- 14 WI
- 15 ME
- 16 AK
- 17 CA
- 18 MD
- 19 AZ
- 20 KS
- 21 TX
- 22 IL
- 23 NJ
- 24 VA
- 25 OR
- 26 NV
- 27 GA
- 28 DE
- 29 ID
- 30 FL
- 31 CT
- 32 NC
- 33 NM
- 34 WY
- 35 NY
- 36 PA
- 37 MI
- 38 SC
- 39 RI
- 40 IN
- 41 LA
- 42 OK
- 43 MO
- 44 TN
- 45 AR
- 46 OH
- 47 AL
- 48 MS
- 49 KY
- 50 WV



COMMUNITY RANKINGS

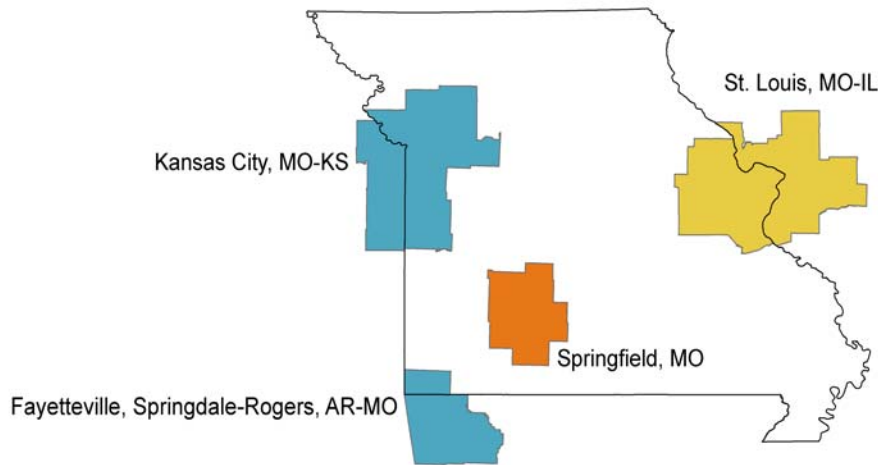
Missouri

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Fayetteville-Springdale-Rogers	44	37	51	46	51	135	85
Kansas City	55	88	38	52	63	136	67
Springfield	137	151	98	92	145	151	84
St. Louis	103	80	102	102	76	165	60

Ranking of 189 Metropolitan Statistical Areas, following U.S. Census Bureau Definitions for Metropolitan Statistical Areas

Source: Gallup-Healthways Well-Being Index N = 178,072 (2013) and N = 353,564 (2012)

**On January 1st, 2013 the Gallup-Healthways Well-Being Index methodology changed from 1,000 surveys per day to 500. In this report, we have combined 2012 & 2013 data for all U.S. Metropolitan Statistical Areas (MSAs) to ensure adequate sample size.

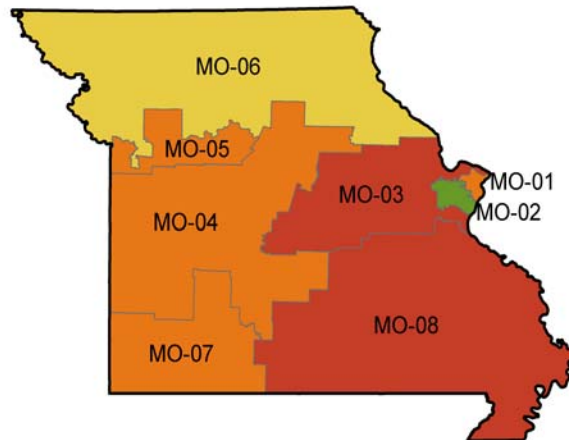


CONGRESSIONAL DISTRICT RANKINGS

Missouri

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	274	113	366	214	279	393	294
Congressional District - 02	54	68	38	254	16	299	1
Congressional District - 03	379	414	359	249	315	418	174
Congressional District - 04	320	368	239	236	337	334	215
Congressional District - 05	272	218	220	206	218	362	302
Congressional District - 06	214	304	236	56	320	343	166
Congressional District - 07	326	392	291	110	373	307	290
Congressional District - 08	429	432	405	280	421	433	364

Ranking of 434 Congressional Districts in the 113th Congress. The results reflect the change in district boundaries.
 Source: Gallup-Healthways Well-Being Index N = 178,072 (2013) and N = 353,564 (2012)
 **On January 1st, 2013 the Gallup-Healthways Well-Being Index methodology changed from 1,000 surveys per day to 500. In this report, we have combined 2012 & 2013 data for all Congressional Districts to ensure adequate sample size.



STATE RANKINGS & SCORES BY YEAR & DOMAIN

Missouri

Rankings

	2013	2012	2011	2010	2009	2008
Overall	43	38	43	34	38	40
Life Evaluation	41	43	48	33	38	37
Emotional Health	46	37	37	26	28	37
Work Environment	41	17	31	22	22	27
Physical Health	38	38	30	31	33	39
Healthy Behaviors	46	43	48	39	43	44
Basic Access	32	30	31	30	28	32

Scores

	2013	2012	2011	2010	2009	2008
Overall	64.5	65.5	64.8	65.6	65.2	64.8
Life Evaluation	45.7	45.8	45.3	47.2	45.5	41.2
Emotional Health	77.8	78.8	78.6	78.7	78.4	78.2
Work Environment	46.1	49.0	46.8	48.4	49.7	51.0
Physical Health	75.2	75.8	76.5	76.3	75.8	75.7
Healthy Behaviors	60.4	61.5	59.5	61.4	60.1	60.7
Basic Access	81.9	82.0	81.9	81.4	81.8	82.0



COMMUNITY RANKINGS BY YEAR & DOMAIN

Missouri

Overall

	2013/2012	2011	2010	2009	2008
Fayetteville-Springdale-Rogers	44	81	133	105	107
Kansas City	55	62	51	50	77
Springfield	137	136	108	114	160
St. Louis	103	131	82	88	123

Life Evaluation

	2013/2012	2011	2010	2009	2008
Fayetteville-Springdale-Rogers	37	120	144	42	140
Kansas City	88	63	36	36	54
Springfield	151	119	164	160	108
St. Louis	80	100	70	85	124

Emotional Health

	2013/2012	2011	2010	2009	2008
Fayetteville-Springdale-Rogers	51	45	133	110	120
Kansas City	38	63	70	56	102
Springfield	98	88	89	157	167
St. Louis	102	81	57	38	90



COMMUNITY RANKINGS BY YEAR & DOMAIN

Missouri

Work Environment

	2013/2012	2011	2010	2009	2008
Fayetteville-Springdale-Rogers	46	16	63	141	20
Kansas City	52	49	56	56	102
Springfield	92	132	30	18	151
St. Louis	102	133	113	118	137

Physical Health

	2013/2012	2011	2010	2009	2008
Fayetteville-Springdale-Rogers	51	53	160	49	121
Kansas City	63	39	62	50	57
Springfield	145	36	64	97	136
St. Louis	76	90	43	55	69

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Fayetteville-Springdale-Rogers	135	147	73	166	156
Kansas City	136	157	156	130	138
Springfield	151	184	111	125	168
St. Louis	165	182	155	144	144



COMMUNITY RANKINGS BY YEAR & DOMAIN

Missouri

Basic Access

	2013/2012	2011	2010	2009	2008
Fayetteville-Springdale-Rogers	85	128	151	105	138
Kansas City	67	53	42	77	66
Springfield	84	95	109	109	145
St. Louis	60	60	56	46	71



ABOUT THE 2013 WELL-BEING REPORTS

SURVEY DATES

The most recently updated data in this report were based on data collected in these time periods:

State Results:

January 2 through December 29, 2013

Community and Congressional District Results:

January 2 through December 30, 2012 and

January 2 through December 29, 2013

SAMPLE INFORMATION

Yearly Gallup-Healthways Well-Being Index surveys completed by respondents aged 18 and older:

2013: 178,072 2012: 353,564 2011: 353,492
2010: 352,840 2009: 353,849 2008: 355,334

Maximum sample sizes for most recent results included in this report:

States: 17,053 respondents

Communities: 23,003 respondents

Congressional Districts: 3,308 respondents

Minimum sample sizes for most recent results included in this report:

States: 547 respondents

Communities: 459 respondents

Congressional Districts: 344 respondents

MARGIN OF ERROR

In years that overall national results were based on more than 350,000 respondents, one can say with 95% confidence that the margin of sampling error for those results is ± 0.2 percentage points. In 2013, for results based on 178,072 respondents, one can say with 95% confidence that the margin of sampling error for those results is ± 0.3 percentage points.

Margin of sampling error of composite results at various sample sizes:

0 (bottom) – 100 (top) Scale

- For results based on 5,000, ± 0.4
- For results based on 1,000, ± 0.9
- For results based on 500, ± 1.3
- For results based on 300, ± 1.6

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

WELL-BEING COMPOSITE RESULTS

The Well-Being Index composite result is an average of six domains: Life Evaluation, Emotional Health, Physical health, Healthy Behaviors, Work Environment and Basic Access. Among states, overall Well-Being Index results ranged from a high of 70.4 (North Dakota) to a low of 61.4 (West Virginia). The 2013 national average for Well-Being was 66.2, Life Evaluation 48.2, Emotional Health 79.2, Physical Health 76.4, Health Behaviors 63.7, Work Environment 48.0 and Basic Access 81.9.

POSITION SCALE

Each state is positioned from 1-50, based on composite scores as compared to all states. Each congressional district is positioned from 1-434, based on composite scores as compared to all congressional districts. Each Metropolitan Statistical Area (community) is positioned from 1-189, based on composite scores as compared to all Metropolitan Statistical Areas.

WELL-BEING INDEX METHODOLOGY

Interviews are conducted with respondents on landline telephones and cellular phones, with interviews conducted in Spanish for respondents who are primarily Spanish-speaking. Each sample of national adults includes a minimum quota of 50% cellphone respondents and 50% landline respondents, with additional minimum quotas by time zone within region. Landline telephone and cellphone numbers are selected using random-digit-dial methods. Landline respondents are chosen at random within each household on the basis of which member had the most recent birthday.

Samples are weighted to correct for unequal selection probability, nonresponse, and double coverage of landline and cell users in the two sampling frames. They are also weighted to match the national demographics of gender, age, race, Hispanic ethnicity, education, region, population density, and phone status (cellphone only/landline only/both, cellphone mostly, and having an unlisted landline number). Demographic weighting targets are based on the most recent Current Population Survey figures for the aged 18 and older U.S. population. Phone status targets are based on the most recent National Health Interview Survey. Population density targets are based on the most recent U.S. census. All reported margins of sampling error include the computed design effects for weighting.

WELL-BEING INDEX DOMAINS

The Gallup-Healthways Well-Being Index Composite Score is comprised of six sub-indices: Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. The Life Evaluation Sub-Index is partially based on the Cantril Self-Anchoring Striving Scale and combines the evaluation of one's present life situation with one's anticipated life situation five years from now. The Emotional Health Sub-Index is primarily a composite of respondents' daily experiences, asking respondents to think about how they felt yesterday along nine dimensions. The Physical Health Sub-Index is comprised of questions related to: Body Mass Index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experiences. The Healthy Behavior Sub-Index includes items measuring life style habits with established relationships to health outcomes. The Work Environment Sub-Index surveys workers on several factors to gauge their feelings and perceptions about their work environment. The Basic Access Sub-Index is based on thirteen items measuring resident's access to food, shelter, healthcare and a safe and satisfying place to live.

For detailed descriptions of the domains, visit the methodology section of www.well-beingindex.com.



STATE OF
AMERICAN
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