

# STATE OF MICHIGAN 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](http://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>.



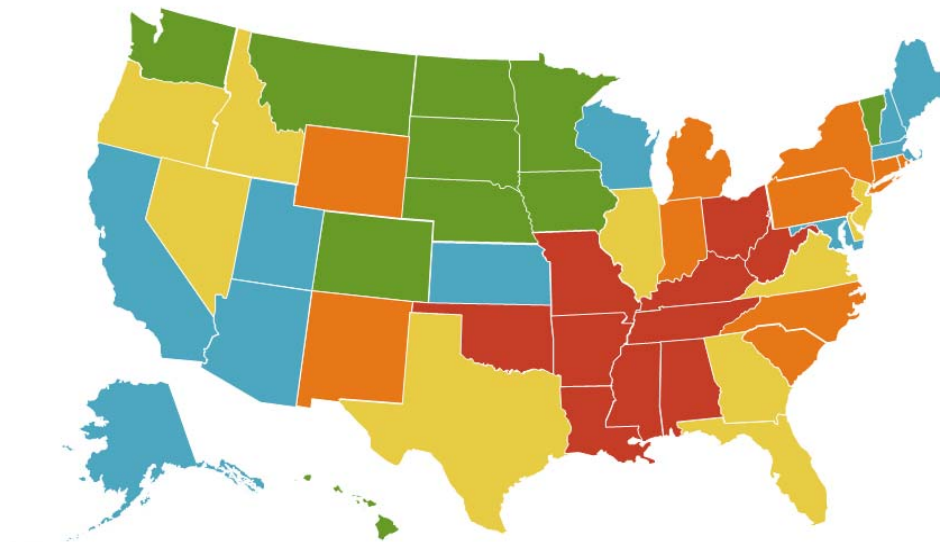
# STATE OF AMERICAN WELL-BEING

## Michigan

	Rankings		Scores	
	2013	2012	2013	2012
<b>Well-Being Overall</b>	<b>37</b>	<b>36</b>	<b>65.4</b>	<b>65.6</b>
Life Evaluation	43	29	45.4	48.6
Emotional Health	25	38	79.4	78.5
Work Environment	44	35	45.4	46.1
Physical Health	35	39	75.6	75.5
Healthy Behaviors	36	35	63.1	62.8
Basic Access	16	27	83.6	82.3

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

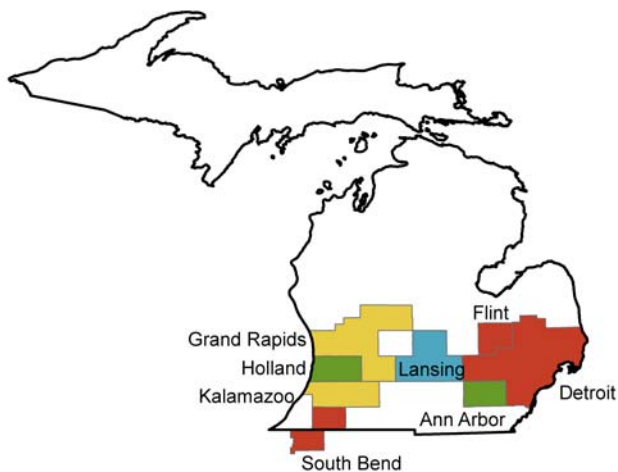


# COMMUNITY RANKINGS

## Michigan

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Ann Arbor	6	1	54	65	41	34	12
Detroit-Warren-Livonia	158	126	171	166	140	159	117
Flint	165	114	154	125	174	182	157
Grand Rapids-Wyoming	85	73	78	113	132	122	37
Holland-Grand Haven	26	53	6	95	1	106	1
Kalamazoo-Portage	109	140	124	73	137	109	46
Lansing-East Lansing	71	131	35	85	88	74	57
South Bend-Mishawaka	174	184	166	119	119	162	141

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

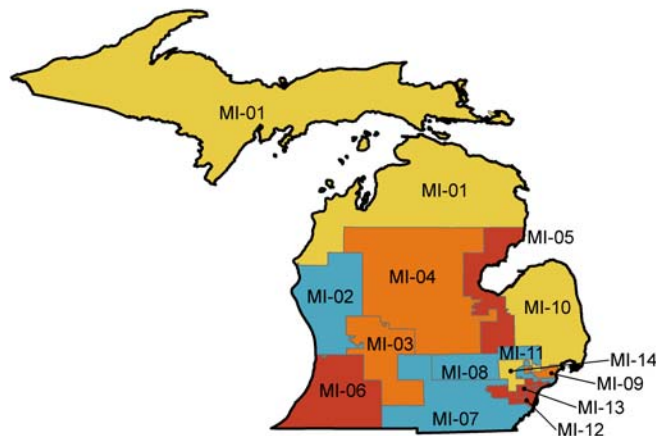
## Michigan

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	250	317	176	238	350	225	176
Congressional District - 02	158	121	135	201	217	350	68
Congressional District - 03	311	308	323	351	372	287	121
Congressional District - 04	291	371	271	190	381	237	179
Congressional District - 05	410	401	315	388	378	404	313
Congressional District - 06	374	364	351	392	323	324	217
Congressional District - 07	160	203	213	131	288	197	120

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.



# CONGRESSIONAL DISTRICT RANKINGS

## Michigan

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 08	155	257	155	266	131	245	21
Congressional District - 09	295	193	354	235	299	403	259
Congressional District - 10	232	269	305	229	282	317	94
Congressional District - 11	209	205	353	377	96	230	60
Congressional District - 12	362	164	360	417	365	311	301
Congressional District - 13	432	243	432	429	426	431	434
Congressional District - 14	128	41	2	212	139	316	343



# STATE RANKINGS & SCORES BY YEAR & DOMAIN

## Michigan

### Rankings

	2013	2012	2011	2010	2009	2008
Overall	37	36	37	41	34	41
Life Evaluation	43	29	36	40	36	38
Emotional Health	25	38	33	34	30	36
Work Environment	44	35	40	47	35	47
Physical Health	35	39	37	38	36	32
Healthy Behaviors	36	35	39	38	34	36
Basic Access	16	27	23	26	27	23

### Scores

	2013	2012	2011	2010	2009	2008
Overall	65.4	65.6	65.3	64.6	65.3	64.8
Life Evaluation	45.4	48.6	47.2	46.2	45.9	41.1
Emotional Health	79.4	78.5	78.8	78.4	78.4	78.2
Work Environment	45.4	46.1	45.5	43.9	47.9	47.4
Physical Health	75.6	75.5	76.0	75.6	75.6	76.3
Healthy Behaviors	63.1	62.8	61.8	61.7	61.9	61.5
Basic Access	83.6	82.3	82.5	81.9	82.2	84.1



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Michigan

### Overall

	2013/2012	2011	2010	2009	2008
Ann Arbor	6	3	32	54	25
Detroit-Warren-Livonia	158	149	160	143	145
Flint	165	189	150	180	182
Grand Rapids-Wyoming	85	47	42	67	86
Holland-Grand Haven	26	-	34	2	2
Kalamazoo-Portage	109	75	110	139	113
Lansing-East Lansing	71	121	40	69	109
South Bend-Mishawaka	174	125	176	137	183





# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Michigan

### Life Evaluation

	2013/2012	2011	2010	2009	2008
Ann Arbor	1	1	22	12	5
Detroit-Warren-Livonia	126	133	142	140	131
Flint	114	176	104	176	181
Grand Rapids-Wyoming	73	52	39	39	100
Holland-Grand Haven	53	-	47	9	35
Kalamazoo-Portage	140	105	66	102	84
Lansing-East Lansing	131	127	41	72	107
South Bend-Mishawaka	184	23	163	99	162



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Michigan

### Emotional Health

	2013/2012	2011	2010	2009	2008
Ann Arbor	54	13	65	25	21
Detroit-Warren-Livonia	171	146	148	145	137
Flint	154	173	150	163	168
Grand Rapids-Wyoming	78	55	28	42	38
Holland-Grand Haven	6	-	13	3	9
Kalamazoo-Portage	124	25	137	36	89
Lansing-East Lansing	35	139	71	113	35
South Bend-Mishawaka	166	100	144	179	171



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Michigan

### Work Environment

	2013/2012	2011	2010	2009	2008
Ann Arbor	65	64	110	170	158
Detroit-Warren-Livonia	166	150	176	124	163
Flint	125	190	148	145	179
Grand Rapids-Wyoming	113	119	40	100	127
Holland-Grand Haven	95	-	187	39	5
Kalamazoo-Portage	73	48	114	160	159
Lansing-East Lansing	85	51	101	80	138
South Bend-Mishawaka	119	159	179	24	180



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Michigan

### Physical Health

	2013/2012	2011	2010	2009	2008
Ann Arbor	41	12	35	76	11
Detroit-Warren-Livonia	140	125	117	111	92
Flint	174	183	146	179	126
Grand Rapids-Wyoming	132	30	56	138	33
Holland-Grand Haven	1	-	7	1	7
Kalamazoo-Portage	137	85	102	165	131
Lansing-East Lansing	88	132	28	98	54
South Bend-Mishawaka	119	77	170	116	144



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Michigan

### Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Ann Arbor	34	36	108	104	62
Detroit-Warren-Livonia	159	134	146	119	116
Flint	182	186	151	177	176
Grand Rapids-Wyoming	122	88	157	126	119
Holland-Grand Haven	106	-	25	63	43
Kalamazoo-Portage	109	136	126	111	117
Lansing-East Lansing	74	162	57	32	158
South Bend-Mishawaka	162	185	93	175	183



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Michigan

### Basic Access

	2013/2012	2011	2010	2009	2008
Ann Arbor	12	7	14	29	3
Detroit-Warren-Livonia	117	122	71	119	81
Flint	157	173	131	158	124
Grand Rapids-Wyoming	37	21	58	30	54
Holland-Grand Haven	1	-	1	1	1
Kalamazoo-Portage	46	58	103	132	40
Lansing-East Lansing	57	65	50	99	59
South Bend-Mishawaka	141	136	145	162	161



# 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  $\pm 0.2$  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  $\pm 0.3$  percentage points.

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

0 (bottom) – 100 (top) Scale

- For results based on 5,000,  $\pm 0.4$
- For results based on 1,000,  $\pm 0.9$
- For results based on 500,  $\pm 1.3$
- For results based on 300,  $\pm 1.6$

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](http://www.well-beingindex.com).



STATE OF  
AMERICAN  
WELL-BEING