

STATE OF PENNSYLVANIA 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>.



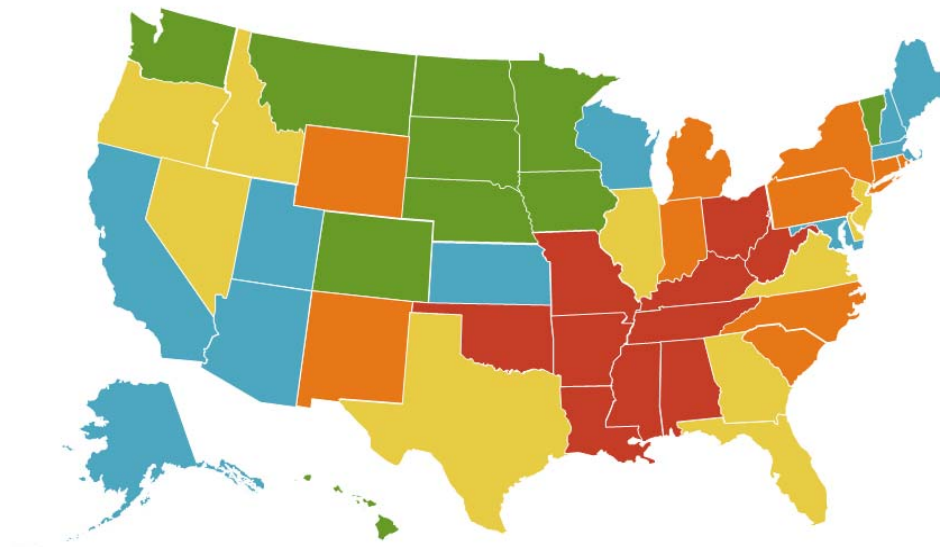
STATE OF AMERICAN WELL-BEING

Pennsylvania

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	36	29	65.5	66.5
Life Evaluation	40	31	45.8	48.4
Emotional Health	41	31	78.6	79.3
Work Environment	46	34	45.3	46.2
Physical Health	33	23	75.8	77.3
Healthy Behaviors	31	28	63.7	63.9
Basic Access	17	17	83.6	83.7

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

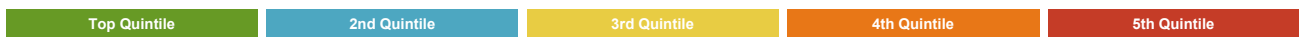
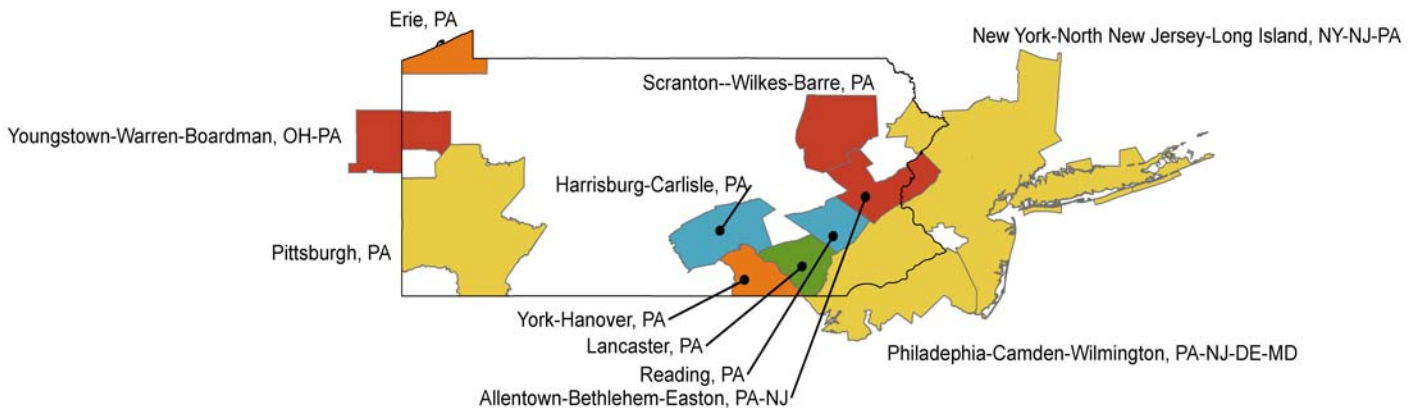
Pennsylvania

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Allentown-Bethlehem-Easton	157	156	168	172	156	80	86
Erie	117	110	72	101	89	181	79
Harrisburg-Carlisle	40	64	17	87	72	81	33
Lancaster	21	36	3	62	11	41	15
New York-North New Jersey-Long Island	110	94	163	164	49	63	101
Philadelphia-Camden-Wilmington	100	83	141	123	84	113	71
Pittsburgh	101	120	109	122	73	120	24

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.



COMMUNITY RANKINGS

Pennsylvania

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Reading	73	145	65	28	86	68	111
Scranton--Wilkes-Barre	177	185	125	156	134	133	148
York-Hanover	143	159	88	179	45	139	62
Youngstown-Warren-Boardman	175	166	158	165	178	167	104

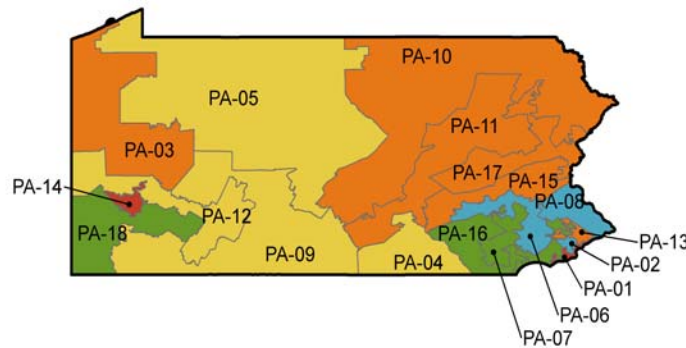


CONGRESSIONAL DISTRICT RANKINGS

Pennsylvania

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	408	292	425	380	332	371	388
Congressional District - 02	96	22	136	245	148	236	213
Congressional District - 03	312	313	229	298	317	365	171
Congressional District - 04	256	330	172	334	184	273	123
Congressional District - 05	224	299	307	136	314	297	135
Congressional District - 06	94	137	95	161	124	133	70
Congressional District - 07	61	143	131	197	61	47	20
Congressional District - 08	136	211	175	283	151	188	9

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

Pennsylvania

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	259	366	255	164	305	228	188
Congressional District - 10	285	405	70	269	198	274	155
Congressional District - 11	333	361	219	329	310	289	254
Congressional District - 12	201	346	278	128	280	244	69
Congressional District - 13	314	287	387	393	239	292	122
Congressional District - 14	360	293	381	418	183	373	160
Congressional District - 15	313	342	276	385	342	180	154
Congressional District - 16	86	150	11	224	88	99	73
Congressional District - 17	346	386	290	396	235	205	219
Congressional District - 18	45	66	54	194	125	91	4



STATE RANKINGS & SCORES BY YEAR & DOMAIN

Pennsylvania

Rankings

	2013	2012	2011	2010	2009	2008
Overall	36	29	31	30	30	34
Life Evaluation	40	31	40	31	39	40
Emotional Health	41	31	23	24	22	32
Work Environment	46	34	35	34	36	32
Physical Health	33	23	32	29	28	30
Healthy Behaviors	31	28	28	26	28	28
Basic Access	17	17	14	12	14	11

Scores

	2013	2012	2011	2010	2009	2008
Overall	65.5	66.5	66.0	66.1	65.8	65.6
Life Evaluation	45.8	48.4	46.6	47.3	45.4	40.3
Emotional Health	78.6	79.3	79.2	78.7	78.6	78.5
Work Environment	45.3	46.2	46.5	46.9	47.8	50.0
Physical Health	75.8	77.3	76.4	76.4	76.3	76.3
Healthy Behaviors	63.7	63.9	63.0	63.5	62.6	63.0
Basic Access	83.6	83.7	84.2	83.9	84.0	85.2



COMMUNITY RANKINGS BY YEAR & DOMAIN

Pennsylvania

Overall

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	157	169	144	107	110
Erie	117	179	143	169	159
Harrisburg-Carlisle	40	49	97	75	71
Johnstown	-	-	-	183	179
Lancaster	21	1	15	14	36
New York-North New Jersey-Long Island	110	124	90	113	108
Philadelphia-Camden-Wilmington	100	130	91	99	90
Pittsburgh	101	115	101	110	132
Reading	73	56	127	120	136
Scranton--Wilkes-Barre	177	135	165	160	124
York-Hanover	143	120	114	103	74
Youngstown-Warren-Boardman	175	165	187	181	180



COMMUNITY RANKINGS BY YEAR & DOMAIN

Pennsylvania

Life Evaluation

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	156	181	160	124	157
Erie	110	187	168	113	154
Harrisburg-Carlisle	64	73	125	122	77
Johnstown	-	-	-	187	183
Lancaster	36	25	57	70	95
New York-North New Jersey-Long Island	94	94	99	89	106
Philadelphia-Camden-Wilmington	83	114	72	79	92
Pittsburgh	120	140	136	131	156
Reading	145	126	169	154	150
Scranton--Wilkes-Barre	185	171	159	170	170
York-Hanover	159	141	139	172	134
Youngstown-Warren-Boardman	166	174	188	180	184



COMMUNITY RANKINGS BY YEAR & DOMAIN

Pennsylvania

Emotional Health

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	168	175	140	134	125
Erie	72	188	166	127	126
Harrisburg-Carlisle	17	51	101	81	60
Johnstown	-	-	-	184	158
Lancaster	3	5	14	15	28
New York-North New Jersey-Long Island	163	163	145	153	146
Philadelphia-Camden-Wilmington	141	148	106	111	122
Pittsburgh	109	103	95	66	101
Reading	65	21	138	101	81
Scranton--Wilkes-Barre	125	121	162	114	135
York-Hanover	88	57	100	94	156
Youngstown-Warren-Boardman	158	117	185	180	183



COMMUNITY RANKINGS BY YEAR & DOMAIN

Pennsylvania

Work Environment

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	172	163	160	128	123
Erie	101	85	83	185	165
Harrisburg-Carlisle	87	46	46	86	154
Johnstown	-	-	-	137	174
Lancaster	62	2	31	30	28
New York-North New Jersey-Long Island	164	166	134	173	157
Philadelphia-Camden-Wilmington	123	142	136	150	112
Pittsburgh	122	109	106	140	128
Reading	28	69	87	48	171
Scranton--Wilkes-Barre	156	58	163	147	76
York-Hanover	179	161	99	53	33
Youngstown-Warren-Boardman	165	151	109	96	130



COMMUNITY RANKINGS BY YEAR & DOMAIN

Pennsylvania

Physical Health

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	156	151	133	84	76
Erie	89	166	131	152	147
Harrisburg-Carlisle	72	109	140	86	95
Johnstown	-	-	-	174	170
Lancaster	11	16	32	24	59
New York-North New Jersey-Long Island	49	54	48	52	43
Philadelphia-Camden-Wilmington	84	103	79	88	82
Pittsburgh	73	110	99	123	117
Reading	86	70	141	75	66
Scranton--Wilkes-Barre	134	127	155	134	120
York-Hanover	45	49	130	125	125
Youngstown-Warren-Boardman	178	174	186	180	151



COMMUNITY RANKINGS BY YEAR & DOMAIN

Pennsylvania

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	80	81	68	103	63
Erie	181	100	145	183	133
Harrisburg-Carlisle	81	102	149	78	72
Johnstown	-	-	-	92	69
Lancaster	41	66	53	49	99
New York-North New Jersey-Long Island	63	80	59	62	67
Philadelphia-Camden-Wilmington	113	116	102	98	98
Pittsburgh	120	128	84	106	108
Reading	68	77	87	153	61
Scranton--Wilkes-Barre	133	86	97	99	80
York-Hanover	139	139	128	85	102
Youngstown-Warren-Boardman	167	140	139	176	155



COMMUNITY RANKINGS BY YEAR & DOMAIN

Pennsylvania

Basic Access

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	86	85	62	35	37
Erie	79	100	44	71	53
Harrisburg-Carlisle	33	23	31	14	8
Johnstown	-	-	-	154	118
Lancaster	15	3	6	7	5
New York-North New Jersey-Long Island	101	94	57	69	74
Philadelphia-Camden-Wilmington	71	69	43	48	44
Pittsburgh	24	33	34	39	47
Reading	111	24	38	93	76
Scranton--Wilkes-Barre	148	113	89	122	50
York-Hanover	62	15	26	23	19
Youngstown-Warren-Boardman	104	102	164	165	142



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
WELL-BEING