

STATE OF
OHIO
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>.

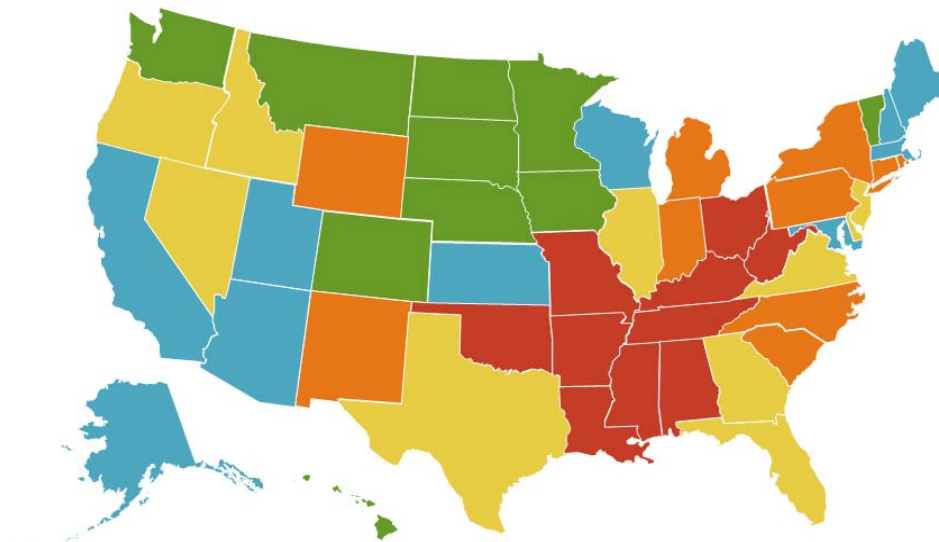


STATE OF AMERICAN WELL-BEING

Ohio

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	46	44	64.2	64.6
Life Evaluation	48	38	44.1	46.7
Emotional Health	44	46	77.8	77.6
Work Environment	40	42	46.1	45.2
Physical Health	42	43	74.4	74.8
Healthy Behaviors	45	44	60.5	61.2
Basic Access	28	32	82.2	81.8

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

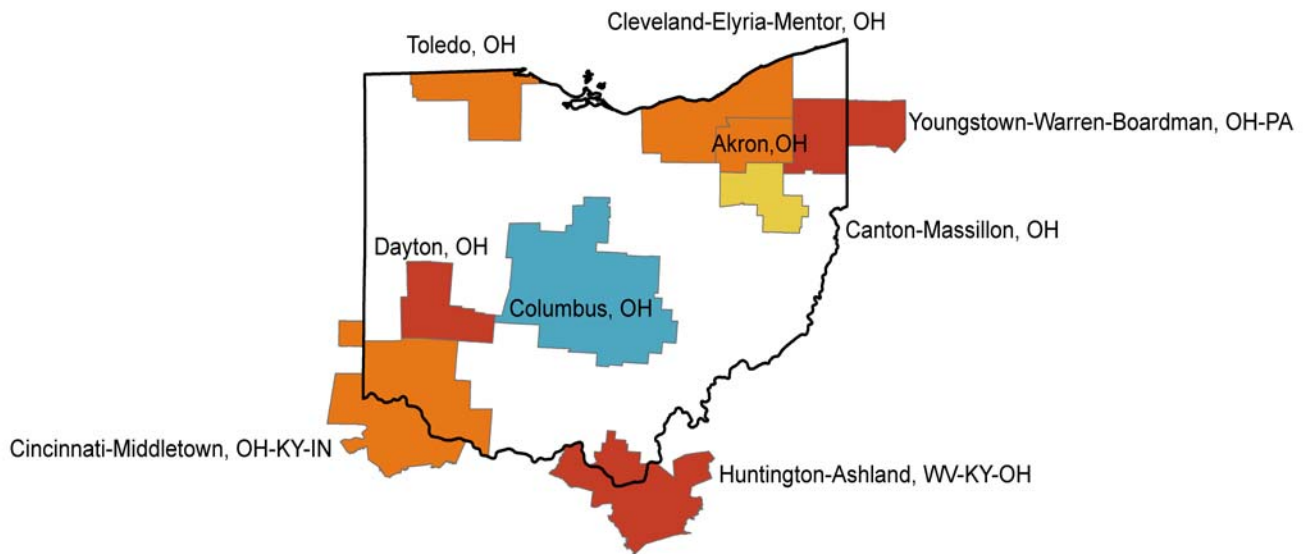
Ohio

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Akron	127	121	53	147	138	150	72
Canton-Massillon	107	68	162	78	158	155	68
Cincinnati-Middletown	142	152	176	81	126	169	81
Cleveland-Elyria-Mentor	132	118	147	117	127	157	73
Columbus	59	38	100	67	111	141	55
Dayton	172	169	159	134	170	175	118
Huntington-Ashland	189	189	189	84	189	183	185

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

Ohio

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Toledo	133	100	129	149	113	146	112
Youngstown-Warren-Boardman	175	166	158	165	178	167	104



CONGRESSIONAL DISTRICT RANKINGS

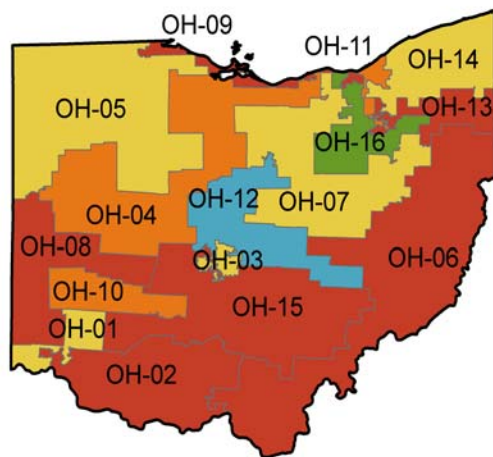
Ohio

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	260	249	325	177	244	368	191
Congressional District - 02	402	416	419	76	419	432	279
Congressional District - 03	216	85	294	261	302	330	240
Congressional District - 04	294	274	320	239	329	366	185
Congressional District - 05	248	277	233	257	260	364	101
Congressional District - 06	409	403	394	268	409	392	342
Congressional District - 07	230	227	244	275	253	327	141
Congressional District - 08	407	427	370	379	368	340	180

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

Ohio

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	403	347	404	325	395	411	335
Congressional District - 10	347	315	251	265	394	410	265
Congressional District - 11	334	214	330	346	261	376	304
Congressional District - 12	110	104	109	192	196	256	40
Congressional District - 13	366	336	303	310	412	367	223
Congressional District - 14	191	310	47	247	264	247	77
Congressional District - 15	365	228	412	350	402	372	237
Congressional District - 16	76	114	258	27	277	199	34



STATE RANKINGS & SCORES BY YEAR & DOMAIN

Ohio

Rankings

	2013	2012	2011	2010	2009	2008
Overall	46	44	46	45	47	46
Life Evaluation	48	38	46	48	45	45
Emotional Health	44	46	41	46	46	47
Work Environment	40	42	41	44	42	44
Physical Health	42	43	40	41	38	42
Healthy Behaviors	45	44	42	43	46	47
Basic Access	28	32	32	32	30	30

Scores

	2013	2012	2011	2010	2009	2008
Overall	64.2	64.6	64.5	63.8	64.0	63.6
Life Evaluation	44.1	46.7	45.6	44.1	44.0	38.8
Emotional Health	77.8	77.6	78.3	77.2	77.0	76.9
Work Environment	46.1	45.2	45.1	44.9	47.1	48.3
Physical Health	74.4	74.8	75.7	75.1	75.5	75.3
Healthy Behaviors	60.5	61.2	60.7	60.4	59.0	59.6
Basic Access	82.2	81.8	81.7	81.2	81.5	82.7



COMMUNITY RANKINGS BY YEAR & DOMAIN

Ohio

Overall

	2013/2012	2011	2010	2009	2008
Akron	127	148	141	147	169
Canton-Massillon	107	162	87	145	181
Cincinnati-Middletown	142	128	123	123	148
Cleveland-Elyria-Mentor	132	103	167	150	167
Columbus	59	127	118	102	134
Dayton	172	154	171	161	146
Huntington-Ashland	189	190	188	184	184
Toledo	133	161	177	172	163
Youngstown-Warren-Boardman	175	165	187	181	180



COMMUNITY RANKINGS BY YEAR & DOMAIN

Ohio

Life Evaluation

	2013/2012	2011	2010	2009	2008
Akron	121	121	111	143	173
Canton-Massillon	68	65	131	148	176
Cincinnati-Middletown	152	144	135	132	119
Cleveland-Elyria-Mentor	118	123	149	127	165
Columbus	38	110	119	77	99
Dayton	169	132	170	117	137
Huntington-Ashland	189	189	180	178	177
Toledo	100	147	133	167	164
Youngstown-Warren-Boardman	166	174	188	180	184



COMMUNITY RANKINGS BY YEAR & DOMAIN

Ohio

Emotional Health

	2013/2012	2011	2010	2009	2008
Akron	53	171	127	88	174
Canton-Massillon	162	168	155	135	154
Cincinnati-Middletown	176	142	149	151	149
Cleveland-Elyria-Mentor	147	109	129	106	150
Columbus	100	116	139	152	151
Dayton	159	169	164	129	176
Huntington-Ashland	189	189	188	186	184
Toledo	129	131	176	80	155
Youngstown-Warren-Boardman	158	117	185	180	183



COMMUNITY RANKINGS BY YEAR & DOMAIN

Ohio

Work Environment

	2013/2012	2011	2010	2009	2008
Akron	147	81	162	126	145
Canton-Massillon	78	182	14	51	176
Cincinnati-Middletown	81	61	68	73	132
Cleveland-Elyria-Mentor	117	89	184	174	147
Columbus	67	156	65	79	103
Dayton	134	157	88	171	94
Huntington-Ashland	84	43	185	158	90
Toledo	149	141	178	186	110
Youngstown-Warren-Boardman	165	151	109	96	130



COMMUNITY RANKINGS BY YEAR & DOMAIN

Ohio

Physical Health

	2013/2012	2011	2010	2009	2008
Akron	138	157	104	51	93
Canton-Massillon	158	176	115	128	101
Cincinnati-Middletown	126	113	132	113	129
Cleveland-Elyria-Mentor	127	48	93	74	135
Columbus	111	69	124	124	99
Dayton	170	117	154	158	156
Huntington-Ashland	189	190	188	185	183
Toledo	113	165	162	122	158
Youngstown-Warren-Boardman	178	174	186	180	151



COMMUNITY RANKINGS BY YEAR & DOMAIN

Ohio

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Akron	150	175	164	184	167
Canton-Massillon	155	170	148	174	184
Cincinnati-Middletown	169	166	153	164	165
Cleveland-Elyria-Mentor	157	124	129	157	152
Columbus	141	138	171	152	172
Dayton	175	164	186	148	139
Huntington-Ashland	183	189	161	158	178
Toledo	146	161	147	131	162
Youngstown-Warren-Boardman	167	140	139	176	155



COMMUNITY RANKINGS BY YEAR & DOMAIN

Ohio

Basic Access

	2013/2012	2011	2010	2009	2008
Akron	72	119	84	82	93
Canton-Massillon	68	71	72	112	123
Cincinnati-Middletown	81	91	75	58	69
Cleveland-Elyria-Mentor	73	80	88	81	128
Columbus	55	57	68	70	105
Dayton	118	105	111	110	94
Huntington-Ashland	185	185	183	180	175
Toledo	112	141	154	129	115
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