

STATE OF INDIANA 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>.



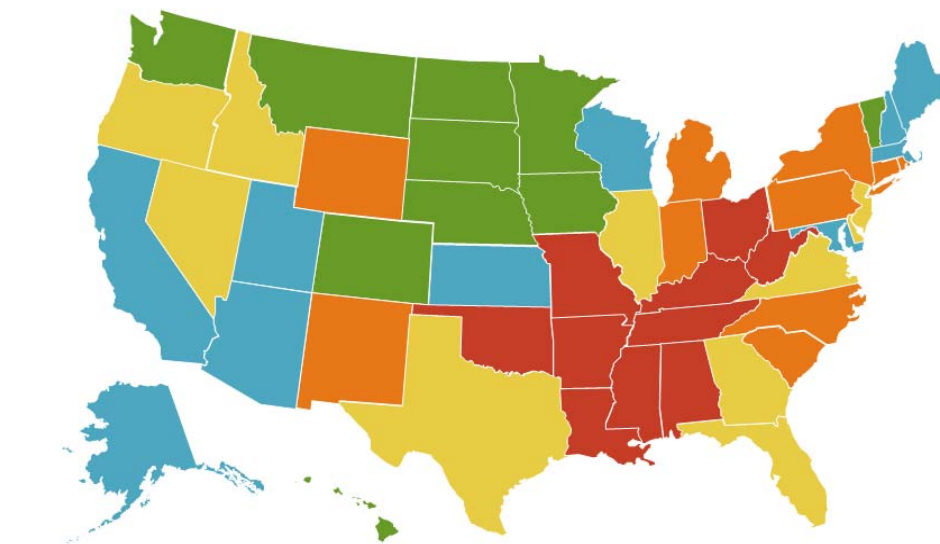
STATE OF AMERICAN WELL-BEING

Indiana

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	40	42	64.9	65.1
Life Evaluation	45	42	44.9	46.2
Emotional Health	38	45	78.7	77.9
Work Environment	24	16	48.9	49.2
Physical Health	41	41	74.7	75.3
Healthy Behaviors	44	49	60.6	60.2
Basic Access	31	29	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

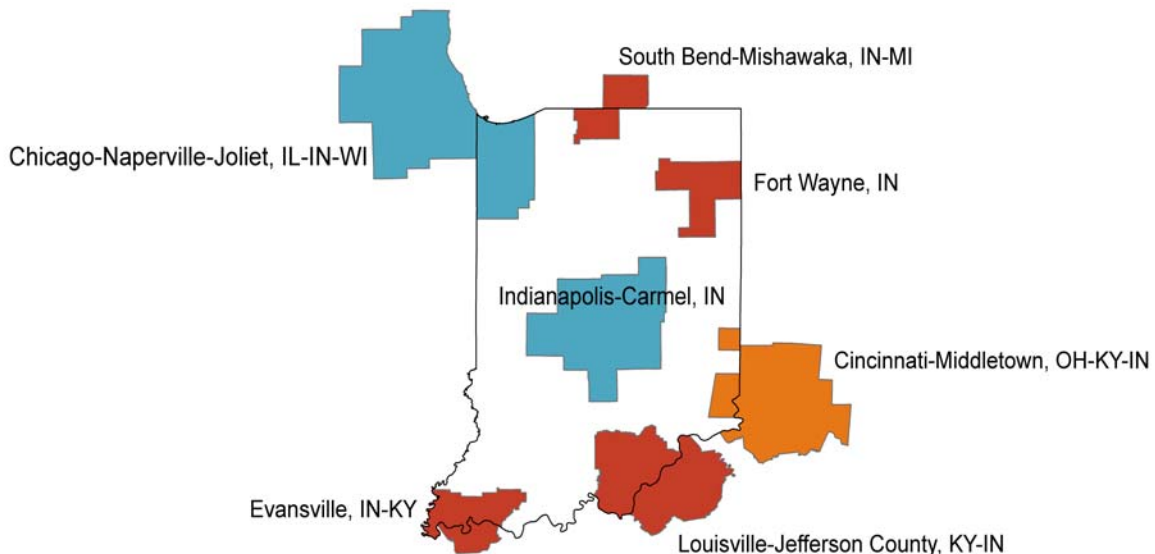
Indiana

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Chicago-Naperville-Joliet	67	76	79	97	29	112	102
Cincinnati-Middletown	142	152	176	81	126	169	81
Evansville	180	179	165	151	173	187	107
Fort Wayne	153	161	144	142	91	186	49
Indianapolis-Carmel	50	45	117	29	92	158	74
Louisville-Jefferson County	163	138	177	115	165	177	119
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

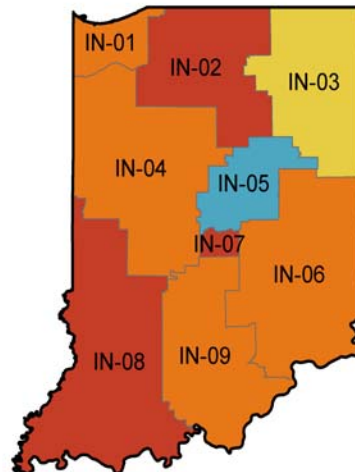
Indiana

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	322	171	116	356	347	428	251
Congressional District - 02	388	421	369	210	348	384	286
Congressional District - 03	222	266	188	185	214	399	103
Congressional District - 04	271	174	326	306	249	386	153
Congressional District - 05	99	62	204	97	141	346	95
Congressional District - 06	310	360	250	109	369	375	269
Congressional District - 07	375	298	399	126	406	417	372

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

Indiana

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 08	401	424	358	211	400	419	267
Congressional District - 09	343	391	416	55	377	415	218



STATE RANKINGS & SCORES BY YEAR & DOMAIN

Indiana

Rankings

	2013	2012	2011	2010	2009	2008
Overall	40	42	38	39	43	45
Life Evaluation	45	42	38	37	43	36
Emotional Health	38	45	43	39	44	43
Work Environment	24	16	21	35	26	45
Physical Health	41	41	43	37	40	35
Healthy Behaviors	44	49	45	46	48	48
Basic Access	31	29	29	28	31	29

Scores

	2013	2012	2011	2010	2009	2008
Overall	64.9	65.1	65.1	64.8	64.4	64.2
Life Evaluation	44.9	46.2	46.7	46.5	45.0	41.3
Emotional Health	78.7	77.9	78.1	78.1	77.3	77.7
Work Environment	48.9	49.2	48.5	46.8	48.8	48.0
Physical Health	74.7	75.3	75.2	75.8	75.2	76.1
Healthy Behaviors	60.6	60.2	60.2	60.2	58.5	59.2
Basic Access	81.9	82.0	82.1	81.5	81.5	82.8



COMMUNITY RANKINGS BY YEAR & DOMAIN

Indiana

Overall

	2013/2012	2011	2010	2009	2008
Chicago-Naperville-Joliet	67	113	88	89	92
Cincinnati-Middletown	142	128	123	123	148
Evansville	180	138	172	174	171
Fort Wayne	153	82	145	171	151
Indianapolis-Carmel	50	119	113	98	96
Louisville-Jefferson County	163	152	170	151	139
South Bend-Mishawaka	174	125	176	137	183



COMMUNITY RANKINGS BY YEAR & DOMAIN

Indiana

Life Evaluation

	2013/2012	2011	2010	2009	2008
Chicago-Naperville-Joliet	76	88	77	49	60
Cincinnati-Middletown	152	144	135	132	119
Evansville	179	167	153	156	155
Fort Wayne	161	115	147	173	98
Indianapolis-Carmel	45	128	98	92	83
Louisville-Jefferson County	138	143	151	121	146
South Bend-Mishawaka	184	23	163	99	162



COMMUNITY RANKINGS BY YEAR & DOMAIN

Indiana

Emotional Health

	2013/2012	2011	2010	2009	2008
Chicago-Naperville-Joliet	79	123	105	79	95
Cincinnati-Middletown	176	142	149	151	149
Evansville	165	164	120	158	157
Fort Wayne	144	59	58	122	54
Indianapolis-Carmel	117	112	86	107	130
Louisville-Jefferson County	177	177	165	105	123
South Bend-Mishawaka	166	100	144	179	171



COMMUNITY RANKINGS BY YEAR & DOMAIN

Indiana

Work Environment

	2013/2012	2011	2010	2009	2008
Chicago-Naperville-Joliet	97	138	116	138	142
Cincinnati-Middletown	81	61	68	73	132
Evansville	151	10	126	154	175
Fort Wayne	142	22	182	161	177
Indianapolis-Carmel	29	65	107	40	84
Louisville-Jefferson County	115	102	164	143	104
South Bend-Mishawaka	119	159	179	24	180



COMMUNITY RANKINGS BY YEAR & DOMAIN

Indiana

Physical Health

	2013/2012	2011	2010	2009	2008
Chicago-Naperville-Joliet	29	38	34	21	34
Cincinnati-Middletown	126	113	132	113	129
Evansville	173	169	184	177	111
Fort Wayne	91	99	101	132	41
Indianapolis-Carmel	92	91	75	110	80
Louisville-Jefferson County	165	178	165	139	133
South Bend-Mishawaka	119	77	170	116	144



COMMUNITY RANKINGS BY YEAR & DOMAIN

Indiana

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Chicago-Naperville-Joliet	112	131	140	128	125
Cincinnati-Middletown	169	166	153	164	165
Evansville	187	183	172	186	171
Fort Wayne	186	172	94	170	175
Indianapolis-Carmel	158	165	168	161	151
Louisville-Jefferson County	177	156	158	181	157
South Bend-Mishawaka	162	185	93	175	183



COMMUNITY RANKINGS BY YEAR & DOMAIN

Indiana

Basic Access

	2013/2012	2011	2010	2009	2008
Chicago-Naperville-Joliet	102	97	51	90	87
Cincinnati-Middletown	81	91	75	58	69
Evansville	107	101	134	55	83
Fort Wayne	49	42	41	115	91
Indianapolis-Carmel	74	83	93	72	88
Louisville-Jefferson County	119	108	118	91	61
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 ± 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