

STATE OF NEW JERSEY 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>.



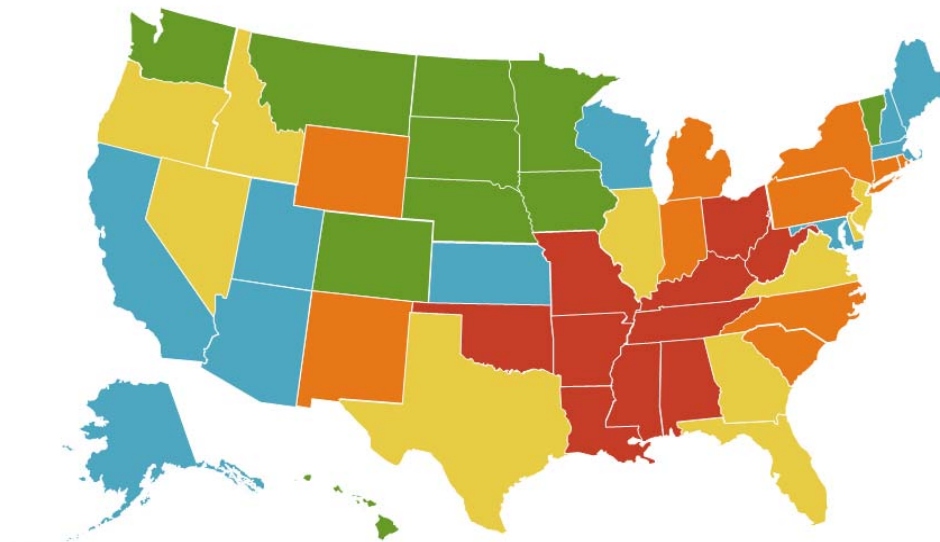
STATE OF AMERICAN WELL-BEING

New Jersey

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	23	32	66.9	66.1
Life Evaluation	15	23	50.1	49.3
Emotional Health	34	42	79.1	78.2
Work Environment	34	49	46.7	43.1
Physical Health	9	12	78.2	77.9
Healthy Behaviors	26	19	64.3	65.0
Basic Access	21	23	82.8	82.9

- 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

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)



COMMUNITY RANKINGS

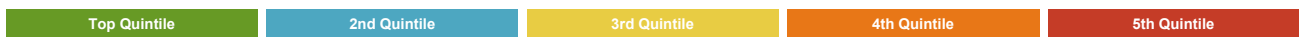
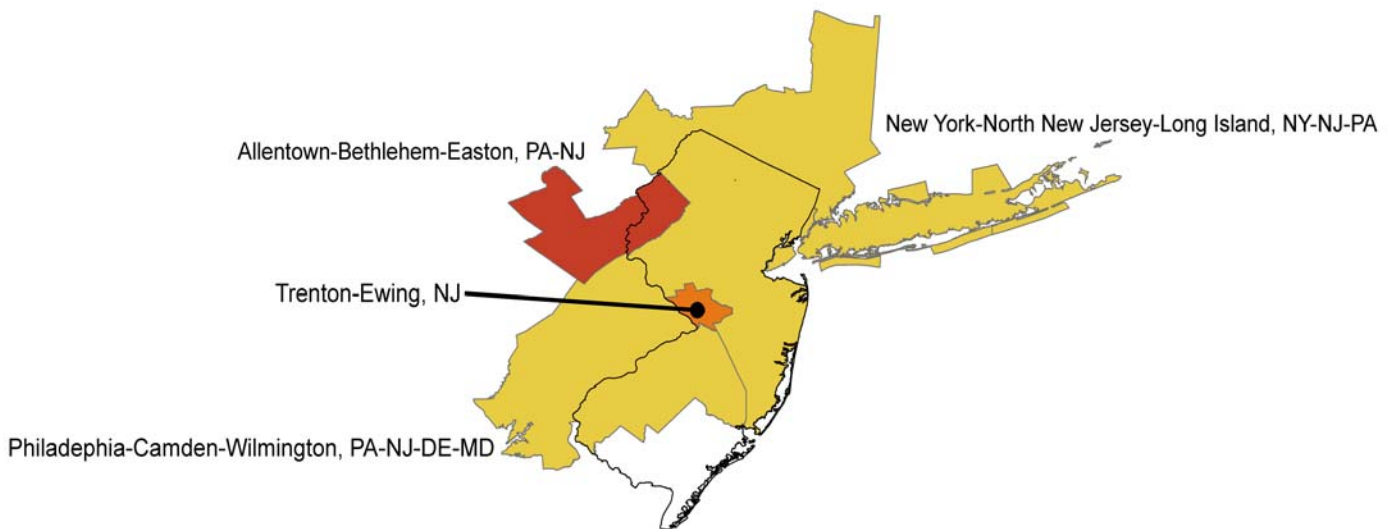
New Jersey

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Allentown-Bethlehem-Easton	157	156	168	172	156	80	86
New York-North New Jersey-Long Island	110	94	163	164	49	63	101
Philadelphia-Camden-Wilmington	100	83	141	123	84	113	71
Trenton-Ewing	131	141	164	150	48	72	115

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

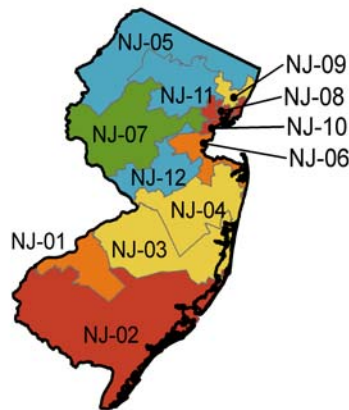
New Jersey

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	273	139	339	312	309	349	187
Congressional District - 02	399	418	378	416	339	214	245
Congressional District - 03	228	244	342	314	190	279	90
Congressional District - 04	217	263	298	341	197	134	110
Congressional District - 05	98	87	274	328	62	81	45
Congressional District - 06	292	352	322	337	98	253	208
Congressional District - 07	33	82	150	94	14	55	18
Congressional District - 08	361	220	385	386	153	260	397

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

New Jersey

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	225	88	300	358	140	195	351
Congressional District - 10	396	252	345	423	162	251	408
Congressional District - 11	138	283	312	309	67	69	10
Congressional District - 12	156	319	226	256	69	75	88



STATE RANKINGS & SCORES BY YEAR & DOMAIN

New Jersey

Rankings

	2013	2012	2011	2010	2009	2008
Overall	23	32	29	24	29	25
Life Evaluation	15	23	32	27	21	24
Emotional Health	34	42	46	27	40	34
Work Environment	34	49	45	37	48	43
Physical Health	9	12	9	11	9	8
Healthy Behaviors	26	19	21	19	21	22
Basic Access	21	23	17	9	10	5

Scores

	2013	2012	2011	2010	2009	2008
Overall	66.9	66.1	66.2	66.6	66.0	66.4
Life Evaluation	50.1	49.3	48.4	47.7	48.1	43.2
Emotional Health	79.1	78.2	78.0	78.6	77.7	78.4
Work Environment	46.7	43.1	44.5	46.8	44.4	48.3
Physical Health	78.2	77.9	78.5	77.8	77.8	78.1
Healthy Behaviors	64.3	65.0	64.1	64.6	63.5	64.0
Basic Access	82.8	82.9	83.7	84.2	84.3	86.1



COMMUNITY RANKINGS BY YEAR & DOMAIN

New Jersey

Overall

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	157	169	144	107	110
Atlantic City-Hammonton	-	-	-	80	-
New York-North New Jersey-Long Island	110	124	90	113	108
Philadelphia-Camden-Wilmington	100	130	91	99	90
Trenton-Ewing	131	116	20	27	84

Life Evaluation

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	156	181	160	124	157
Atlantic City-Hammonton	-	-	-	91	-
New York-North New Jersey-Long Island	94	94	99	89	106
Philadelphia-Camden-Wilmington	83	114	72	79	92
Trenton-Ewing	141	80	61	17	29



COMMUNITY RANKINGS BY YEAR & DOMAIN

New Jersey

Emotional Health

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	168	175	140	134	125
Atlantic City-Hammonton	-	-	-	121	-
New York-North New Jersey-Long Island	163	163	145	153	146
Philadelphia-Camden-Wilmington	141	148	106	111	122
Trenton-Ewing	164	179	61	57	13

Work Environment

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	172	163	160	128	123
Atlantic City-Hammonton	-	-	-	78	-
New York-North New Jersey-Long Island	164	166	134	173	157
Philadelphia-Camden-Wilmington	123	142	136	150	112
Trenton-Ewing	150	129	6	63	183



COMMUNITY RANKINGS BY YEAR & DOMAIN

New Jersey

Physical Health

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	156	151	133	84	76
Atlantic City-Hammonton	-	-	-	131	-
New York-North New Jersey-Long Island	49	54	48	52	43
Philadelphia-Camden-Wilmington	84	103	79	88	82
Trenton-Ewing	48	58	17	22	22

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	80	81	68	103	63
Atlantic City-Hammonton	-	-	-	102	-
New York-North New Jersey-Long Island	63	80	59	62	67
Philadelphia-Camden-Wilmington	113	116	102	98	98
Trenton-Ewing	72	145	135	72	95



COMMUNITY RANKINGS BY YEAR & DOMAIN

New Jersey

Basic Access

	2013/2012	2011	2010	2009	2008
Allentown-Bethlehem-Easton	86	85	62	35	37
Atlantic City-Hammonton	-	-	-	18	-
New York-North New Jersey-Long Island	101	94	57	69	74
Philadelphia-Camden-Wilmington	71	69	43	48	44
Trenton-Ewing	115	36	53	67	11



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