

STATE OF NORTH CAROLINA 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>.



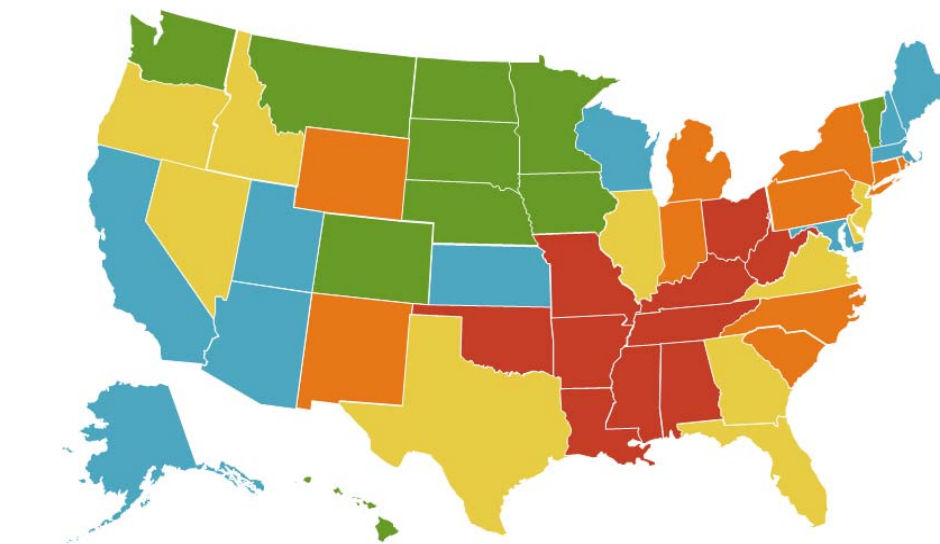
STATE OF AMERICAN WELL-BEING

North Carolina

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	32	35	65.8	65.7
Life Evaluation	36	33	46.6	48.2
Emotional Health	28	25	79.3	79.6
Work Environment	27	39	48.6	45.7
Physical Health	32	36	76.0	75.9
Healthy Behaviors	30	31	63.7	63.6
Basic Access	37	33	80.8	81.3

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

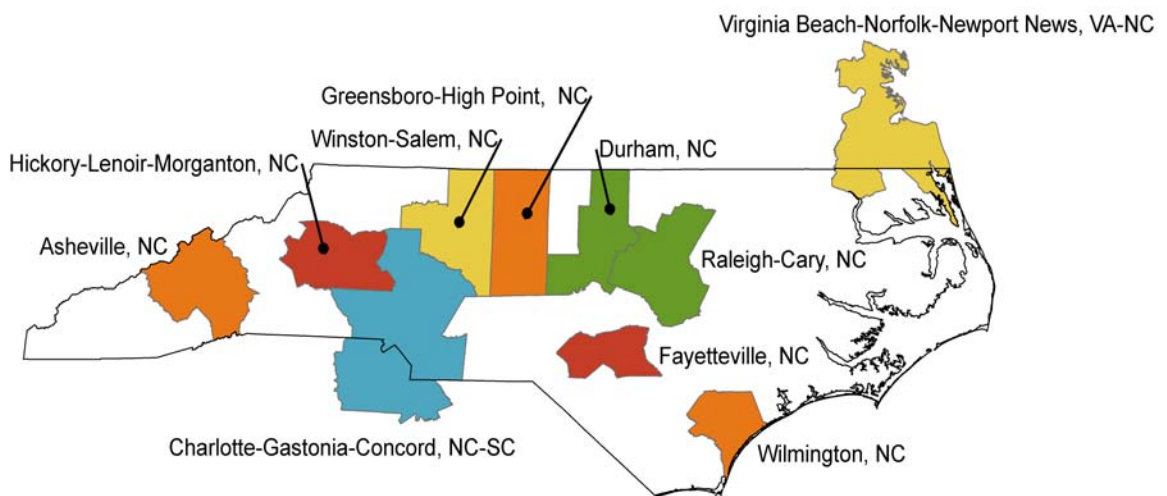
North Carolina

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Asheville	140	164	106	148	142	84	58
Charlotte-Gastonia-Concord	53	66	77	83	43	93	97
Durham	31	14	14	111	18	26	75
Fayetteville	162	79	140	189	136	108	162
Greensboro-High Point	118	105	70	112	97	126	142
Hickory-Lenoir-Morganton	185	187	184	56	179	178	160
Raleigh-Cary	19	30	8	20	13	56	28

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

North Carolina

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Virginia Beach-Norfolk-Newport News	113	91	80	171	69	99	82
Wilmington	126	127	104	131	133	105	99
Winston-Salem	96	134	105	54	106	128	51



CONGRESSIONAL DISTRICT RANKINGS

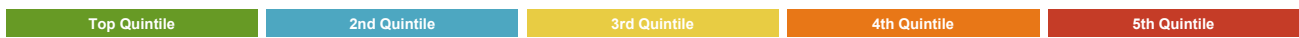
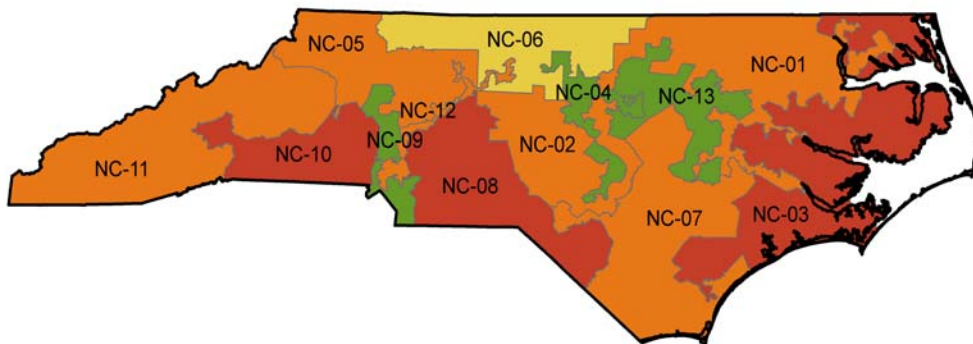
North Carolina

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	302	181	34	402	222	250	367
Congressional District - 02	270	238	215	332	234	234	262
Congressional District - 03	385	338	237	422	345	306	268
Congressional District - 04	44	45	110	42	72	135	150
Congressional District - 05	331	397	296	193	338	326	210
Congressional District - 06	246	265	163	230	287	282	242
Congressional District - 07	293	256	230	202	382	275	329
Congressional District - 08	368	355	283	294	296	347	358

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

North Carolina

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	31	28	113	85	5	139	84
Congressional District - 10	377	404	338	232	393	331	287
Congressional District - 11	318	411	242	79	418	200	258
Congressional District - 12	280	106	52	403	285	335	276
Congressional District - 13	66	163	25	113	83	110	63



STATE RANKINGS & SCORES BY YEAR & DOMAIN

North Carolina

Rankings

	2013	2012	2011	2010	2009	2008
Overall	32	35	30	36	32	38
Life Evaluation	36	33	22	36	35	32
Emotional Health	28	25	27	42	31	31
Work Environment	27	39	20	27	17	33
Physical Health	32	36	33	36	34	37
Healthy Behaviors	30	31	30	28	36	33
Basic Access	37	33	33	36	34	35

Scores

	2013	2012	2011	2010	2009	2008
Overall	65.8	65.7	66.1	65.1	65.4	65.1
Life Evaluation	46.6	48.2	49.1	46.6	46.0	41.9
Emotional Health	79.3	79.6	79.1	77.8	78.3	78.7
Work Environment	48.6	45.7	48.5	47.8	50.1	49.9
Physical Health	76.0	75.9	76.4	75.8	75.6	76.0
Healthy Behaviors	63.7	63.6	62.7	63.0	61.8	62.3
Basic Access	80.8	81.3	81.1	79.9	80.5	81.9



COMMUNITY RANKINGS BY YEAR & DOMAIN

North Carolina

Overall

	2013/2012	2011	2010	2009	2008
Asheville	140	67	149	86	154
Charlotte-Gastonia-Concord	53	22	50	79	66
Durham	31	14	27	25	40
Fayetteville	162	77	166	154	69
Greensboro-High Point	118	145	151	124	162
Hickory-Lenoir-Morganton	185	185	183	179	165
Raleigh-Cary	19	27	26	20	42
Virginia Beach-Norfolk-Newport News	113	107	55	43	64
Wilmington	126	80	137	53	170
Winston-Salem	96	89	35	149	118



COMMUNITY RANKINGS BY YEAR & DOMAIN

North Carolina

Life Evaluation

	2013/2012	2011	2010	2009	2008
Asheville	164	151	143	130	174
Charlotte-Gastonia-Concord	66	11	34	58	65
Durham	14	8	94	44	20
Fayetteville	79	27	74	54	9
Greensboro-High Point	105	138	146	136	148
Hickory-Lenoir-Morganton	187	190	185	186	180
Raleigh-Cary	30	20	52	50	23
Virginia Beach-Norfolk-Newport News	91	61	28	20	41
Wilmington	127	85	140	47	110
Winston-Salem	134	161	122	119	115



COMMUNITY RANKINGS BY YEAR & DOMAIN

North Carolina

Emotional Health

	2013/2012	2011	2010	2009	2008
Asheville	106	47	172	104	110
Charlotte-Gastonia-Concord	77	19	74	60	91
Durham	14	125	124	52	50
Fayetteville	140	73	174	102	138
Greensboro-High Point	70	115	153	128	148
Hickory-Lenoir-Morganton	184	182	92	185	162
Raleigh-Cary	8	34	73	54	62
Virginia Beach-Norfolk-Newport News	80	31	27	24	20
Wilmington	104	89	91	12	145
Winston-Salem	105	60	125	84	99



COMMUNITY RANKINGS BY YEAR & DOMAIN

North Carolina

Work Environment

	2013/2012	2011	2010	2009	2008
Asheville	148	8	174	28	100
Charlotte-Gastonia-Concord	83	38	73	104	88
Durham	111	80	8	25	108
Fayetteville	189	137	166	187	51
Greensboro-High Point	112	131	76	43	139
Hickory-Lenoir-Morganton	56	25	169	2	45
Raleigh-Cary	20	121	23	17	80
Virginia Beach-Norfolk-Newport News	171	162	141	142	152
Wilmington	131	105	93	102	184
Winston-Salem	54	31	10	177	150



COMMUNITY RANKINGS BY YEAR & DOMAIN

North Carolina

Physical Health

	2013/2012	2011	2010	2009	2008
Asheville	142	156	123	147	167
Charlotte-Gastonia-Concord	43	18	44	33	29
Durham	18	10	21	17	13
Fayetteville	136	92	174	162	149
Greensboro-High Point	97	119	153	105	166
Hickory-Lenoir-Morganton	179	181	161	181	155
Raleigh-Cary	13	9	27	13	23
Virginia Beach-Norfolk-Newport News	69	101	57	20	36
Wilmington	133	136	112	69	157
Winston-Salem	106	133	31	130	40



COMMUNITY RANKINGS BY YEAR & DOMAIN

North Carolina

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Asheville	84	48	21	43	55
Charlotte-Gastonia-Concord	93	127	85	107	129
Durham	26	25	70	24	66
Fayetteville	108	31	150	110	148
Greensboro-High Point	126	106	120	165	130
Hickory-Lenoir-Morganton	178	168	121	167	160
Raleigh-Cary	56	95	81	81	123
Virginia Beach-Norfolk-Newport News	99	98	103	76	85
Wilmington	105	10	154	77	78
Winston-Salem	128	85	76	134	115



COMMUNITY RANKINGS BY YEAR & DOMAIN

North Carolina

Basic Access

	2013/2012	2011	2010	2009	2008
Asheville	58	133	117	89	139
Charlotte-Gastonia-Concord	97	79	96	117	92
Durham	75	61	101	142	86
Fayetteville	162	167	142	141	159
Greensboro-High Point	142	143	146	118	143
Hickory-Lenoir-Morganton	160	170	177	172	153
Raleigh-Cary	28	14	24	20	49
Virginia Beach-Norfolk-Newport News	82	107	59	53	70
Wilmington	99	124	127	98	95
Winston-Salem	51	77	83	111	100



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