The above graphic represents the well-being of older Americans, as measured by the Gallup-Healthways Well-Being Index®. Quintiles are divided by color and larger circles correlate to a higher rank. A gray dot and line indicate any variation from a state's overall total population well-being rank.
This report, the fifth in a series, examines the comparative well-being of Americans ages 55 and older. Nationally, older Americans have higher well-being compared to younger adults, and our research reveals that well-being gets better with age. People 75 and older have even higher well-being than those 65 to 74, and they outscore their younger counterparts by a sizable margin.

Older Americans also have higher well-being across each of the five elements of well-being: purpose, social, financial, community and physical. Older Americans score especially high in financial well-being, where they thrive at a rate of 52 percent versus those younger than 55 (32 percent thriving). Older Americans express more satisfaction with their standard of living, worry less about money, and say they have enough money to do what they want to do — all at higher rates than their younger counterparts.

Older Americans also have better access to healthcare than those under the age of 55, with higher rates of having health insurance, a personal doctor, and access to medicine than younger people. Additionally, older Americans eat more fresh produce and smoke less. Although obesity and depression spike for people ages 55 to 64, those 65 and older have lower incidence of obesity and depression compared to people younger than 65.

Where do older Americans have the highest well-being?

Hawaii, Montana, South Dakota, Alaska and Iowa are the top five states for well-being for older Americans. Hawaii leads in community and physical well-being, while New Mexico leads in purpose, Florida in social and North Dakota in financial. There is some consistency between these rankings and the overall state well-being rankings; six of the top 10 and seven of the bottom 10 states repeat in both categories. The lowest well-being states for older Americans are West Virginia, Kentucky and Oklahoma.

Methodology

These data are collected as part of the Gallup-Healthways Well-Being Index® and are based on 173,656 total interviews across all 50 states, conducted from January 2 to December 30, 2014. For those age 55 and older, our sample size is 91,467 in 2014. Our state rankings analysis includes additional interviews from the first quarter of 2015 and spans January 2, 2014 to March 31, 2015, for a total sample size for those 55 and over of 114,388. Gallup conducts 500 telephone interviews a day with American adults, for a resulting sample that projects to an estimated 95 percent of all U.S. adults. The Well-Being Index is calculated on a scale of 0 to 100, where zero represents the lowest possible well-being and 100 represents the highest possible well-being. Visit wbi.healthways.com to learn more.
<table>
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<th>Composite Rank</th>
<th>Purpose</th>
<th>Social</th>
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- **Highest Quintile**
- **2nd Quintile**
- **3rd Quintile**
- **4th Quintile**
- **5th Quintile**
State Well-Being Rankings for Older Americans, 2014 & Q1 2015

Highest Quintile
1 Hawaii
2 Montana
3 South Dakota
4 Alaska
5 Iowa
6 New Hampshire
7 Utah
8 Oregon
9 New Mexico
10 Connecticut

2nd Quintile
11 Minnesota
12 Colorado
13 Idaho
14 Nebraska
15 Florida
16 Delaware
17 Wisconsin
18 Arizona
19 Wyoming
20 Virginia

3rd Quintile
21 South Carolina
22 Texas
23 California
24 North Carolina
25 Pennsylvania
26 Washington
27 Kansas
28 Vermont
29 Massachusetts
30 Rhode Island

4th Quintile
31 North Dakota
32 Michigan
33 Maine
34 Arkansas
35 New York
36 Maryland
37 Illinois
38 New Jersey
39 Missouri
40 Georgia

5th Quintile
41 Louisiana
42 Mississippi
43 Tennessee
44 Alabama
45 Nevada
46 Indiana
47 Ohio
48 Oklahoma
49 Kentucky
50 West Virginia

About Gallup
Gallup delivers forward-thinking research, analytics, and advice to help leaders solve their most pressing problems. Combining more than 75 years of experience with its global reach, Gallup knows more about the attitudes and behaviors of the world’s constituents, employees, and customers than any other organization. Gallup consultants help private and public sector organizations boost organic growth through measurement tools, strategic advice, and education.

About Healthways
Healthways is the largest independent global provider of well-being improvement solutions. Dedicated to creating a healthier world one person at a time, the company uses the science of behavior change to produce and measure positive change in well-being for our customers, which include employers, integrated health systems, hospitals, physicians, health plans, communities and government entities. The company serves approximately 68 million people on four continents.

About MIT AgeLab
The Massachusetts Institute of Technology AgeLab conducts multidisciplinary research around the world to develop and inspire new ideas, policies and technologies to enable 100 years of quality living.