

2014 Community Well-Being Rankings Analysis

Compared to residents of low well-being communities, residents of high well-being communities are:

12%

more likely to learn new and interesting things

Purpose Well-Being

6%

more likely to get positive energy from family & friends

Social Well-Being

16%

less likely to worry about money

Financial Well-Being

18%

more likely to be proud of their community

Community Well-Being

25%

less likely to have depression over their lifetime

Physical Well-Being

Items shown are one of several survey items that comprise each element of well-being.

“In communities with higher well-being, we have found that people live longer, happier lives and business and local economies flourish. A reliable well-being metric provides community and business leaders with the data and insights they need to help make sustained transformation a reality. After all, if you can’t measure it, you can’t manage it.”

—Dan Buettner, *New York Times* bestselling author, National Geographic Fellow and Blue Zones founder

This report, the second in a series, shows the well-being of our nation’s 100 largest communities, as measured by the Gallup-Healthways Well-Being Index®, which captures how people feel about and experience their daily lives. Well-being is correlated with healthcare utilization and cost as well as productivity measures like absenteeism, presenteeism and job performance — all critical to organizational and economic competitiveness.

The Well-Being Index provides a comprehensive view of well-being across five elements:

- **Purpose:** Liking what you do each day and being motivated to achieve your goals
- **Social:** Having supportive relationships and love in your life
- **Financial:** Managing your economic life to reduce stress and increase security
- **Community:** Liking where you live, feeling safe and having pride in your community

- **Physical:** Having good health and enough energy to get things done daily

Of the 100 largest U.S. communities, North Port-Sarasota-Bradenton has the highest overall well-being in 2014, with particularly strong physical, financial and social well-being. El Paso is the only community with the highest well-being in more than one element, purpose and physical well-being.

Six large communities have shown consistently high overall well-being since measurement began in 2008: Urban Honolulu, Provo-Orem, San Jose-Sunnyvale-Santa Clara, Washington-Arlington-Alexandria, San Francisco-Oakland-Hayward, and Minneapolis-St. Paul-Bloomington.

California, North Carolina and Texas each have two communities in the top 10 in 2014, and Ohio has five communities among the 10 that are ranked lowest for well-being. Youngstown-Warren-Boardman, the lowest well-being community among the 100 most populous communities, has the lowest well-being in two elements, trailing in both purpose and social well-being.

Methodology

These data are based on 176,702 interviews with U.S. adults across all 50 states, conducted from January 2 to December 30, 2014. 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. Ranking is based on the 100 largest U.S. communities by population size (U.S. Census data, 2013). The communities presented in this analysis are Metropolitan Statistical Areas (MSAs) as defined by the U.S. Office of Management and Budget. Each community has a minimum of 300 interviews. Visit wbi.healthways.com to learn more.

Community Rankings by Element

Composite Rank						Composite Rank					
	Purpose	Social	Financial	Community	Physical		Purpose	Social	Financial	Community	Physical
1. North Port-Sarasota-Bradenton	11	4	2	12	2	26. Grand Rapids-Wyoming	52	35	8	17	61
2. Urban Honolulu	14	70	1	6	26	27. Boston-Cambridge-Newton	66	34	20	26	16
3. Raleigh	9	6	13	3	24	28. Colorado Springs	30	54	87	25	27
4. Oxnard-Thousand Oaks-Ventura	6	3	11	8	29	29. Tucson	24	10	41	54	18
5. El Paso	1	57	63	23	1	30. Stockton-Lodi	17	20	21	93	13
6. Austin-Round Rock	12	37	37	4	21	31. Albuquerque	22	69	71	59	7
7. Provo-Orem	18	9	28	1	47	32. Charlotte-Concord-Gastonia	20	43	65	36	35
8. San Jose-Sunnyvale-Santa Clara	51	44	3	32	4	33. Boise City	62	65	68	9	41
9. Washington-Arlington-Alexandria	27	12	5	35	9	34. Lancaster	71	93	9	13	43
10. Winston-Salem	34	8	58	14	14	35. Miami-Fort Lauderdale-West Palm Beach	26	23	92	48	11
11. Los Angeles-Long Beach-Anaheim	16	46	40	44	3	36. Bridgeport-Stamford-Norwalk	63	88	43	58	5
12. San Francisco-Oakland-Hayward	48	31	10	33	8	37. Hartford-West Hartford-East Hartford	61	30	18	62	20
13. Houston-The Woodlands-Sugar Land	4	36	22	30	33	38. Phoenix-Mesa-Scottsdale	33	40	48	50	37
14. Chattanooga	8	1	64	2	59	39. Milwaukee-Waukesha-West Allis	36	29	30	60	30
15. Spokane-Spokane Valley	32	38	4	51	23	40. Sacramento-Roseville-Arden-Arcade	56	27	45	56	34
16. San Diego-Carlsbad	41	53	25	18	15	41. Orlando-Kissimmee-Sanford	25	39	84	49	38
17. Minneapolis-St. Paul-Bloomington	53	58	7	16	22	42. Salt Lake City	60	64	74	29	36
18. Omaha-Council Bluffs	38	47	6	10	72	43. Wichita	29	41	16	46	74
19. Cape Coral-Fort Myers	19	14	33	28	17	44. Nashville-Murfreesboro-Franklin	49	84	61	31	53
20. San Antonio-New Braunfels	13	60	56	11	54	45. Bakersfield	3	2	99	96	31
21. Richmond	31	7	38	27	40	46. Fresno	5	89	85	90	12
22. Dallas-Fort Worth-Arlington	10	49	34	24	50	47. Palm Bay-Melbourne-Titusville	70	75	66	37	28
23. Charleston-North Charleston	35	5	75	19	32	48. New Haven-Milford	47	48	50	91	6
24. Springfield	69	16	15	68	10	49. Atlanta-Sandy Springs-Roswell	37	42	77	67	42
25. Denver-Aurora-Lakewood	39	72	26	22	25	50. Greenville-Anderson-Mauldin	59	55	95	5	70

■ Highest Quintile
 ■ 2nd Quintile
 ■ 3rd Quintile
 ■ 4th Quintile
 ■ 5th Quintile

Community Rankings by Element

Composite Rank					
	Purpose	Social	Financial	Community	Physical
51. Des Moines-West Des Moines	90	74	23	7	88
52. Augusta-Richmond County	46	11	90	39	65
53. Jacksonville	45	45	52	70	45
54. Baton Rouge	2	19	83	53	87
55. New York-Newark-Jersey City	75	61	60	72	19
56. Tulsa	7	22	59	21	95
57. Riverside-San Bernardino-Ontario	23	52	78	75	46
58. Little Rock-North Little Rock-Conway	15	28	55	47	83
59. Allentown-Bethlehem-Easton	78	32	42	45	55
60. Harrisburg-Carlisle	54	76	24	43	75
61. Greensboro-High Point	57	62	91	42	73
62. Seattle-Tacoma-Bellevue	84	66	36	55	58
63. Portland-Vancouver-Hillsboro	91	73	57	41	51
64. Chicago-Naperville-Elgin	50	77	39	79	44
65. Madison	93	95	17	15	84
66. Syracuse	44	13	27	78	67
67. Ogden-Clearfield	92	83	97	20	56
68. Albany-Schenectady-Troy	55	17	14	74	68
69. Pittsburgh	81	68	12	61	71
70. Providence-Warwick	86	92	47	65	52
71. Jackson	21	63	88	95	63
72. Rochester	88	71	32	64	76
73. Oklahoma City	64	51	35	34	92
74. Philadelphia-Camden-Wilmington	72	21	44	82	57
75. Columbia	43	33	100	92	39

Composite Rank					
	Purpose	Social	Financial	Community	Physical
76. New Orleans-Metairie	40	80	94	52	79
77. Kansas City	68	56	49	57	85
78. Las Vegas-Henderson-Paradise	79	87	69	84	49
79. Virginia Beach-Norfolk-Newport News	76	50	54	85	62
80. Lakeland-Winter Haven	42	15	93	71	82
81. Tampa-St. Petersburg-Clearwater	67	59	79	63	69
82. Baltimore-Columbia-Towson	83	25	31	94	64
83. Memphis	28	24	98	89	78
84. Cleveland-Elyria	85	94	29	86	60
85. Akron	82	82	62	88	48
86. Louisville-Jefferson County	74	97	89	40	89
87. Worcester	99	18	72	80	66
88. St. Louis	65	67	46	73	90
89. Buffalo-Cheektowaga-Niagara Falls	97	78	19	87	80
90. Birmingham-Hoover	58	90	81	66	96
91. Cincinnati	73	85	53	77	86
92. Detroit-Warren-Dearborn	87	86	70	97	81
93. Columbus	94	96	80	69	91
94. Scranton-Wilkes-Barre-Hazleton	89	91	51	98	77
95. Deltona-Daytona Beach-Ormond Beach	80	26	82	83	94
96. Indianapolis-Carmel-Anderson	77	98	67	76	99
97. Dayton	95	79	73	81	98
98. Knoxville	98	99	96	38	100
99. Toledo	96	81	86	100	97
100. Youngstown-Warren-Boardman	100	100	76	99	93

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