

STATE OF CALIFORNIA 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>.



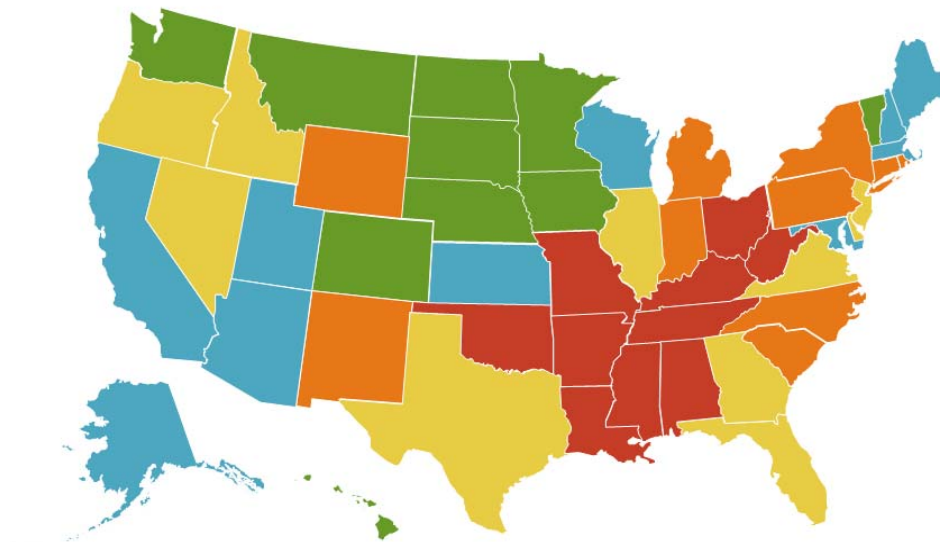
STATE OF AMERICAN WELL-BEING

California

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	17	18	67.6	67.4
Life Evaluation	11	16	50.9	50.7
Emotional Health	26	30	79.3	79.3
Work Environment	19	15	49.7	49.4
Physical Health	12	15	77.8	77.9
Healthy Behaviors	5	5	67.4	67.7
Basic Access	40	43	80.3	79.8

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

California

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Bakersfield	178	176	156	90	168	92	188
Fresno	99	108	149	19	109	48	182
Los Angeles-Long Beach-Santa Ana	43	44	89	63	30	20	152
Modesto	151	130	173	98	154	71	181
Oxnard-Thousand Oaks-Ventura	47	112	135	31	79	24	92
Redding	187	188	185	167	185	19	172
Riverside-San Bernardino-Ontario	129	125	136	105	105	47	174

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

California

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Salinas	34	43	21	57	23	1	176
San Diego-Carlsbad-San Marcos	36	58	29	71	35	22	108
San Francisco-Oakland-Fremont	9	9	47	18	9	4	42
San Jose-Sunnyvale-Santa Clara	5	15	19	9	2	7	48
San Luis Obispo-Paso Robles	8	102	5	1	67	3	30
Santa Barbara-Santa Maria-Goleta	41	21	99	68	71	29	126
Santa Rosa-Petaluma	27	12	94	40	87	2	89
Stockton	148	101	113	155	114	83	187
Vallejo-Fairfield	106	90	86	140	128	44	121
Visalia-Porterville	90	137	64	6	157	21	183



CONGRESSIONAL DISTRICT RANKINGS

California

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	238	399	282	50	353	32	338
Congressional District - 02	82	103	256	70	267	7	233
Congressional District - 03	145	133	114	178	230	83	275
Congressional District - 04	102	209	162	114	186	19	148
Congressional District - 05	162	201	371	57	358	15	326
Congressional District - 06	382	335	424	343	379	162	375
Congressional District - 07	168	282	267	174	300	56	125
Congressional District - 08	393	311	401	382	363	144	405

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

California

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	243	131	254	277	294	90	393
Congressional District - 10	227	217	324	146	291	116	361
Congressional District - 11	20	25	55	158	37	5	53
Congressional District - 12	5	8	104	8	8	35	55
Congressional District - 13	193	146	314	273	94	72	360
Congressional District - 14	1	10	6	5	2	1	12
Congressional District - 15	47	55	165	102	71	33	115
Congressional District - 16	196	176	211	29	306	141	407
Congressional District - 17	11	52	28	3	4	13	133
Congressional District - 18	7	32	40	16	7	3	113
Congressional District - 19	200	145	335	272	182	95	316
Congressional District - 20	65	125	75	66	92	4	354
Congressional District - 21	340	316	275	172	341	155	423
Congressional District - 22	141	333	141	24	219	30	312
Congressional District - 23	363	351	295	338	352	233	353



CONGRESSIONAL DISTRICT RANKINGS

California

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 24	70	129	147	26	232	29	186
Congressional District - 25	208	341	356	120	209	111	225
Congressional District - 26	91	90	203	104	155	60	195
Congressional District - 27	127	235	201	133	106	46	203
Congressional District - 28	108	65	218	244	113	31	281
Congressional District - 29	240	130	403	125	185	115	417
Congressional District - 30	105	18	266	394	74	120	145
Congressional District - 31	242	75	286	368	135	169	385
Congressional District - 32	179	291	200	111	36	142	345
Congressional District - 33	17	9	277	41	28	9	138
Congressional District - 34	352	197	281	406	110	39	432
Congressional District - 35	207	190	57	297	105	137	363
Congressional District - 36	204	289	225	101	318	11	391
Congressional District - 37	281	191	265	156	224	112	426
Congressional District - 38	164	97	102	340	181	127	202



CONGRESSIONAL DISTRICT RANKINGS

California

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 39	87	245	59	69	41	143	104
Congressional District - 40	329	281	355	150	236	49	433
Congressional District - 41	335	280	384	243	252	201	403
Congressional District - 42	131	159	196	160	169	79	193
Congressional District - 43	288	328	367	89	233	145	402
Congressional District - 44	211	135	247	162	245	87	398
Congressional District - 45	6	24	7	21	13	40	22
Congressional District - 46	286	271	128	303	73	171	404
Congressional District - 47	185	194	243	371	91	22	248
Congressional District - 48	2	7	12	74	6	2	27
Congressional District - 49	35	81	29	91	53	20	87
Congressional District - 50	163	179	87	279	205	53	244
Congressional District - 51	296	322	299	119	303	204	390
Congressional District - 52	30	16	22	345	24	17	32
Congressional District - 53	32	15	94	80	29	48	232



STATE RANKINGS & SCORES BY YEAR & DOMAIN

California

Rankings

	2013	2012	2011	2010	2009	2008
Overall	17	18	18	18	21	9
Life Evaluation	11	16	18	18	18	12
Emotional Health	26	30	22	25	33	30
Work Environment	19	15	17	21	19	7
Physical Health	12	15	16	12	15	16
Healthy Behaviors	5	5	5	2	6	5
Basic Access	40	43	41	34	36	33

Scores

	2013	2012	2011	2010	2009	2008
Overall	67.6	67.4	67.3	67.0	66.8	67.6
Life Evaluation	50.9	50.7	50.4	49.7	49.1	46.7
Emotional Health	79.3	79.3	79.3	78.7	78.0	78.7
Work Environment	49.7	49.4	49.1	48.6	49.9	54.2
Physical Health	77.8	77.9	77.9	77.8	77.5	77.6
Healthy Behaviors	67.4	67.7	66.9	66.8	65.9	66.5
Basic Access	80.3	79.8	80.1	80.2	80.2	82.0



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Overall



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Overall

	2013/2012	2011	2010	2009	2008
Santa Cruz-Watsonville	-	19	54	17	6
Santa Rosa-Petaluma	27	13	14	9	32
Stockton	148	142	152	138	75
Vallejo-Fairfield	106	173	102	108	97
Visalia-Porterville	90	171	119	142	111

Life Evaluation

	2013/2012	2011	2010	2009	2008
Bakersfield	176	113	129	139	88
Chico	-	173	93	169	161
Fresno	108	82	110	104	73
Los Angeles-Long Beach-Santa Ana	44	69	81	82	53
Modesto	130	137	141	184	94
Oxnard-Thousand Oaks-Ventura	112	66	68	59	50
Redding	188	170	187	177	89
Riverside-San Bernardino-Ontario	125	139	118	40	63



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Life Evaluation

	2013/2012	2011	2010	2009	2008
Sacramento--Arden-Arcade--Roseville	104	101	112	103	42
Salinas	43	152	92	106	78
San Diego-Carlsbad-San Marcos	58	51	29	65	26
San Francisco-Oakland-Fremont	9	31	31	45	24
San Jose-Sunnyvale-Santa Clara	15	16	23	33	22
San Luis Obispo-Paso Robles	102	148	86	27	28
Santa Barbara-Santa Maria-Goleta	21	90	89	15	40
Santa Cruz-Watsonville	-	21	103	80	62
Santa Rosa-Petaluma	12	58	26	61	104
Stockton	101	134	165	174	55
Vallejo-Fairfield	90	154	96	128	66
Visalia-Porterville	137	164	148	153	68

Emotional Health

	2013/2012	2011	2010	2009	2008
Bakersfield	156	75	103	171	106



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Emotional Health

	2013/2012	2011	2010	2009	2008
Chico	-	157	146	177	112
Fresno	149	143	142	131	121
Los Angeles-Long Beach-Santa Ana	89	114	115	141	141
Modesto	173	137	51	187	118
Oxnard-Thousand Oaks-Ventura	135	120	56	99	100
Redding	185	186	184	133	104
Riverside-San Bernardino-Ontario	136	133	132	112	115
Sacramento--Arden-Arcade--Roseville	142	87	64	89	58
Salinas	21	8	111	143	166
San Diego-Carlsbad-San Marcos	29	42	68	51	42
San Francisco-Oakland-Fremont	47	95	66	92	111
San Jose-Sunnyvale-Santa Clara	19	24	31	62	49
San Luis Obispo-Paso Robles	5	23	173	48	1
Santa Barbara-Santa Maria-Goleta	99	66	41	59	15



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Emotional Health

	2013/2012	2011	2010	2009	2008
Santa Cruz-Watsonville	-	160	181	61	83
Santa Rosa-Petaluma	94	27	136	43	96
Stockton	113	118	108	166	136
Vallejo-Fairfield	86	184	44	165	182
Visalia-Porterville	64	158	135	156	57

Work Environment

	2013/2012	2011	2010	2009	2008
Bakersfield	90	126	25	168	11
Chico	-	6	159	19	126
Fresno	19	106	131	111	60
Los Angeles-Long Beach-Santa Ana	63	57	80	81	64
Modesto	98	17	70	151	47
Oxnard-Thousand Oaks-Ventura	31	103	132	5	25
Redding	167	101	167	122	140
Riverside-San Bernardino-Ontario	105	84	139	110	55



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Work Environment

	2013/2012	2011	2010	2009	2008
Sacramento--Arden-Arcade--Roseville	75	127	91	92	66
Salinas	57	12	37	156	9
San Diego-Carlsbad-San Marcos	71	91	52	66	32
San Francisco-Oakland-Fremont	18	26	45	94	38
San Jose-Sunnyvale-Santa Clara	9	70	51	20	24
San Luis Obispo-Paso Robles	1	111	150	50	42
Santa Barbara-Santa Maria-Goleta	68	3	135	26	16
Santa Cruz-Watsonville	-	4	11	67	2
Santa Rosa-Petaluma	40	14	12	23	15
Stockton	155	90	39	3	54
Vallejo-Fairfield	140	178	181	75	44
Visalia-Porterville	6	158	38	27	134

Physical Health

	2013/2012	2011	2010	2009	2008
Bakersfield	168	167	136	154	137



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Physical Health

	2013/2012	2011	2010	2009	2008
Chico	-	161	175	169	181
Fresno	109	147	138	151	89
Los Angeles-Long Beach-Santa Ana	30	34	40	58	49
Modesto	154	144	156	184	150
Oxnard-Thousand Oaks-Ventura	79	104	11	38	119
Redding	185	187	173	166	165
Riverside-San Bernardino-Ontario	105	108	78	70	81
Sacramento--Arden-Arcade--Roseville	117	89	70	63	63
Salinas	23	60	98	10	116
San Diego-Carlsbad-San Marcos	35	22	19	15	28
San Francisco-Oakland-Fremont	9	32	33	29	38
San Jose-Sunnyvale-Santa Clara	2	7	8	8	15
San Luis Obispo-Paso Robles	67	42	120	126	21
Santa Barbara-Santa Maria-Goleta	71	25	61	16	8



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Physical Health

	2013/2012	2011	2010	2009	2008
Santa Cruz-Watsonville	-	146	127	31	39
Santa Rosa-Petaluma	87	63	86	34	77
Stockton	114	123	88	156	114
Vallejo-Fairfield	128	154	23	96	141
Visalia-Porterville	157	105	96	60	96

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Bakersfield	92	83	63	113	52
Chico	-	38	69	37	39
Fresno	48	56	26	53	49
Los Angeles-Long Beach-Santa Ana	20	40	22	38	30
Modesto	71	79	7	105	54
Oxnard-Thousand Oaks-Ventura	24	13	3	20	24
Redding	19	53	62	22	46
Riverside-San Bernardino-Ontario	47	61	67	54	59



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Sacramento--Arden-Arcade--Roseville	32	29	34	33	25
Salinas	1	2	1	12	1
San Diego-Carlsbad-San Marcos	22	16	17	42	29
San Francisco-Oakland-Fremont	4	14	14	18	17
San Jose-Sunnyvale-Santa Clara	7	6	15	15	7
San Luis Obispo-Paso Robles	3	12	23	7	4
Santa Barbara-Santa Maria-Goleta	29	4	9	3	2
Santa Cruz-Watsonville	-	20	11	1	3
Santa Rosa-Petaluma	2	3	10	5	9
Stockton	83	55	92	66	51
Vallejo-Fairfield	44	92	54	83	94
Visalia-Porterville	21	68	43	52	21

Basic Access

	2013/2012	2011	2010	2009	2008
Bakersfield	188	189	184	185	178



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Basic Access

	2013/2012	2011	2010	2009	2008
Chico	-	153	110	130	144
Fresno	182	181	171	175	176
Los Angeles-Long Beach-Santa Ana	152	148	149	156	158
Modesto	181	183	173	184	167
Oxnard-Thousand Oaks-Ventura	92	67	104	47	73
Redding	172	164	165	145	141
Riverside-San Bernardino-Ontario	174	176	174	167	164
Sacramento--Arden-Arcade--Roseville	109	116	94	59	65
Salinas	176	177	187	181	182
San Diego-Carlsbad-San Marcos	108	90	99	114	98
San Francisco-Oakland-Fremont	42	54	40	49	41
San Jose-Sunnyvale-Santa Clara	48	39	27	36	34
San Luis Obispo-Paso Robles	30	37	52	25	17
Santa Barbara-Santa Maria-Goleta	126	132	121	100	151



COMMUNITY RANKINGS BY YEAR & DOMAIN

California

Basic Access

	2013/2012	2011	2010	2009	2008
Santa Cruz-Watsonville	-	131	153	85	97
Santa Rosa-Petaluma	89	86	79	60	99
Stockton	187	186	186	183	166
Vallejo-Fairfield	121	137	86	103	125
Visalia-Porterville	183	188	181	186	183



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