

# STATE OF FLORIDA 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](http://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>.



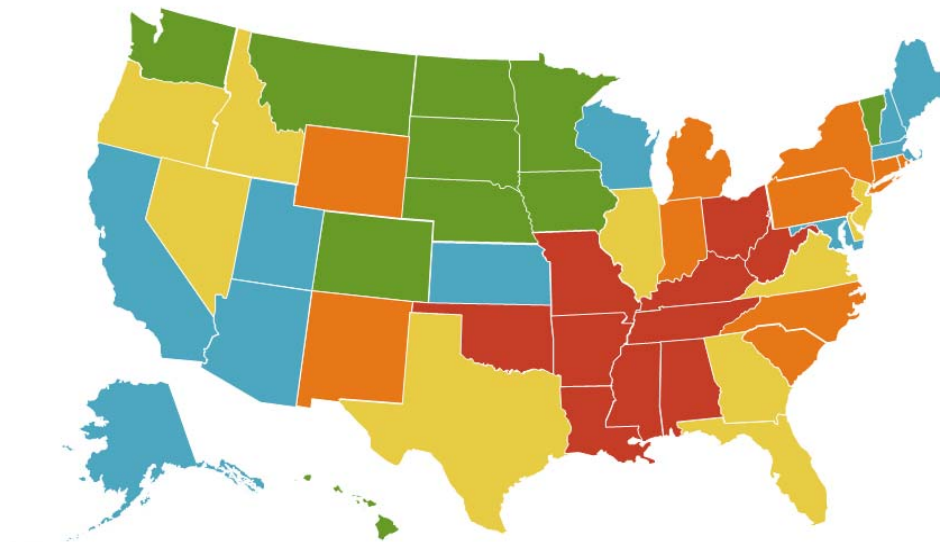
# STATE OF AMERICAN WELL-BEING

## Florida

	Rankings		Scores	
	2013	2012	2013	2012
<b>Well-Being Overall</b>	<b>30</b>	<b>34</b>	<b>66.2</b>	<b>65.8</b>
Life Evaluation	29	41	47.4	46.4
Emotional Health	24	33	79.4	79.2
Work Environment	35	33	46.7	46.4
Physical Health	25	30	76.6	76.9
Healthy Behaviors	12	13	66.0	65.9
Basic Access	36	42	80.8	79.9

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

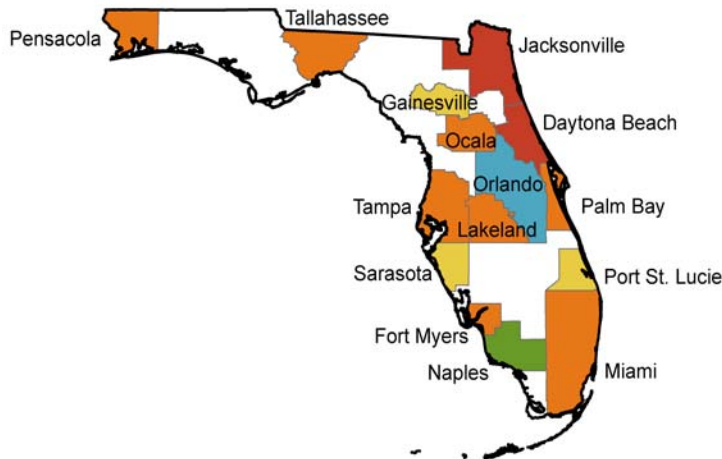


# COMMUNITY RANKINGS

## Florida

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Bradenton-Sarasota-Venice	77	139	22	135	112	17	69
Cape Coral-Fort Myers	149	177	68	153	102	50	154
Deltona-Daytona Beach-Ormond Beach	161	172	66	184	131	53	136
Gainesville	112	123	131	144	57	91	96
Jacksonville	159	148	115	173	130	101	147
Lakeland-Winter Haven	138	171	145	30	104	121	167
Miami-Fort Lauderdale-Pompano Beach	124	117	167	152	53	35	163
Naples-Marco Island	7	57	2	4	4	15	100

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

## Florida

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Ocala	121	124	93	60	160	66	165
Orlando-Kissimmee	62	34	48	80	59	85	155
Palm Bay-Melbourne-Titusville	139	167	82	130	94	49	139
Pensacola-Ferry Pass-Brent	136	84	128	160	135	123	134
Port St. Lucie	105	160	16	145	32	12	145
Tallahassee	125	96	81	121	93	138	151
Tampa-St. Petersburg-Clearwater	152	155	155	137	147	70	146



# CONGRESSIONAL DISTRICT RANKINGS

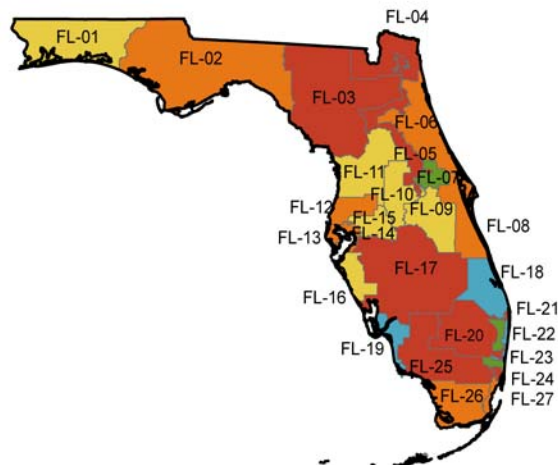
## Florida

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	226	279	210	167	286	217	278
Congressional District - 02	342	343	187	320	335	270	341
Congressional District - 03	386	400	361	347	361	226	337
Congressional District - 04	356	382	228	381	283	215	299
Congressional District - 05	384	320	259	364	278	290	411
Congressional District - 06	299	370	161	361	292	101	250
Congressional District - 07	48	40	85	58	77	138	158
Congressional District - 08	309	384	186	330	231	124	295

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

## Florida

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	203	71	181	270	170	266	362
Congressional District - 10	241	344	160	153	333	198	255
Congressional District - 11	255	393	125	248	359	28	257
Congressional District - 12	305	312	383	304	313	190	271
Congressional District - 13	276	363	336	107	334	207	277
Congressional District - 14	283	112	209	378	349	106	368
Congressional District - 15	257	375	177	284	123	153	261
Congressional District - 16	247	387	93	324	248	51	198
Congressional District - 17	380	431	88	321	396	70	334
Congressional District - 18	148	177	96	316	48	64	235
Congressional District - 19	151	331	65	149	165	43	199
Congressional District - 20	391	350	311	408	201	304	379
Congressional District - 21	79	172	111	159	159	21	71
Congressional District - 22	149	156	397	317	118	10	163
Congressional District - 23	84	50	145	281	32	67	194



# CONGRESSIONAL DISTRICT RANKINGS

## Florida

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 24	425	420	427	427	272	76	429
Congressional District - 25	378	395	428	155	270	156	410
Congressional District - 26	301	318	292	384	59	61	380
Congressional District - 27	306	187	431	290	84	172	389





# STATE RANKINGS & SCORES BY YEAR & DOMAIN

## Florida

### Rankings

	2013	2012	2011	2010	2009	2008
Overall	30	34	42	37	36	29
Life Evaluation	29	41	45	46	37	31
Emotional Health	24	33	35	36	37	23
Work Environment	35	33	47	39	43	30
Physical Health	25	30	29	32	26	26
Healthy Behaviors	12	13	17	16	13	16
Basic Access	36	42	44	42	43	40

### Scores

	2013	2012	2011	2010	2009	2008
Overall	66.2	65.8	64.9	65.1	65.2	65.8
Life Evaluation	47.4	46.4	45.6	45.4	45.7	42.4
Emotional Health	79.4	79.2	78.7	78.2	77.9	79.1
Work Environment	46.7	46.4	43.8	46.4	47.1	50.5
Physical Health	76.6	76.9	76.8	76.3	76.4	76.8
Healthy Behaviors	66.0	65.9	65.2	65.0	64.6	64.5
Basic Access	80.8	79.9	79.5	79.0	79.7	81.6



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Overall

	2013/2012	2011	2010	2009	2008
Bradenton-Sarasota-Venice	77	70	92	118	47
Cape Coral-Fort Myers	149	86	135	141	80
Deltona-Daytona Beach-Ormond Beach	161	157	156	152	174
Gainesville	112	-	8	47	46
Jacksonville	159	153	140	156	94
Lakeland-Winter Haven	138	184	148	116	152
Miami-Fort Lauderdale-Pompano Beach	124	146	129	140	120
Naples-Marco Island	7	73	37	12	5
Ocala	121	177	104	163	166
Orlando-Kissimmee	62	144	116	81	68
Palm Bay-Melbourne-Titusville	139	178	157	94	87
Pensacola-Ferry Pass-Brent	136	104	85	173	147
Port St. Lucie	105	186	79	109	140
Tallahassee	125	159	45	49	102
Tampa-St. Petersburg-Clearwater	152	139	146	158	144



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Life Evaluation

	2013/2012	2011	2010	2009	2008
Bradenton-Sarasota-Venice	139	155	171	158	133
Cape Coral-Fort Myers	177	158	154	175	153
Deltona-Daytona Beach-Ormond Beach	172	165	172	159	166
Gainesville	123	-	60	7	18
Jacksonville	148	160	130	125	52
Lakeland-Winter Haven	171	172	173	146	158
Miami-Fort Lauderdale-Pompano Beach	117	153	120	107	135
Naples-Marco Island	57	168	162	32	118
Ocala	124	183	178	112	171
Orlando-Kissimmee	34	116	48	69	82
Palm Bay-Melbourne-Titusville	167	182	175	109	144
Pensacola-Ferry Pass-Brent	84	112	116	138	81
Port St. Lucie	160	184	167	161	143
Tallahassee	96	98	20	26	51



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Life Evaluation

	2013/2012	2011	2010	2009	2008
Tampa-St. Petersburg-Clearwater	155	145	156	168	141

### Emotional Health

	2013/2012	2011	2010	2009	2008
Bradenton-Sarasota-Venice	22	6	45	28	72
Cape Coral-Fort Myers	68	122	118	126	88
Deltona-Daytona Beach-Ormond Beach	66	78	141	116	133
Gainesville	131	-	16	41	18
Jacksonville	115	129	104	140	55
Lakeland-Winter Haven	145	104	48	71	59
Miami-Fort Lauderdale-Pompano Beach	167	174	151	164	152
Naples-Marco Island	2	7	7	14	12
Ocala	93	38	90	68	132
Orlando-Kissimmee	48	72	107	93	27
Palm Bay-Melbourne-Titusville	82	155	114	160	76
Pensacola-Ferry Pass-Brent	128	140	54	154	66



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Emotional Health

	2013/2012	2011	2010	2009	2008
Port St. Lucie	16	183	156	67	93
Tallahassee	81	128	169	161	159
Tampa-St. Petersburg-Clearwater	155	126	147	132	103

### Work Environment

	2013/2012	2011	2010	2009	2008
Bradenton-Sarasota-Venice	135	113	112	178	53
Cape Coral-Fort Myers	153	34	122	108	31
Deltona-Daytona Beach-Ormond Beach	184	164	95	129	149
Gainesville	144	-	1	155	99
Jacksonville	173	167	156	153	131
Lakeland-Winter Haven	30	187	72	107	63
Miami-Fort Lauderdale-Pompano Beach	152	134	146	167	106
Naples-Marco Island	4	144	60	157	1
Ocala	60	175	2	179	71
Orlando-Kissimmee	80	170	147	47	101



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Work Environment

	2013/2012	2011	2010	2009	2008
Palm Bay-Melbourne-Titusville	130	181	90	33	91
Pensacola-Ferry Pass-Brent	160	32	57	166	153
Port St. Lucie	145	188	5	97	168
Tallahassee	121	183	32	46	113
Tampa-St. Petersburg-Clearwater	137	135	103	127	95

### Physical Health

	2013/2012	2011	2010	2009	2008
Bradenton-Sarasota-Venice	112	35	60	44	46
Cape Coral-Fort Myers	102	96	108	56	115
Deltona-Daytona Beach-Ormond Beach	131	158	171	100	172
Gainesville	57	-	30	114	17
Jacksonville	130	118	80	135	87
Lakeland-Winter Haven	104	172	81	136	173
Miami-Fort Lauderdale-Pompano Beach	53	55	77	18	44
Naples-Marco Island	4	17	22	2	18



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Physical Health

	2013/2012	2011	2010	2009	2008
Ocala	160	180	158	172	178
Orlando-Kissimmee	59	95	114	67	26
Palm Bay-Melbourne-Titusville	94	143	139	160	140
Pensacola-Ferry Pass-Brent	135	138	85	182	138
Port St. Lucie	32	184	90	42	37
Tallahassee	93	67	121	119	113
Tampa-St. Petersburg-Clearwater	147	112	126	143	154

### Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Bradenton-Sarasota-Venice	17	21	8	21	16
Cape Coral-Fort Myers	50	23	29	39	28
Deltona-Daytona Beach-Ormond Beach	53	67	49	117	100
Gainesville	91	-	105	23	107
Jacksonville	101	96	78	109	111
Lakeland-Winter Haven	121	64	125	28	103



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Miami-Fort Lauderdale-Pompano Beach	35	62	41	50	57
Naples-Marco Island	15	5	5	2	5
Ocala	66	9	89	57	83
Orlando-Kissimmee	85	82	79	64	58
Palm Bay-Melbourne-Titusville	49	34	83	36	20
Pensacola-Ferry Pass-Brent	123	119	52	94	150
Port St. Lucie	12	30	44	40	23
Tallahassee	138	154	31	55	143
Tampa-St. Petersburg-Clearwater	70	75	82	75	118

### Basic Access

	2013/2012	2011	2010	2009	2008
Bradenton-Sarasota-Venice	69	78	77	83	68
Cape Coral-Fort Myers	154	138	152	135	133
Deltona-Daytona Beach-Ormond Beach	136	162	155	146	155
Gainesville	96	-	98	140	113





# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Florida

### Basic Access

	2013/2012	2011	2010	2009	2008
Jacksonville	147	147	156	157	131
Lakeland-Winter Haven	167	178	170	149	168
Miami-Fort Lauderdale-Pompano Beach	163	175	169	164	165
Naples-Marco Island	100	82	78	97	84
Ocala	165	161	175	160	174
Orlando-Kissimmee	155	168	161	163	150
Palm Bay-Melbourne-Titusville	139	126	144	121	89
Pensacola-Ferry Pass-Brent	134	115	135	169	147
Port St. Lucie	145	158	148	143	163
Tallahassee	151	149	130	88	85
Tampa-St. Petersburg-Clearwater	146	145	140	139	136

Top Quintile

2nd Quintile

3rd Quintile

4th Quintile

5th Quintile

Florida

# 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  $\pm 0.2$  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  $\pm 0.3$  percentage points.

### Margin of sampling error of composite results at various sample sizes:

0 (bottom) – 100 (top) Scale

- For results based on 5,000,  $\pm 0.4$
- For results based on 1,000,  $\pm 0.9$
- For results based on 500,  $\pm 1.3$
- For results based on 300,  $\pm 1.6$

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](http://www.well-beingindex.com).



STATE OF  
AMERICAN  
WELL-BEING