

STATE OF  
IOWA  
WELL-BEING

2013 STATE, COMMUNITY, AND CONGRESSIONAL DISTRICT ANALYSIS



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# Gallup & Healthways: Working Together to Improve the Health of Populations and Individuals

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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>.

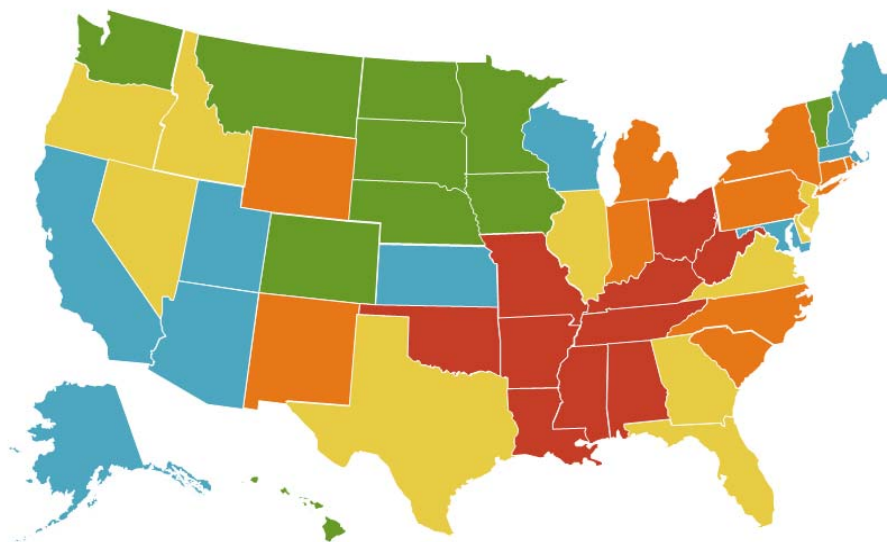


# STATE OF AMERICAN WELL-BEING

## Iowa

	Rankings		Scores	
	2013	2012	2013	2012
<b>Well-Being Overall</b>	<b>10</b>	<b>9</b>	<b>68.2</b>	<b>68.1</b>
Life Evaluation	22	27	48.8	48.9
Emotional Health	11	11	80.8	80.5
Work Environment	11	4	51.3	52.8
Physical Health	5	8	78.4	78.1
Healthy Behaviors	33	36	63.5	62.7
Basic Access	3	3	86.7	85.9

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

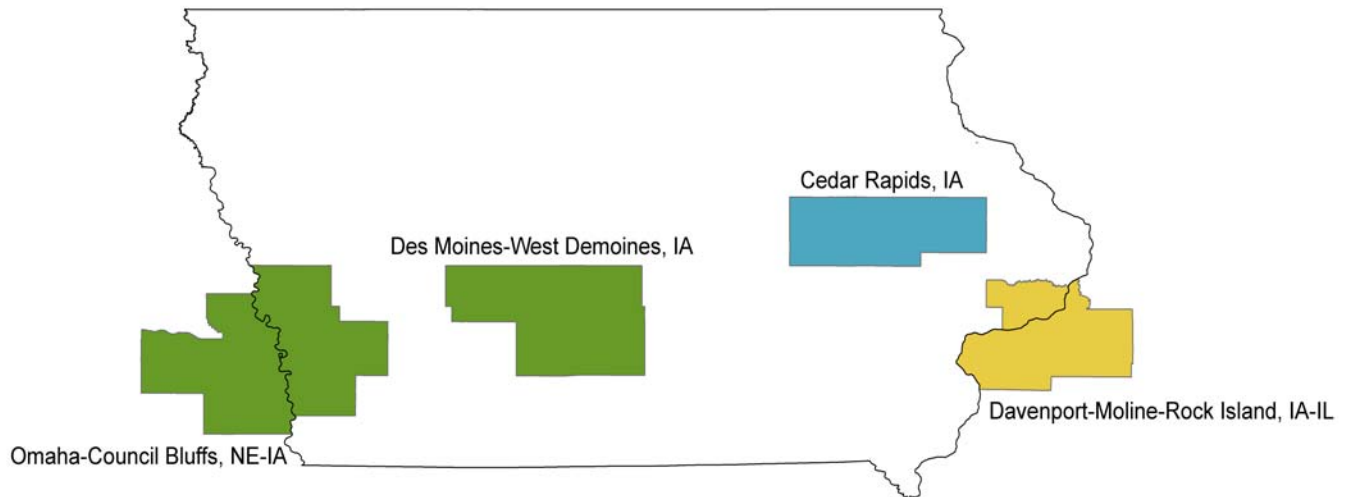
## Iowa

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Cedar Rapids	52	135	39	64	46	111	20
Davenport-Moline-Rock Island	79	146	15	146	20	62	50
Des Moines-West Demoines	25	31	27	17	37	124	3
Omaha-Council Bluffs	29	8	11	44	26	147	21

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.



# CONGRESSIONAL DISTRICT RANKINGS

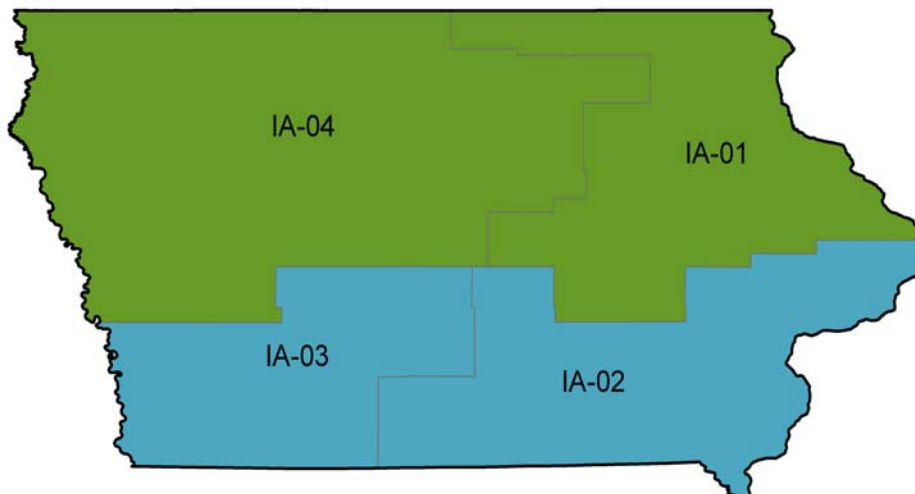
## Iowa

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	71	173	30	84	102	208	41
Congressional District - 02	142	314	146	60	101	278	97
Congressional District - 03	93	142	90	88	160	300	28
Congressional District - 04	72	254	15	10	66	322	54

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.



# STATE RANKINGS & SCORES BY YEAR & DOMAIN

## Iowa

### Rankings

	2013	2012	2011	2010	2009	2008
Overall	10	9	16	19	7	26
Life Evaluation	22	27	27	20	28	39
Emotional Health	11	11	8	8	4	17
Work Environment	11	4	23	38	8	24
Physical Health	5	8	11	9	3	12
Healthy Behaviors	33	36	36	34	29	35
Basic Access	3	3	6	7	2	6

### Scores

	2013	2012	2011	2010	2009	2008
Overall	68.2	68.1	67.4	66.9	67.8	66.3
Life Evaluation	48.8	48.9	48.9	49.3	47.0	41.0
Emotional Health	80.8	80.5	81.1	80.7	81.2	79.4
Work Environment	51.3	52.8	48.4	46.7	52.0	51.7
Physical Health	78.4	78.1	78.3	78.0	78.7	77.9
Healthy Behaviors	63.5	62.7	62.3	62.2	62.3	61.9
Basic Access	86.7	85.9	85.4	84.5	85.8	85.9



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Iowa

### Overall

	2013/2012	2011	2010	2009	2008
Cedar Rapids	52	50	7	23	143
Davenport-Moline-Rock Island	79	85	132	51	141
Des Moines-West Des Moines	25	41	78	30	51
Omaha-Council Bluffs	29	45	44	77	104

### Life Evaluation

	2013/2012	2011	2010	2009	2008
Cedar Rapids	135	72	5	88	85
Davenport-Moline-Rock Island	146	50	158	66	129
Des Moines-West Des Moines	31	83	46	52	101
Omaha-Council Bluffs	8	24	84	74	90

### Emotional Health

	2013/2012	2011	2010	2009	2008
Cedar Rapids	39	20	6	1	170
Davenport-Moline-Rock Island	15	11	93	22	29
Des Moines-West Des Moines	27	16	30	30	79
Omaha-Council Bluffs	11	14	37	34	113



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Iowa

### Work Environment

	2013/2012	2011	2010	2009	2008
Cedar Rapids	64	56	29	144	144
Davenport-Moline-Rock Island	146	145	140	99	181
Des Moines-West Demoinis	17	86	111	76	37
Omaha-Council Bluffs	44	139	22	85	97

### Physical Health

	2013/2012	2011	2010	2009	2008
Cedar Rapids	46	41	63	5	64
Davenport-Moline-Rock Island	20	52	97	6	50
Des Moines-West Demoinis	37	27	69	40	60
Omaha-Council Bluffs	26	23	24	36	70

### Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Cedar Rapids	111	160	107	46	182
Davenport-Moline-Rock Island	62	167	138	150	137
Des Moines-West Demoinis	124	135	182	108	128
Omaha-Council Bluffs	147	141	160	160	169





# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Iowa

### Basic Access

	2013/2012	2011	2010	2009	2008
Cedar Rapids	20	25	10	4	39
Davenport-Moline-Rock Island	50	59	39	40	16
Des Moines-West Des Moines	3	4	21	3	4
Omaha-Council Bluffs	21	38	67	50	55



# 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).



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