

# STATE OF MASSACHUSETTS 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>.

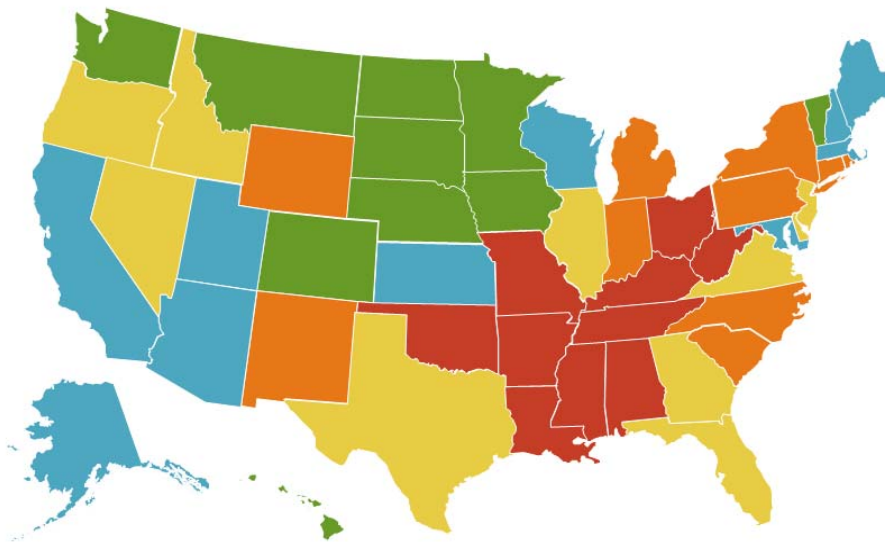


# STATE OF AMERICAN WELL-BEING

## Massachusetts

	Rankings		Scores	
	2013	2012	2013	2012
<b>Well-Being Overall</b>	<b>13</b>	<b>10</b>	<b>68.0</b>	<b>68.1</b>
Life Evaluation	16	7	50.1	52.0
Emotional Health	37	43	78.8	78.2
Work Environment	29	22	48.3	48.4
Physical Health	8	19	78.2	77.5
Healthy Behaviors	13	16	65.9	65.7
Basic Access	1	1	86.9	86.9

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

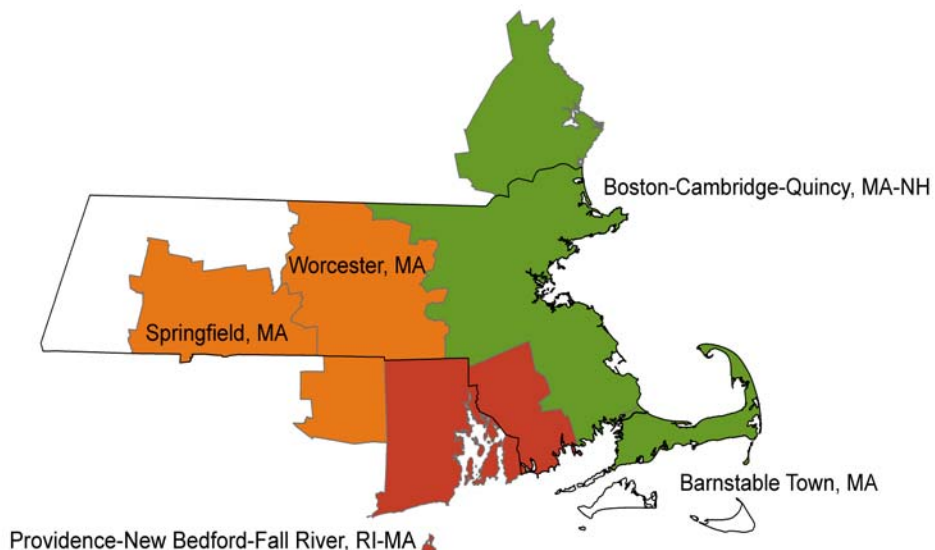
## Massachusetts

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Barnstable Town	17	75	25	24	38	6	10
Boston-Cambridge-Quincy	23	20	110	47	27	33	6
Providence-New Bedford-Fall River	156	142	183	177	120	100	78
Springfield	122	106	186	79	161	134	39
Worcester	123	147	151	159	125	60	36

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

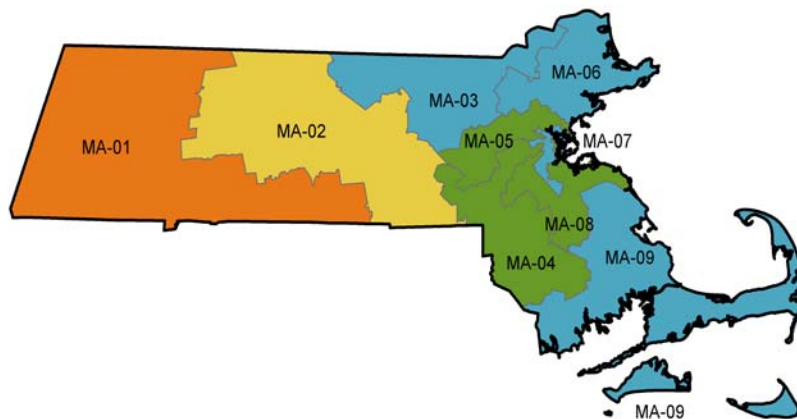
## Massachusetts

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	263	248	407	203	384	263	108
Congressional District - 02	205	284	293	233	284	193	89
Congressional District - 03	116	91	349	311	134	125	37
Congressional District - 04	64	83	318	173	87	175	3
Congressional District - 05	26	69	268	25	97	26	8
Congressional District - 06	124	160	327	348	163	62	6
Congressional District - 07	88	31	332	215	81	222	105

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

## Massachusetts

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 08	23	42	101	54	19	66	16
Congressional District - 09	104	255	301	71	143	109	44



# STATE RANKINGS & SCORES BY YEAR & DOMAIN

## Massachusetts

### Rankings

	2013	2012	2011	2010	2009	2008
Overall	13	10	14	11	18	12
Life Evaluation	16	7	16	11	17	19
Emotional Health	37	43	38	37	42	33
Work Environment	29	22	43	23	31	23
Physical Health	8	19	14	14	22	15
Healthy Behaviors	13	16	16	14	14	17
Basic Access	1	1	1	1	3	1

### Scores

	2013	2012	2011	2010	2009	2008
Overall	68.0	68.1	67.4	67.8	67.0	67.4
Life Evaluation	50.1	52.0	51.0	51.4	49.1	44.4
Emotional Health	78.8	78.2	78.5	78.2	77.4	78.5
Work Environment	48.3	48.4	45.0	48.1	48.3	51.7
Physical Health	78.2	77.5	78.0	77.6	77.1	77.7
Healthy Behaviors	65.9	65.7	65.2	65.2	64.5	64.5
Basic Access	86.9	86.9	86.6	86.3	85.6	87.7



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Massachusetts

### Overall

	2013/2012	2011	2010	2009	2008
Barnstable Town	17	11	33	68	55
Boston-Cambridge-Quincy	23	37	22	36	26
Providence-New Bedford-Fall River	156	134	142	159	130
Springfield	122	97	134	115	125
Worcester	123	123	94	121	137

### Life Evaluation

	2013/2012	2011	2010	2009	2008
Barnstable Town	75	106	105	86	145
Boston-Cambridge-Quincy	20	59	25	64	59
Providence-New Bedford-Fall River	142	136	137	150	138
Springfield	106	130	83	94	117
Worcester	147	102	161	135	123





# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Massachusetts

### Emotional Health

	2013/2012	2011	2010	2009	2008
Barnstable Town	25	41	55	86	6
Boston-Cambridge-Quincy	110	105	96	119	77
Providence-New Bedford-Fall River	183	153	159	170	181
Springfield	186	162	187	176	161
Worcester	151	96	121	169	153

### Work Environment

	2013/2012	2011	2010	2009	2008
Barnstable Town	24	28	149	172	136
Boston-Cambridge-Quincy	47	120	66	68	61
Providence-New Bedford-Fall River	177	143	157	152	120
Springfield	79	92	117	146	125
Worcester	159	165	64	114	160



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Massachusetts

### Physical Health

	2013/2012	2011	2010	2009	2008
Barnstable Town	38	15	29	41	56
Boston-Cambridge-Quincy	27	26	41	57	24
Providence-New Bedford-Fall River	120	121	105	155	127
Springfield	161	160	163	115	148
Worcester	125	82	113	127	109

### Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Barnstable Town	6	1	6	10	15
Boston-Cambridge-Quincy	33	44	39	47	50
Providence-New Bedford-Fall River	100	65	106	121	76
Springfield	134	39	130	65	82
Worcester	60	129	75	100	141



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## Massachusetts

### Basic Access

	2013/2012	2011	2010	2009	2008
Barnstable Town	10	9	13	15	12
Boston-Cambridge-Quincy	6	8	7	8	2
Providence-New Bedford-Fall River	78	89	80	75	63
Springfield	39	35	60	57	57
Worcester	36	41	9	41	20



# 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