

# STATE OF NEW YORK 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>.



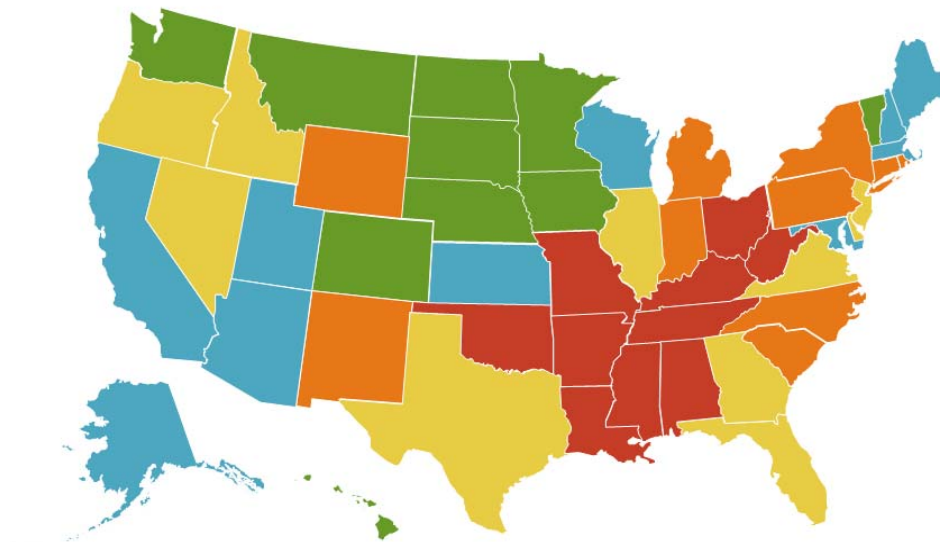
# STATE OF AMERICAN WELL-BEING

## New York

	Rankings		Scores	
	2013	2012	2013	2012
<b>Well-Being Overall</b>	<b>35</b>	<b>30</b>	<b>65.5</b>	<b>66.2</b>
Life Evaluation	28	22	47.4	49.4
Emotional Health	43	40	78.2	78.3
Work Environment	47	45	42.6	44.2
Physical Health	23	22	77.1	77.4
Healthy Behaviors	20	17	65.2	65.2
Basic Access	22	24	82.6	82.8

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

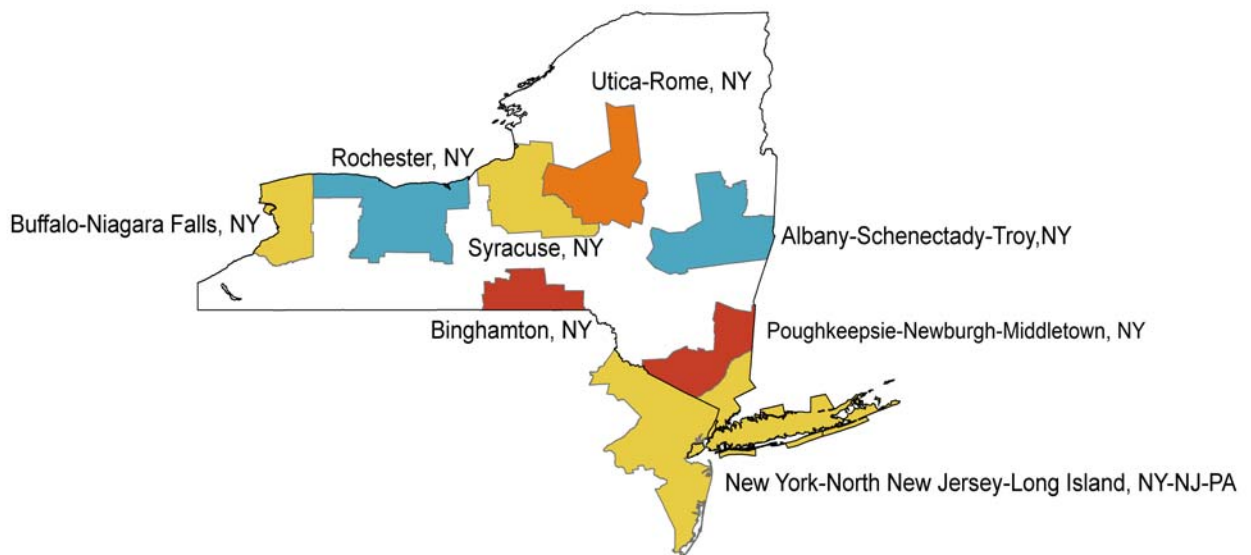


# COMMUNITY RANKINGS

## New York

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Albany-Schenectady-Troy	49	72	137	69	107	55	27
Binghamton	170	162	169	138	175	163	114
Buffalo-Niagara Falls	92	107	71	158	122	64	23
New York-North New Jersey-Long Island	110	94	163	164	49	63	101
Poughkeepsie-Newburgh-Middletown	160	168	116	188	61	89	65
Rochester	48	48	90	109	100	78	16

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

## New York

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Syracuse	95	97	108	99	121	107	53
Utica-Rome	115	175	67	49	80	125	54



# CONGRESSIONAL DISTRICT RANKINGS

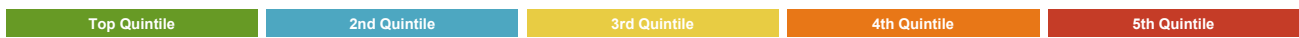
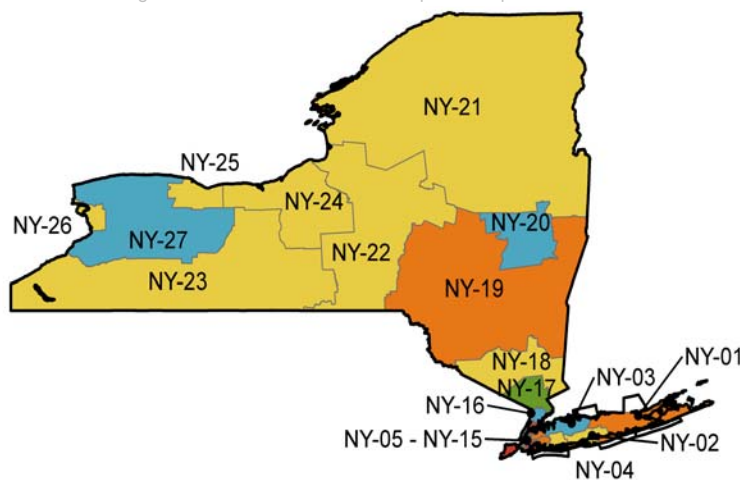
## New York

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	290	276	389	383	168	151	205
Congressional District - 02	234	158	365	398	195	194	118
Congressional District - 03	129	161	343	302	109	102	23
Congressional District - 04	194	247	391	216	180	94	168
Congressional District - 05	300	231	348	407	164	129	309
Congressional District - 06	332	407	396	333	60	239	212
Congressional District - 07	264	95	409	349	194	246	280
Congressional District - 08	371	264	372	424	257	212	314

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

## New York

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	355	196	382	432	161	140	253
Congressional District - 10	25	3	362	260	25	68	17
Congressional District - 11	351	345	413	387	281	223	192
Congressional District - 12	143	20	417	414	65	128	117
Congressional District - 13	415	388	402	409	392	252	394
Congressional District - 14	413	307	429	430	93	309	374
Congressional District - 15	430	357	423	426	411	303	424
Congressional District - 16	120	30	297	413	76	54	146
Congressional District - 17	40	49	120	241	11	12	86
Congressional District - 18	198	192	179	419	38	182	74
Congressional District - 19	284	394	183	342	178	161	144
Congressional District - 20	157	206	302	200	191	136	83
Congressional District - 21	176	327	164	62	242	238	156
Congressional District - 22	210	321	157	240	259	131	162
Congressional District - 23	245	373	159	143	354	229	164



# CONGRESSIONAL DISTRICT RANKINGS

## New York

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 24	181	208	152	221	206	261	132
Congressional District - 25	184	101	287	355	263	240	61
Congressional District - 26	252	229	344	354	243	255	111
Congressional District - 27	130	189	31	372	208	38	31





# STATE RANKINGS & SCORES BY YEAR & DOMAIN

## New York

### Rankings

	2013	2012	2011	2010	2009	2008
Overall	35	30	34	32	33	37
Life Evaluation	28	22	26	21	25	34
Emotional Health	43	40	44	40	41	38
Work Environment	47	45	48	45	49	48
Physical Health	23	22	28	24	27	27
Healthy Behaviors	20	17	19	20	20	21
Basic Access	22	24	26	23	23	19

### Scores

	2013	2012	2011	2010	2009	2008
Overall	65.5	66.2	65.7	65.9	65.3	65.3
Life Evaluation	47.4	49.4	49.0	49.2	47.6	41.8
Emotional Health	78.2	78.3	78.0	78.1	77.6	78.1
Work Environment	42.6	44.2	43.4	44.6	44.2	46.9
Physical Health	77.1	77.4	77.1	76.7	76.3	76.6
Healthy Behaviors	65.2	65.2	64.1	64.4	63.6	64.1
Basic Access	82.6	82.8	82.4	82.6	82.8	84.2



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## New York

### Overall

	2013/2012	2011	2010	2009	2008
Albany-Schenectady-Troy	49	101	93	78	76
Binghamton	170	180	154	26	133
Buffalo-Niagara Falls	92	106	111	129	156
Kingston	-	-	-	-	172
New York-North New Jersey-Long Island	110	124	90	113	108
Poughkeepsie-Newburgh-Middletown	160	118	66	146	121
Rochester	48	29	61	126	78
Syracuse	95	129	130	127	115
Utica-Rome	115	183	179	170	114



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## New York

### Life Evaluation

	2013/2012	2011	2010	2009	2008
Albany-Schenectady-Troy	72	117	115	84	102
Binghamton	162	179	121	55	163
Buffalo-Niagara Falls	107	109	76	134	142
Kingston	-	-	-	-	175
New York-North New Jersey-Long Island	94	94	99	89	106
Poughkeepsie-Newburgh-Middletown	168	111	54	145	112
Rochester	48	42	71	133	125
Syracuse	97	91	155	118	139
Utica-Rome	175	180	176	165	172



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## New York

### Emotional Health

	2013/2012	2011	2010	2009	2008
Albany-Schenectady-Troy	137	151	130	73	47
Binghamton	169	161	102	9	147
Buffalo-Niagara Falls	71	92	123	95	128
Kingston	-	-	-	-	178
New York-North New Jersey-Long Island	163	163	145	153	146
Poughkeepsie-Newburgh-Middletown	116	147	59	175	94
Rochester	90	61	77	76	43
Syracuse	108	94	154	159	97
Utica-Rome	67	134	170	144	39



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## New York

### Work Environment

	2013/2012	2011	2010	2009	2008
Albany-Schenectady-Troy	69	128	115	120	118
Binghamton	138	160	173	16	21
Buffalo-Niagara Falls	158	93	138	135	166
Kingston	-	-	-	-	155
New York-North New Jersey-Long Island	164	166	134	173	157
Poughkeepsie-Newburgh-Middletown	188	154	142	125	161
Rochester	109	53	128	159	124
Syracuse	99	155	62	130	156
Utica-Rome	49	184	175	183	40



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## New York

### Physical Health

	2013/2012	2011	2010	2009	2008
Albany-Schenectady-Troy	107	102	65	94	86
Binghamton	175	175	135	54	176
Buffalo-Niagara Falls	122	84	147	163	161
Kingston	-	-	-	-	174
New York-North New Jersey-Long Island	49	54	48	52	43
Poughkeepsie-Newburgh-Middletown	61	86	59	121	85
Rochester	100	46	125	137	102
Syracuse	121	153	152	159	107
Utica-Rome	80	185	185	120	98



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## New York

### Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Albany-Schenectady-Troy	55	69	91	71	70
Binghamton	163	117	143	90	142
Buffalo-Niagara Falls	64	155	115	101	146
Kingston	-	-	-	-	47
New York-North New Jersey-Long Island	63	80	59	62	67
Poughkeepsie-Newburgh-Middletown	89	58	71	120	65
Rochester	78	60	27	116	53
Syracuse	107	90	113	79	73
Utica-Rome	125	74	123	115	135



# COMMUNITY RANKINGS BY YEAR & DOMAIN

## New York

### Basic Access

	2013/2012	2011	2010	2009	2008
Albany-Schenectady-Troy	27	31	36	26	36
Binghamton	114	144	124	76	106
Buffalo-Niagara Falls	23	48	37	54	29
Kingston	-	-	-	-	111
New York-North New Jersey-Long Island	101	94	57	69	74
Poughkeepsie-Newburgh-Middletown	65	70	63	80	104
Rochester	16	19	28	28	26
Syracuse	53	98	73	73	38
Utica-Rome	54	123	48	94	96





# 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  
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