

STATE OF TENNESSEE 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>.

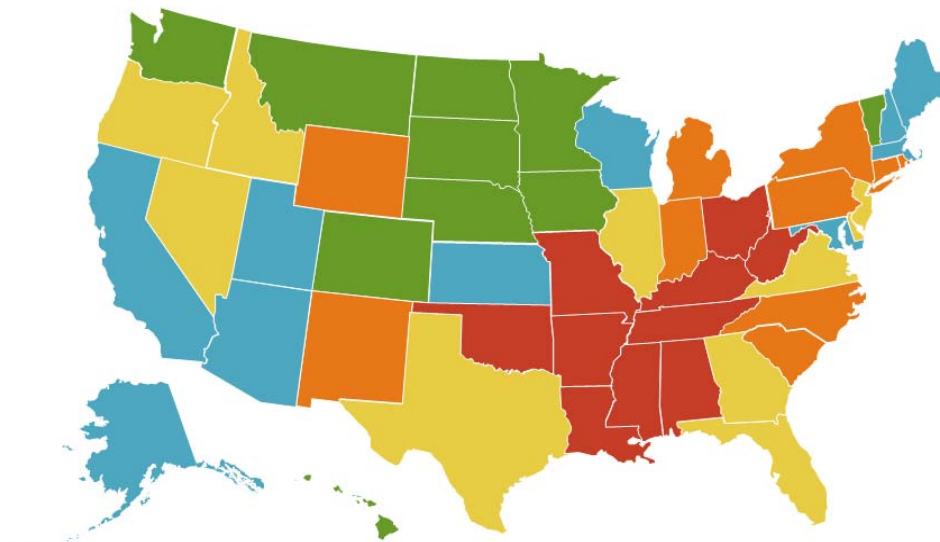


STATE OF AMERICAN WELL-BEING

Tennessee

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	44	47	64.3	64.0
Life Evaluation	44	45	45.3	45.4
Emotional Health	45	47	77.8	77.4
Work Environment	39	41	46.3	45.3
Physical Health	45	46	73.6	73.8
Healthy Behaviors	40	42	61.9	61.7
Basic Access	35	36	81.1	80.4

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

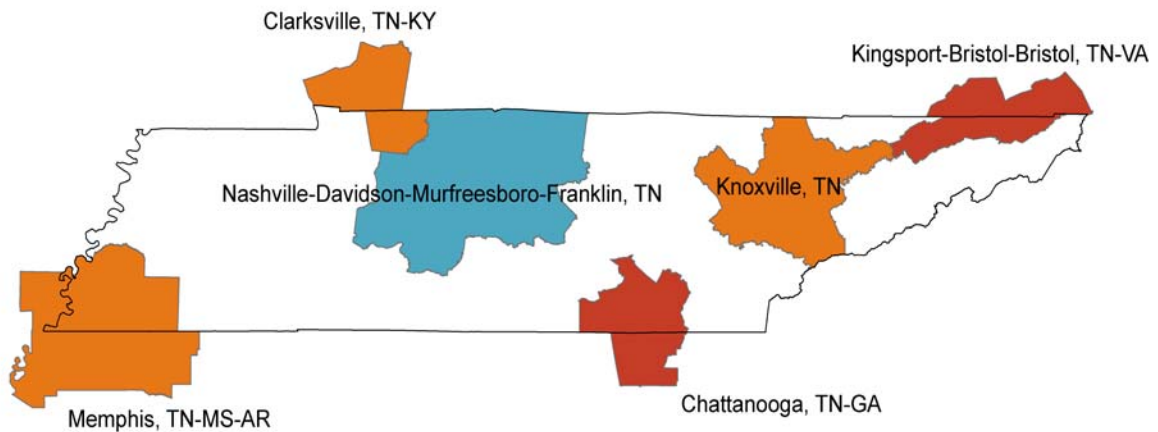
Tennessee

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Chattanooga	179	181	180	110	182	156	150
Clarksville	146	35	181	143	183	127	143
Kingsport-Bristol-Bristol	168	183	187	10	187	110	130
Knoxville	150	133	179	120	164	152	88
Memphis	135	26	50	163	103	173	169
Nashville-Davidson-Murfreesboro-Franklin	72	40	84	86	99	145	77

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

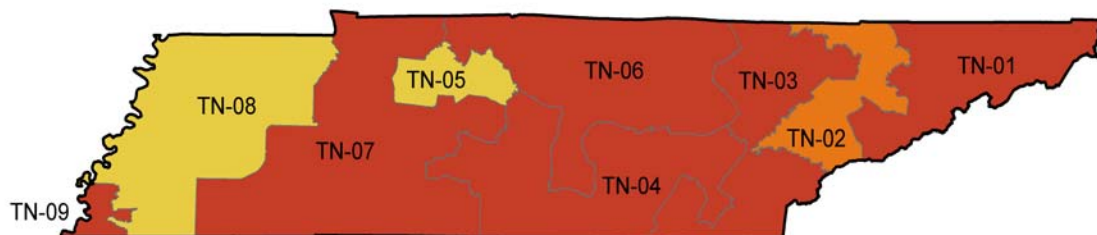
Tennessee

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	417	429	422	259	420	361	318
Congressional District - 02	345	348	400	267	383	315	201
Congressional District - 03	419	408	420	271	429	400	352
Congressional District - 04	354	262	364	318	405	389	236
Congressional District - 05	206	109	248	253	238	294	256
Congressional District - 06	370	413	368	130	408	383	184
Congressional District - 07	364	325	331	319	415	321	270

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

Tennessee

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 08	253	202	234	196	275	312	298
Congressional District - 09	411	99	58	433	225	434	419



STATE RANKINGS & SCORES BY YEAR & DOMAIN

Tennessee

Rankings

	2013	2012	2011	2010	2009	2008
Overall	44	47	41	40	42	43
Life Evaluation	44	45	37	35	42	42
Emotional Health	45	47	48	45	48	44
Work Environment	39	41	16	19	12	19
Physical Health	45	46	46	45	47	45
Healthy Behaviors	40	42	40	37	42	40
Basic Access	35	36	34	35	40	34

Scores

	2013	2012	2011	2010	2009	2008
Overall	64.3	64.0	65.0	64.8	64.4	64.4
Life Evaluation	45.3	45.4	46.9	46.6	45.0	39.8
Emotional Health	77.8	77.4	77.7	77.3	76.6	77.3
Work Environment	46.3	45.3	49.2	48.7	51.0	52.2
Physical Health	73.6	73.8	74.2	74.1	73.7	74.4
Healthy Behaviors	61.9	61.7	60.9	61.9	60.3	61.0
Basic Access	81.1	80.4	81.0	80.0	79.8	81.9



COMMUNITY RANKINGS BY YEAR & DOMAIN

Tennessee

Overall

	2013/2012	2011	2010	2009	2008
Chattanooga	179	174	80	157	135
Clarksville	146	172	162	-	89
Kingsport-Bristol-Bristol	168	188	168	177	168
Knoxville	150	140	169	119	83
Memphis	135	92	155	128	178
Nashville-Davidson-Murfreesboro-Franklin	72	48	83	57	81

Life Evaluation

	2013/2012	2011	2010	2009	2008
Chattanooga	181	175	56	129	120
Clarksville	35	178	101	-	72
Kingsport-Bristol-Bristol	183	188	166	183	179
Knoxville	133	124	152	100	132
Memphis	26	22	78	53	121
Nashville-Davidson-Murfreesboro-Franklin	40	41	63	43	93



COMMUNITY RANKINGS BY YEAR & DOMAIN

Tennessee

Emotional Health

	2013/2012	2011	2010	2009	2008
Chattanooga	180	145	80	178	179
Clarksville	181	132	161	-	175
Kingsport-Bristol-Bristol	187	190	175	172	172
Knoxville	179	166	183	136	173
Memphis	50	68	85	108	165
Nashville-Davidson-Murfreesboro-Franklin	84	80	119	39	131

Work Environment

	2013/2012	2011	2010	2009	2008
Chattanooga	110	136	34	52	69
Clarksville	143	171	123	-	17
Kingsport-Bristol-Bristol	10	77	74	116	18
Knoxville	120	68	154	82	13
Memphis	163	122	180	117	170
Nashville-Davidson-Murfreesboro-Franklin	86	29	43	35	34



COMMUNITY RANKINGS BY YEAR & DOMAIN

Tennessee

Physical Health

	2013/2012	2011	2010	2009	2008
Chattanooga	182	155	164	183	162
Clarksville	183	164	177	-	110
Kingsport-Bristol-Bristol	187	189	187	186	184
Knoxville	164	182	157	164	153
Memphis	103	61	73	95	118
Nashville-Davidson-Murfreesboro-Franklin	99	98	100	78	73

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Chattanooga	156	163	99	145	126
Clarksville	127	101	183	-	180
Kingsport-Bristol-Bristol	110	118	119	69	164
Knoxville	152	146	122	139	93
Memphis	173	144	177	147	177
Nashville-Davidson-Murfreesboro-Franklin	145	132	162	159	147



COMMUNITY RANKINGS BY YEAR & DOMAIN

Tennessee

Basic Access

	2013/2012	2011	2010	2009	2008
Chattanooga	150	140	108	136	119
Clarksville	143	135	119	-	82
Kingsport-Bristol-Bristol	130	139	100	108	122
Knoxville	88	87	92	96	101
Memphis	169	174	166	177	172
Nashville-Davidson-Murfreesboro-Franklin	77	66	85	79	102



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