

STATE OF TEXAS 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>.

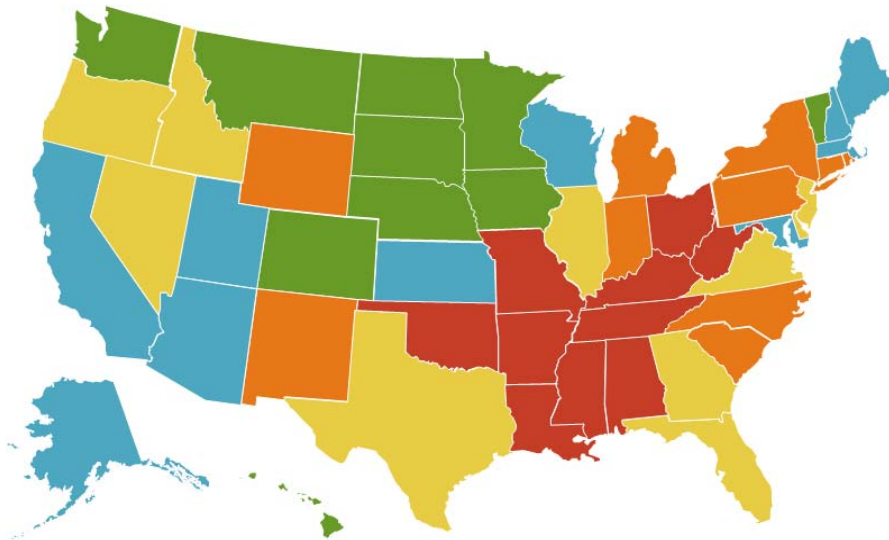


STATE OF AMERICAN WELL-BEING

Texas

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	21	27	66.9	66.6
Life Evaluation	12	10	50.7	51.6
Emotional Health	23	29	79.5	79.4
Work Environment	10	18	51.4	49.0
Physical Health	19	25	77.3	77.2
Healthy Behaviors	34	33	63.4	63.1
Basic Access	46	45	79.3	79.0

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

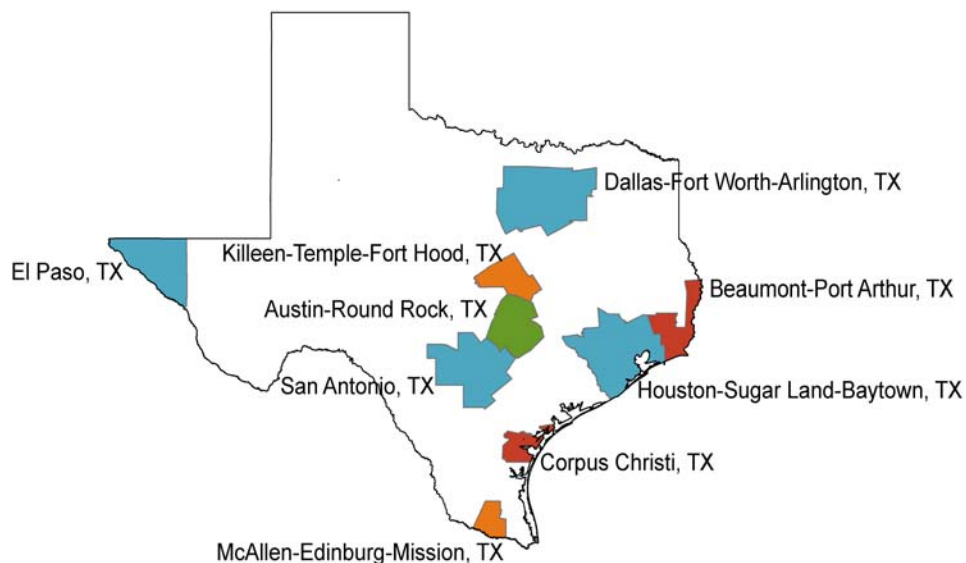
Texas

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Austin-Round Rock	30	13	42	26	39	57	91
Beaumont-Port Arthur	184	158	152	187	159	184	175
Corpus Christi	171	144	174	118	177	142	166
Dallas-Fort Worth-Arlington	54	46	76	43	34	118	133
El Paso	68	25	37	108	44	45	177
Houston-Sugar Land-Baytown	60	32	75	53	28	117	159
Killeen-Temple-Fort Hood	128	78	146	176	78	137	103

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

Texas

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
McAllen-Edinburg-Mission	147	59	112	77	153	98	189
San Antonio	75	39	126	74	116	79	132



CONGRESSIONAL DISTRICT RANKINGS

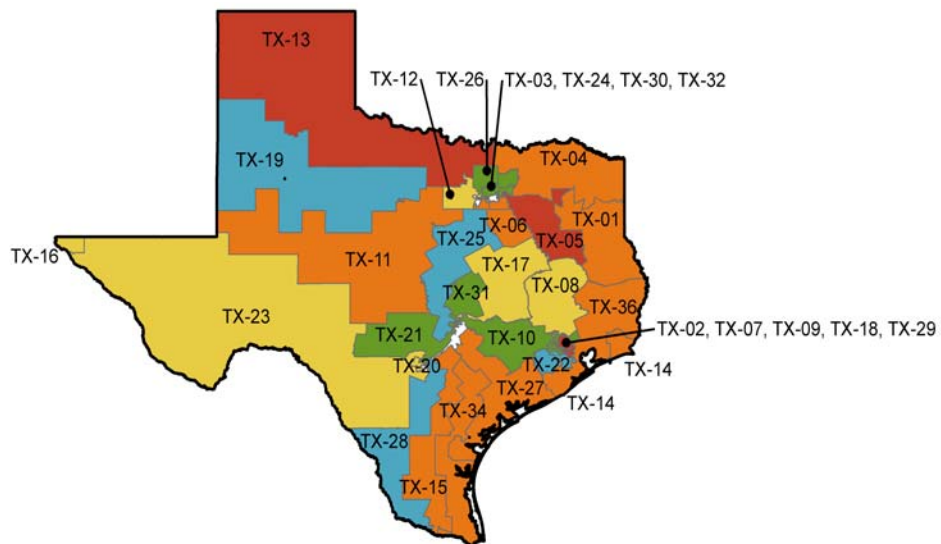
Texas

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	297	305	167	189	336	295	339
Congressional District - 02	46	6	50	147	27	248	220
Congressional District - 03	29	39	39	59	21	221	30
Congressional District - 04	269	253	253	129	199	342	348
Congressional District - 05	395	340	357	313	290	333	412
Congressional District - 06	275	115	154	315	154	413	315
Congressional District - 07	36	53	117	4	22	85	324
Congressional District - 08	251	302	328	170	176	318	246

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

Texas

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 09	152	57	166	90	31	301	400
Congressional District - 10	55	61	107	22	121	166	190
Congressional District - 11	278	290	199	34	327	369	373
Congressional District - 12	195	123	249	166	200	328	272
Congressional District - 13	350	369	288	115	362	395	356
Congressional District - 14	289	124	284	285	237	377	347
Congressional District - 15	344	224	238	336	316	218	409
Congressional District - 16	244	96	112	395	138	178	378
Congressional District - 17	197	93	263	96	229	397	305
Congressional District - 18	427	354	392	415	319	423	430
Congressional District - 19	140	147	43	36	103	351	319
Congressional District - 20	190	34	270	322	266	276	310
Congressional District - 21	59	60	106	132	89	103	128
Congressional District - 22	107	118	91	213	55	231	102
Congressional District - 23	192	92	180	75	304	202	399



CONGRESSIONAL DISTRICT RANKINGS

Texas

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 24	63	79	153	83	49	176	124
Congressional District - 25	150	157	214	175	122	163	211
Congressional District - 26	73	70	24	148	51	284	79
Congressional District - 27	336	358	197	176	391	268	370
Congressional District - 28	161	78	193	9	268	259	415
Congressional District - 29	373	165	231	412	271	267	418
Congressional District - 30	330	267	189	154	256	314	421
Congressional District - 31	80	59	130	226	166	159	49
Congressional District - 32	19	36	64	1	46	123	197
Congressional District - 34	323	119	408	35	404	302	428
Congressional District - 36	267	332	123	46	367	356	323



STATE RANKINGS & SCORES BY YEAR & DOMAIN

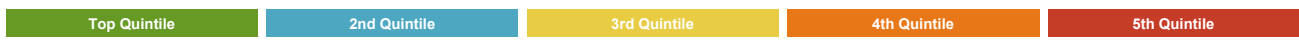
Texas

Rankings

	2013	2012	2011	2010	2009	2008
Overall	21	27	27	27	23	22
Life Evaluation	12	10	14	9	7	6
Emotional Health	23	29	24	19	19	20
Work Environment	10	18	19	20	13	14
Physical Health	19	25	24	18	17	17
Healthy Behaviors	34	33	37	32	35	29
Basic Access	46	45	45	44	44	45

Scores

	2013	2012	2011	2010	2009	2008
Overall	66.9	66.6	66.4	66.3	66.6	66.7
Life Evaluation	50.7	51.6	51.5	51.8	51.0	47.9
Emotional Health	79.5	79.4	79.2	79.0	79.1	79.3
Work Environment	51.4	49.0	48.6	48.6	50.8	52.7
Physical Health	77.3	77.2	77.6	77.2	77.4	77.6
Healthy Behaviors	63.4	63.1	62.2	62.3	61.8	62.9
Basic Access	79.3	79.0	79.2	78.9	79.5	79.7



COMMUNITY RANKINGS BY YEAR & DOMAIN

Texas

Overall

	2013/2012	2011	2010	2009	2008
Amarillo	-	-	107	-	-
Austin-Round Rock	30	36	11	52	44
Beaumont-Port Arthur	184	167	186	133	164
Corpus Christi	171	78	161	165	-
Dallas-Fort Worth-Arlington	54	64	56	41	57
El Paso	68	163	41	83	103
Houston-Sugar Land-Baytown	60	68	84	87	52
Killeen-Temple-Fort Hood	128	168	120	18	129
Lubbock	-	137	-	-	-
McAllen-Edinburg-Mission	147	164	89	101	-
San Antonio	75	55	60	48	63



COMMUNITY RANKINGS BY YEAR & DOMAIN

Texas

Life Evaluation

	2013/2012	2011	2010	2009	2008
Amarillo	-	-	44	-	-
Austin-Round Rock	13	33	8	13	10
Beaumont-Port Arthur	158	131	181	95	74
Corpus Christi	144	36	21	83	-
Dallas-Fort Worth-Arlington	46	34	40	28	17
El Paso	25	87	12	21	76
Houston-Sugar Land-Baytown	32	40	33	48	12
Killeen-Temple-Fort Hood	78	97	67	4	15
Lubbock	-	29	-	-	-
McAllen-Edinburg-Mission	59	46	106	16	-
San Antonio	39	13	15	24	33



COMMUNITY RANKINGS BY YEAR & DOMAIN

Texas

Emotional Health

	2013/2012	2011	2010	2009	2008
Amarillo	-	-	40	-	-
Austin-Round Rock	42	101	19	50	32
Beaumont-Port Arthur	152	167	171	115	117
Corpus Christi	174	97	168	149	-
Dallas-Fort Worth-Arlington	76	86	88	40	69
El Paso	37	127	113	32	105
Houston-Sugar Land-Baytown	75	43	83	70	68
Killeen-Temple-Fort Hood	146	187	99	11	177
Lubbock	-	172	-	-	-
McAllen-Edinburg-Mission	112	180	32	45	-
San Antonio	126	99	84	78	75



COMMUNITY RANKINGS BY YEAR & DOMAIN

Texas

Work Environment

	2013/2012	2011	2010	2009	2008
Amarillo	-	-	108	-	-
Austin-Round Rock	26	41	48	112	117
Beaumont-Port Arthur	187	140	145	41	146
Corpus Christi	118	30	183	165	-
Dallas-Fort Worth-Arlington	43	71	44	45	74
El Paso	108	189	18	74	86
Houston-Sugar Land-Baytown	53	62	59	91	65
Killeen-Temple-Fort Hood	176	179	105	88	148
Lubbock	-	146	-	-	-
McAllen-Edinburg-Mission	77	98	35	38	-
San Antonio	74	79	96	55	68



COMMUNITY RANKINGS BY YEAR & DOMAIN

Texas

Physical Health

	2013/2012	2011	2010	2009	2008
Amarillo	-	-	36	-	-
Austin-Round Rock	39	19	13	26	12
Beaumont-Port Arthur	159	124	176	168	179
Corpus Christi	177	120	71	141	-
Dallas-Fort Worth-Arlington	34	37	55	14	27
El Paso	44	45	66	47	32
Houston-Sugar Land-Baytown	28	28	42	27	19
Killeen-Temple-Fort Hood	78	142	87	82	71
Lubbock	-	80	-	-	-
McAllen-Edinburg-Mission	153	186	49	118	-
San Antonio	116	100	95	79	97



COMMUNITY RANKINGS BY YEAR & DOMAIN

Texas

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Amarillo	-	-	187	-	-
Austin-Round Rock	57	103	46	138	64
Beaumont-Port Arthur	184	178	185	149	134
Corpus Christi	142	159	175	146	-
Dallas-Fort Worth-Arlington	118	137	142	135	122
El Paso	45	63	66	143	19
Houston-Sugar Land-Baytown	117	125	152	97	104
Killeen-Temple-Fort Hood	137	107	180	88	166
Lubbock	-	188	-	-	-
McAllen-Edinburg-Mission	98	89	18	118	-
San Antonio	79	121	100	80	90



COMMUNITY RANKINGS BY YEAR & DOMAIN

Texas

Basic Access

	2013/2012	2011	2010	2009	2008
Amarillo	-	-	126	-	-
Austin-Round Rock	91	73	76	102	135
Beaumont-Port Arthur	175	179	185	168	180
Corpus Christi	166	142	179	174	-
Dallas-Fort Worth-Arlington	133	114	115	120	146
El Paso	177	187	182	179	184
Houston-Sugar Land-Baytown	159	160	163	159	162
Killeen-Temple-Fort Hood	103	156	133	66	156
Lubbock	-	110	-	-	-
McAllen-Edinburg-Mission	189	190	188	187	-
San Antonio	132	111	138	113	149



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