

STATE OF VIRGINIA 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>.

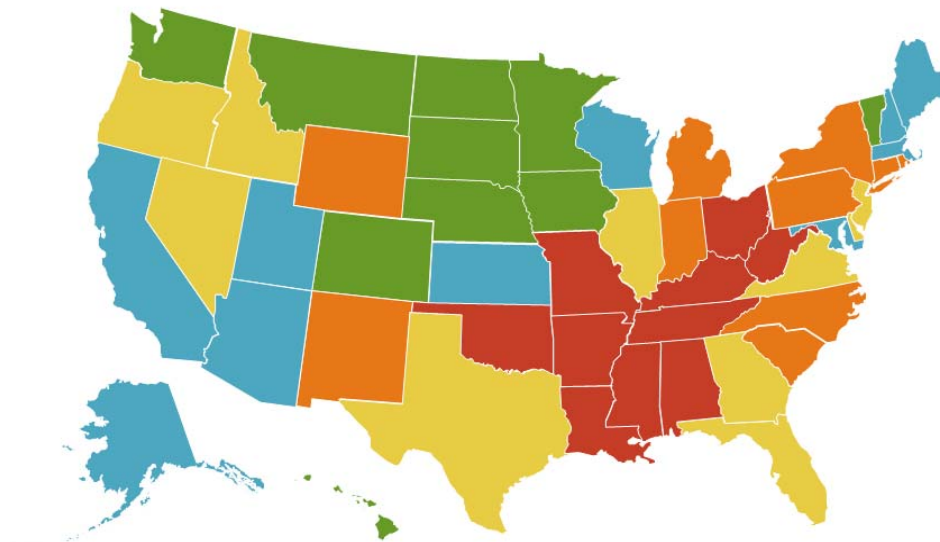


STATE OF AMERICAN WELL-BEING

Virginia

	Rankings		Scores	
	2013	2012	2013	2012
Well-Being Overall	24	14	66.8	67.7
Life Evaluation	17	9	49.9	51.6
Emotional Health	32	16	79.2	79.9
Work Environment	38	24	46.3	48.2
Physical Health	20	18	77.3	77.8
Healthy Behaviors	28	22	64.1	64.9
Basic Access	15	15	83.7	83.9

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

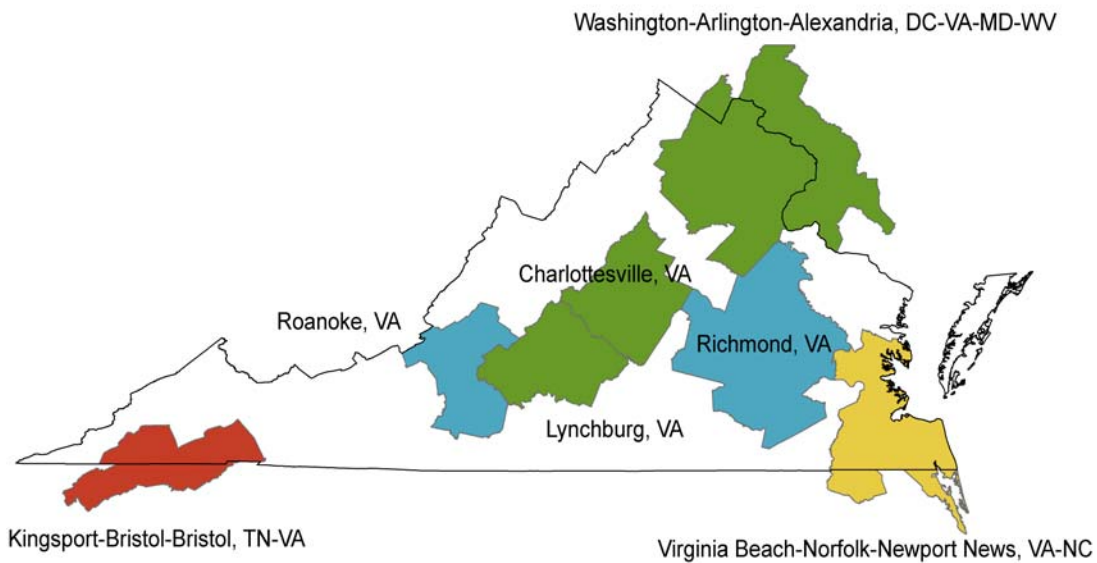
Virginia

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Charlottesville	33	153	33	34	3	9	17
Kingsport-Bristol-Bristol	168	183	187	10	187	110	130
Lynchburg	37	63	92	11	74	132	66
Richmond	65	82	57	106	60	95	59
Roanoke	61	157	41	7	58	140	83
Virginia Beach-Norfolk-Newport News	113	91	80	171	69	99	82
Washington-Arlington-Alexandria	11	5	23	41	10	30	35

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

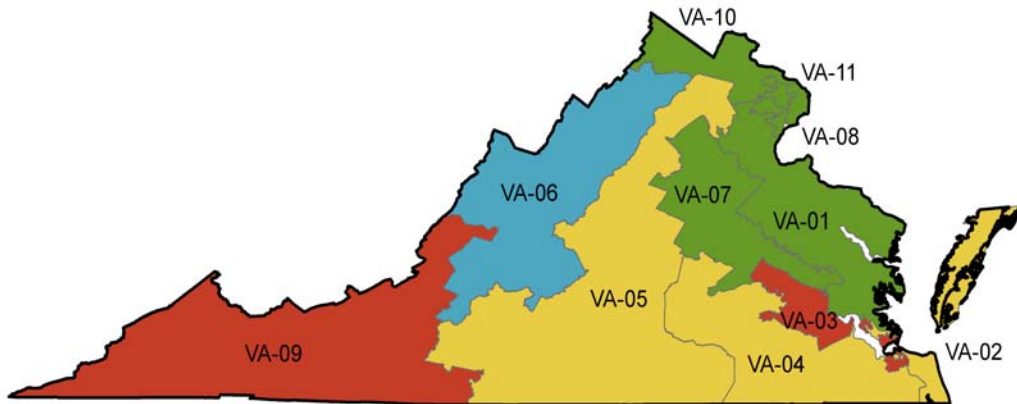
Virginia

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Congressional District - 01	77	37	61	287	137	132	72
Congressional District - 02	212	230	195	288	115	288	175
Congressional District - 03	390	226	375	425	262	323	359
Congressional District - 04	178	155	63	374	158	216	92
Congressional District - 05	223	390	134	100	156	265	224
Congressional District - 06	113	250	67	47	227	174	130
Congressional District - 07	50	237	79	13	104	107	29

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

Virginia

	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behavior	Basic Access
Congressional District - 08	4	1	66	121	3	27	46
Congressional District - 09	398	417	406	86	432	355	296
Congressional District - 10	10	12	49	33	15	93	19
Congressional District - 11	34	4	98	411	10	24	25



STATE RANKINGS & SCORES BY YEAR & DOMAIN

Virginia

Rankings

	2013	2012	2011	2010	2009	2008
Overall	24	14	15	21	13	17
Life Evaluation	17	9	8	15	6	14
Emotional Health	32	16	14	22	15	19
Work Environment	38	24	28	28	29	28
Physical Health	20	18	23	22	16	21
Healthy Behaviors	28	22	22	24	22	24
Basic Access	15	15	19	21	16	17

Scores

	2013	2012	2011	2010	2009	2008
Overall	66.8	67.7	67.4	66.7	67.2	66.9
Life Evaluation	49.9	51.6	52.4	50.5	51.2	46.1
Emotional Health	79.2	79.9	79.8	79.0	79.3	79.4
Work Environment	46.3	48.2	47.3	47.7	48.7	50.7
Physical Health	77.3	77.8	77.6	77.0	77.4	77.1
Healthy Behaviors	64.1	64.9	63.9	63.6	63.1	63.5
Basic Access	83.7	83.9	83.4	82.8	83.7	84.9



COMMUNITY RANKINGS BY YEAR & DOMAIN

Virginia

Overall

	2013/2012	2011	2010	2009	2008
Charlottesville	33	2	39	-	-
Kingsport-Bristol-Bristol	168	188	168	177	168
Lynchburg	37	59	173	136	157
Richmond	65	84	73	106	35
Roanoke	61	96	175	85	142
Virginia Beach-Norfolk-Newport News	113	107	55	43	64
Washington-Arlington-Alexandria	11	12	10	8	19



COMMUNITY RANKINGS BY YEAR & DOMAIN

Virginia

Life Evaluation

	2013/2012	2011	2010	2009	2008
Charlottesville	153	2	16	-	-
Kingsport-Bristol-Bristol	183	188	166	183	179
Lynchburg	63	60	182	114	151
Richmond	82	81	87	110	39
Roanoke	157	149	174	147	130
Virginia Beach-Norfolk-Newport News	91	61	28	20	41
Washington-Arlington-Alexandria	5	10	6	6	4



COMMUNITY RANKINGS BY YEAR & DOMAIN

Virginia

Emotional Health

	2013/2012	2011	2010	2009	2008
Charlottesville	33	3	67	-	-
Kingsport-Bristol-Bristol	187	190	175	172	172
Lynchburg	92	185	63	142	74
Richmond	57	74	42	69	11
Roanoke	41	71	186	120	124
Virginia Beach-Norfolk-Newport News	80	31	27	24	20
Washington-Arlington-Alexandria	23	33	18	20	40



COMMUNITY RANKINGS BY YEAR & DOMAIN

Virginia

Work Environment

	2013/2012	2011	2010	2009	2008
Charlottesville	34	5	168	-	-
Kingsport-Bristol-Bristol	10	77	74	116	18
Lynchburg	11	9	153	119	169
Richmond	106	76	84	132	92
Roanoke	7	83	104	13	87
Virginia Beach-Norfolk-Newport News	171	162	141	142	152
Washington-Arlington-Alexandria	41	94	81	106	121



COMMUNITY RANKINGS BY YEAR & DOMAIN

Virginia

Physical Health

	2013/2012	2011	2010	2009	2008
Charlottesville	3	40	25	-	-
Kingsport-Bristol-Bristol	187	189	187	186	184
Lynchburg	74	171	168	145	146
Richmond	60	68	38	59	20
Roanoke	58	107	182	107	169
Virginia Beach-Norfolk-Newport News	69	101	57	20	36
Washington-Arlington-Alexandria	10	5	12	12	14



COMMUNITY RANKINGS BY YEAR & DOMAIN

Virginia

Healthy Behaviors

	2013/2012	2011	2010	2009	2008
Charlottesville	9	97	38	-	-
Kingsport-Bristol-Bristol	110	118	119	69	164
Lynchburg	132	71	137	140	114
Richmond	95	149	133	136	88
Roanoke	140	105	134	112	174
Virginia Beach-Norfolk-Newport News	99	98	103	76	85
Washington-Arlington-Alexandria	30	54	37	51	32



COMMUNITY RANKINGS BY YEAR & DOMAIN

Virginia

Basic Access

	2013/2012	2011	2010	2009	2008
Charlottesville	17	13	47	-	-
Kingsport-Bristol-Bristol	130	139	100	108	122
Lynchburg	66	72	82	104	77
Richmond	59	75	91	84	35
Roanoke	83	44	74	44	78
Virginia Beach-Norfolk-Newport News	82	107	59	53	70
Washington-Arlington-Alexandria	35	34	32	31	33



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