STATE OF AMERICAN WELL-BEING

2017 COMMUNITY WELL-BEING RANKINGS

2015/16

2016/17

1st Quintile

2nd Quintile

3rd Quintile

4th Quintile

5th Quintile

A visualization of changes in ranking among 186 communities since the 2016 installment of the Gallup-Sharecare Well-Being Index report.

Gallup · Sharecare
Well-Being Index™

Well-Being Across the U.S.

This report, part of the Gallup-Sharecare *State of American Well-Being* series, examines well-being across the nation, with 186 communities ranked based on their Well-Being Index scores. The report analyzes how well-being varies by community and across the five elements of well-being:

- Purpose: liking what you do each day and being motivated to achieve your goals
- Social: having supportive relationships and love in your life
- Financial: managing your economic life to reduce stress and increase security
- Community: liking where you live, feeling safe, and having pride in your community
- Physical: having good health and enough energy to get things done daily

The data and insights from this report can be used as a call to action for communities around the country, leveraging it to benchmark and identify opportunities for well-being improvement.

Overall, 2017 was a challenging year for Americans' well-being. The national Well-Being Index score for the U.S. in 2017 was 61.5 – a decline from 62.1 in 2016. This overall drop was characterized by declines in 21 states, easily the largest year-over-year decline in the 10-year history of the Well-Being Index. Not a single state showed statistically significant improvement compared to the previous year, which is also unprecedented in Well-Being Index measurement.

With the exception of community well-being, all of the national well-being elements suffered declines in 2017. Two key elements of well-being – social and purpose – declined particularly sharply.

However, traditional metrics of physical health, such as exercise (30+ minutes at least three days each week) and smoking, continued to improve, reaching their highest levels in 10 years of Well-Being Index measurement.

High and Low Well-Being Scores in U.S. Communities, 2016-2017

For the third consecutive period, Naples-Immokalee-Marco Island, Florida, had the highest overall well-being in the nation in 2016-2017 with a score of 67.6. It is the first time in 10 years of annual Gallup-Sharecare Well-Being Index reporting that the same community topped the rankings three times in a row. Barnstable Town, Massachusetts, was number two followed by Boulder, Colorado; Santa Cruz-Watsonville, California; and Charlottesville, Virginia. All five of the top communities in 2016-2017 have frequented the top 10 highest well-being lists in the past.

Likewise, a number of other 2016-2017 top well-being communities have typically ranked among the highest since 2008, including Lynchburg, Virginia; North Port-Sarasota-Bradenton, Florida; San Luis Obispo-Paso Robles-Arroyo Grande, California; Lancaster, Pennsylvania; Fort Collins, Colorado; and Urban Honolulu, Hawaii.

Five states account for 17 of the top 25 well-being communities. California is home to seven and four are in Florida. Colorado, North Carolina, and Virginia each have two communities in the top 25.

On the other end of the spectrum, Fort Smith, Arkansas-Oklahoma, had the lowest overall well-being score (58.2) in 2016-2017, marking the third consecutive period that it was among the two lowest communities. As with the highest well-being communities, most of the lowest communities in 2016-2017 have consistently been among the lowest since 2008. These include Canton-Massillon, Ohio; Hickory-Lenoir-Morganton, North Carolina; Gulfport-Biloxi-Pascagoula, Mississippi; and Flint, Michigan. However, this is the first time that the South Bend-Mishawaka, Indiana-Michigan, community slipped into the bottom 10 well-being communities.

About half of the lowest 25 well-being communities are located in the South, a region that saw significant declines in statewide well-being in 2017.

Community-State Correlation

In general, many elite communities with high well-being share positive scores on a range of characteristics while communities with consistently low well-being scores share negative scores on those same characteristics. These characteristics are:

- Obesity
- Above normal weight
- Significant daily physical pain
- Smoking status
- Clinical diagnosis of depression
- Daily healthy eating
- Exercise (30+ min./3+ days per week)
- City or area where you live is perfect for you
- You have enough money to do everything you want to do
- Someone in your life encourages you to be healthy
- Reached most of your goals in last 12 months
- You like what you do every day
- You learn something new or interesting every day
- Visited dentist last 12 months

Some communities mirror the well-being of the states where they are located. For example, Colorado, a high well-being state, is home to two of the top 25 well-being communities – Boulder and Fort Collins. And Oklahoma, a low well-being state, is home to three of the bottom 25 well-being communities – Oklahoma City, Tulsa and Fort Smith.

Yet community well-being scores do not always correlate with the scores of the states where they are located, proving that even communities within struggling states can achieve high well-being. For instance, despite statistical declines in well-being in their respective states in 2017, the following communities have seen their two-year scores directionally improve more than any others – Crestview-Fort Walton Beach-Destin, Ocala, Naples-Immokalee-Marco Island, and Palm Bay-Melbourne-Titusville in Florida; and Kennewick-Richland in Washington.

Ann Arbor, Michigan, and Lancaster, Pennsylvania, are top 25 well-being communities despite the fact that the states they are located in fell in the bottom half of the state well-being rankings in 2017. These results demonstrate that locally driven interventions and strategies can even be successful at improving the well-being of those who live in states with low well-being.

Some of these thriving communities are notable for certain attributes. For instance, the Crestview, Northport, and Naples metro areas in Florida ranked lowest for worry and along with Lancaster, Pennsylvania, were the highest at experiencing enjoyment. Naples was lowest for depression and stress, and Kennewick had the lowest smoking rate. Residents of the Naples and Northport communities also rank highest for making time for regular vacations or trips with family and friends. Ann Arbor residents were the least likely to report they were overweight.

Communities Holding Their Own in States with Declining Well-Being
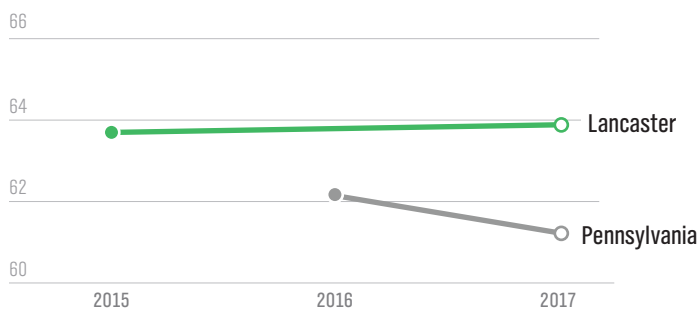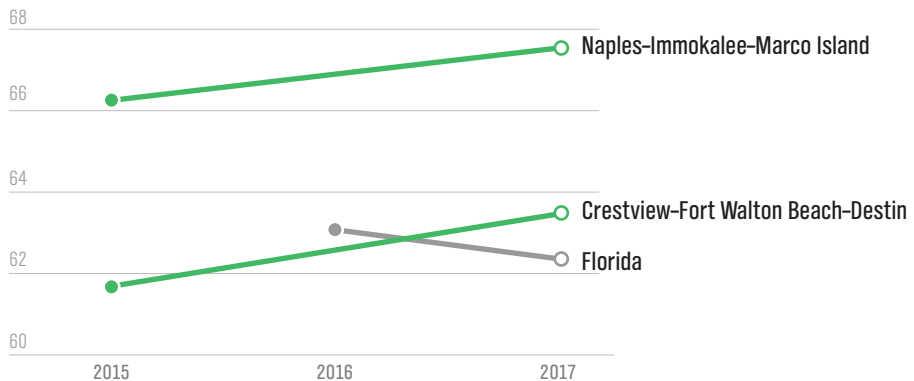
Differences in Well-Being Between Large and Small Communities

No two communities are exactly alike; each one has its own unique strengths, challenges, and identity. As we look to improve well-being locally, it's important for leaders and well-being experts to collaborate and share best practices while tailoring approaches to meet the distinct needs of each community. By leveraging learnings, strengths, and resources, research shows our communities have tremendous potential to make improvements in well-being, even amid a nationwide downturn.

– Ashlin Jones,
Vice President,
Research and Advanced
Data Science,
Sharecare

Generally speaking, well-being is higher for people living in more populated areas than for those living in sparsely populated areas, but communities of different population sizes have different well-being advantages and disadvantages.

Residents of larger communities have higher well-being mainly because they have generally better physical health than do those who live in small towns and rural areas, primarily because of lower rates of obesity and other chronic diseases. This is possibly attributable to cultural norms and more readily available infrastructure such as parks, bike paths, and fitness centers for enhancing physical health. Residents of large communities also are more likely to engage in healthy behaviors such as visiting the dentist and not smoking.

Additionally, people living in rural areas tend to have lower median household incomes, lower levels of postsecondary education, and are less likely to have health insurance. Access to health care can also be an issue in areas where residents have to travel long distances to get to appointments.

Yet, as population size declines, community well-being – liking where you live, feeling safe and having pride in your community – is decidedly better. Residents of small towns and rural areas are more likely to report that they "always" feel safe and secure, to feel their area is "perfect" for them and to be recognized for volunteering in a way that improves the areas where they live.

Element Strengths and Weaknesses of Highest and Lowest Ranking Communities

Naples was among the top two communities in the U.S. across all five elements of well-being, marking the first time that a single community has shown such expansive well-being. At the bottom of the rankings, residents of Fort Smith were among the five lowest ranked communities in four of the five elements: purpose, social, financial, and physical. Similarly, Canton-Massillon residents were among the bottom four in physical, social, and purpose well-being.

Community: Barnstable Town overtook Naples-Immokalee-Marco Island as the top ranking MSA for community well-being, followed by San Luis Obispo-Paso; Robles-Arroyo Grande, California; and Prescott, Arizona. Poor performance in the community element of well-being was the most predictive indicator of low well-being generally with six of the 10 lowest communities in the overall Well-Being Index also ranking among the lowest 10 for the community element. Fayetteville, North Carolina, and Rockford, Illinois, had the lowest well-being in the community element, while Flint remained among the lowest five nationally.

Purpose: The state of Texas, which leads the nation in purpose well-being, had two communities among the highest five for this element – El Paso and McAllen-Edinburg-Mission – mirroring 2015-2016 results. Naples; Lynchburg; and Salinas, California, were other top purpose communities. Canton-Massillon; Medford, Oregon; and Binghamton, New York, are the lowest communities in purpose well-being.

Social: Social well-being is highest among residents of Naples and Barnstable Town as it was in the last period. Naples was one of just four communities nationally that realized a statistically significant improvement compared to the prior reporting period amidst significant decline nationally.

Element Strengths and Weaknesses of Highest and Lowest Ranking Communities

Financial: Naples, Barnstable Town, North Port-Sarasota-Bradenton, Ann Arbor, and Charlottesville were the top communities in financial well-being. Four of the five communities with the lowest financial well-being are in the South – Gulfport-Biloxi-Pascagoula; Fort Smith; Shreveport-Bossier City, Louisiana; and Hickory-Lenoir-Morganton.

Physical: Boulder, a long-time pace setter nationally in physical well-being, was the top U.S. community in this category. The state of California had three of the next four highest-rated communities in the physical element in Santa Cruz-Watsonville, Santa Rosa, and Santa Maria-Santa Barbara. Fort Smith is the lowest community in physical well-being, unmoved since the previous period.

Communities With Highest and Lowest Well-Being in Each Element, 2017

	Top	Bottom
PURPOSE *Liking what you do each day and being motivated to achieve your goals*	1. Naples-Immokalee-Marco Island, FL 2. McAllen-Edinburg-Mission, TX 3. Lynchburg, VA 4. Salinas, CA 5. El Paso, TX	182. Wilmington, NC 183. Fort Smith, AR-OK 184. Binghamton, NY 185. Medford, OR 186. Canton-Massillon, OH
SOCIAL *Having supportive relationships and love in your life*	1. Naples-Immokalee-Marco Island, FL 2. Barnstable Town, MA 3. Visalia-Porterville, CA 4. Lynchburg, VA 5. Manchester-Nashua, NH	182. Springfield, MO 183. Killeen-Temple, TX 184. Fort Wayne, IN 185. Canton-Massillon, OH 186. Cedar Rapids, IA
FINANCIAL *Managing your economic life to reduce stress and increase security*	1. Naples-Immokalee-Marco Island, FL 2. Barnstable Town, MA 3. North Port-Sarasota-Brandenton, FL 4. Ann Arbor, MI 5. Charlottesville, VA	182. Medford, OR 183. Hickory-Lenoir-Morganton, NC 184. Shreveport-Bossier City, LA 185. Fort Smith, AR-OK 186. Gulfport-Biloxi-Pascagoula, MS
COMMUNITY *Liking where you live, feeling safe and having pride in your community*	1. Barnstable Town, MA 2. Naples-Immokalee-Marco Island, FL 3. San Luis Obispo, CA 4. Prescott, AZ 5. Asheville, NC	182. Flint, MI 183. Stockton-Lodi, CA 184. Binghamton, NY 185. Rockford, IL 186. Fayetteville, NC
PHYSICAL *Having good health and enough energy to get things done daily*	1. Boulder, CO 2. Naples-Immokalee-Marco Island, FL 3. Santa Cruz-Watsonville, CA 4. Santa Rosa, CA 5. Barnstable Town, MA	182. Spartanburg, SC 183. Canton-Massillon, OH 184. Gulfport-Biloxi-Pascagoula, MS 185. Hickory-Lenoir-Morganton, NC 186. Fort Smith, AR-OK

Case Study: A Model Partnership for a Healthier Community

The Blue Zones Project & NCH Healthcare System | Southwest Florida

Ben Franklin's adage that "an ounce of prevention is worth a pound of cure" originally referred to fire safety, but it is now most applicable to our nation's health. Keeping people healthy by encouraging wellness and healthy behaviors has many tangible benefits, including improved productivity, lower costs, increased happiness, and longer life expectancy.

NCH Healthcare System is a nonprofit integrated health care organization based in southwest Florida with a mission of helping local employees and the community live longer, happier, healthier lives. As part of its effort to improve health and add life expectancy, NCH, along with 42 communities in 9 states, leads a well-being initiative known as Blue Zones Project®. The goal is to improve health by preventing self-induced illness. From NCH's perspective, changing the focus of the health care industry from sickness to health (i.e., from a "repair shop" mentality to a prevention focus) makes perfect sense if we wish to decrease the burden of illness for our nation.

Promoting Well-Being with a Multifaceted Approach

Inspired by ongoing work to improve the well-being of its workforce, NCH wanted to codify its efforts and encourage good behaviors within the community it serves. NCH chose to partner with Blue Zones Project in 2013 to implement a community program that demonstrated objective success on the basis of valid metrics.

NCH became the sponsor of Blue Zones Project for Southwest Florida, which mobilized a critical mass of local worksites, schools, restaurants, grocery stores, and faith-based organizations to optimize environments for healthy living. People in roles ranging from mayor to private sector employees and everyday citizens got involved in a variety of impactful ways.

- **Getting Active Together:** A concerted effort to bring residents together for healthy activities engaged more than 400 city employees. These individuals came together to participate in walking groups, attending purpose workshops, plant-based cooking classes, and healthy potlucks. On National Walking Day, the entire community was invited to walk with Mayor Bill Barnett and Dr. Allen Weiss, NCH Healthcare System President and CEO. More than 650 people attended the city walk, while more than 5,000 school children walked with their teachers during the school day. Additionally, 2,500 people walked at their workplace or in their neighborhood during the day.

- **Improving the Food Environment:** Mayor Barnett initiated "Food Cart Fridays," which is when a food cart stocked with creative, healthy goodies was wheeled to locations across the city. City vending options were also enhanced to include healthier options. Local grocer, Wynn's Market, added 25 Blue Zones healthy grab-and-go items, which were shelved in a way that made healthy choices easier to find. They also implemented the popular Blue Zones Checkout Lane, where sugared drinks and candies are replaced with non-sugared beverages, fruits, and nuts. As a result of these changes, Wynn's Market saw a 15 percent increase in water sales and a 5 percent increase in produce sales.

- **Creating Healthier Workplaces:** Employers promoted well-being among employees in recognition of the benefits of a healthy workforce, which includes positive impact to their bottom lines. Worksites ranging from retirement communities to auto centers encouraged natural movement throughout the workday with walking groups, standing desks, and plant-based options in cafeterias. Twenty-four workplaces have been recognized for adopting best practices to raise well-being for employees and more than 100 additional worksites are working toward this goal.

- **Teaching the Value of Well-Being:** On any given day, students in Naples, like those at Gulf Coast Charter Academy South, could be seen walking or running laps, working the garden or eating food they grew and harvested themselves. Schools also partnered with local farms to create an after-school gardening club, which engages students and parents in healthy eating. Classrooms incorporated "Brain Break" morning walks, from which students have logged more than 26,000 miles. The focus is paying off – Gulf Coast Charter Academy South experienced a 20 percent increase in lunch purchases, which is attributed to its healthier menu options, and the school academic record has increased from a 'C' to a 'B' grade.

- **Transforming Policies for Better Health:** By improving community infrastructure and public policies, Naples maximizes residents' abilities to move naturally, connect socially, access healthy food, and improve their quality of life. The community focused on transformations that would improve traffic flow, mobility and walkability around Central Avenue, as well as 3rd Street South and Naples Square. Transformations included the addition of sidewalks, bike lanes, roundabouts, and a beautiful streetscape to encourage natural movement and social connection to area shopping and parks. The Tobacco Free Collier Partnership also worked with Collier County Parks and Recreation to place 167 smoke-free signs near playgrounds and ball fields at parks and recreation facilities, which helped reduce cigarette litter by 40 percent and minimized secondhand smoke exposure.

In both the 2015–16 and 2016–17 Gallup-Sharecare Well-Being Index Community Well-Being report after a sustained period of Blue Zones Project programming, the Naples community was recognized as the healthiest and happiest community in the nation. Also in 2016-17, Naples-Immokalee-Marco Island improved its ranking in purpose, social, and physical well-being – three areas targeted by Blue Zones Project interventions – as well was financial well-being, with a significant jump from #11 to the #1 position in this category. Only three other communities statistically improved in social well-being during this time period, while several dozen declined.

Naples-Immokalee-Marco Island is the first community to rank #1 in overall well-being three times in a row and also be ranked #1 or #2 across all five elements of the Gallup-Sharecare Well-Being Index. Additionally, local employers report financial benefits to improved well-being. Over the past four fiscal years, the City health plan has repeatedly beat medical inflation and its healthcare costs have come in well below medical inflation.

Spreading an Epidemic of Health and Happiness

Even though this community enjoys one of the nation's longest life expectancies, NCH's mission is to spread its success with America. For everyone to live longer, happier, and healthier lives, NCH believes we will need to change our focus from treating sick patients to nurturing healthy people. Moving upstream by preventing obesity, deterring tobacco use, decreasing loneliness, addressing mental illness, and stopping drug addiction early is much more effective than any later treatment. Moving forward, NCH is committed to learning from others, sharing best practices, and having others join the effort to bring well-being success to their communities.

2016/2017 Community Rankings, Highest Quintile

2016/2017 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
1.	Naples–Immokalee–Marco Island, FL	67.6	1	1	1	2	2
2.	Barnstable Town, MA	66.4	10	2	2	1	5
3.	Boulder, CO	65.3	36	51	44	9	1
4.	Santa Cruz–Watsonville, CA	65.1	7	16	23	10	3
5.	Charlottesville, VA	65.0	52	15	5	14	7
6.	Lynchburg, VA	64.9	3	4	28	8	24
7.	North Port–Sarasota–Bradenton, FL	64.6	8	7	3	15	21
8.	Santa Rosa, CA	64.6	63	53	59	7	4
9.	Prescott, AZ	64.6	17	9	7	4	20
10.	San Luis Obispo–Paso Robles–Arroyo Grande, CA	64.6	50	66	42	3	10
11.	Santa Maria–Santa Barbara, CA	64.5	74	19	52	18	6
12.	Ann Arbor, MI	64.4	42	76	4	12	16
13.	Salinas, CA	64.2	4	35	60	56	11
14.	Fort Collins, CO	64.0	112	123	86	6	8
15.	El Paso, TX	64.0	5	23	119	26	29
16.	Portland–South Portland, ME	63.9	79	11	55	17	18
17.	Lancaster, PA	63.9	37	24	6	19	43
18.	Urban Honolulu, HI	63.9	11	95	12	24	30
19.	Asheville, NC	63.8	26	70	48	5	37
20.	San Diego–Carlsbad, CA	63.8	45	36	36	39	17
21.	Durham–Chapel Hill, NC	63.6	25	22	26	47	33
22.	Cape Coral–Fort Myers, FL	63.6	28	20	21	31	28
23.	Visalia–Porterville, CA	63.6	6	3	75	58	38
24.	Kennewick–Richland, WA	63.6	38	68	18	27	64
25.	Crestview–Fort Walton Beach–Destin, FL	63.5	61	10	9	29	55
26.	Grand Rapids–Wyoming, MI	63.3	54	32	46	23	69
27.	McAllen–Edinburg–Mission, TX	63.3	2	65	169	28	39
28.	Port St. Lucie, FL	63.2	27	31	11	54	32
29.	Provo–Orem, UT	63.2	77	29	27	32	61
30.	Raleigh, NC	63.2	70	37	47	33	52
31.	Miami–Fort Lauderdale–West Palm Beach, FL	63.1	14	26	146	70	15
32.	San Jose–Sunnyvale–Santa Clara, CA	63.1	86	82	10	101	12
33.	Charleston–North Charleston, SC	63.1	32	12	70	37	63
34.	San Francisco–Oakland–Hayward, CA	63.1	125	56	16	73	14
35.	Greeley, CO	63.0	57	27	56	64	36
36.	Washington–Arlington–Alexandria, DC-VA-MD-WV	63.0	68	39	19	76	27
37.	Burlington–South Burlington, VT	63.0	161	58	69	44	13
38.	Duluth, MN-WI	63.0	88	67	30	40	40

Highest Quintile (1 – 38)

2nd Quintile (39 – 75)

3rd Quintile (76 – 112)

4th Quintile (113 – 149)

5th Quintile (150 – 186)

Purpose: Liking what you do each day and being motivated to achieve your goals

Social: Having supportive relationships and love in your life

Financial: Managing your economic life to reduce stress and increase security

Community: Liking where you live, feeling safe and having pride in your community
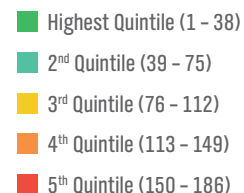
Physical: Having good health and enough energy to get things done daily

Some communities will depict the same Well-Being Index score when rounded to a single decimal. Ranks are based on the unrounded score
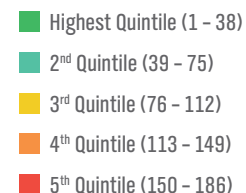
2016/2017 Community Rankings, Second Quintile

2016/2017 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
39.	Boston–Cambridge–Newton, MA–NH	62.9	150	62	33	51	23
40.	Clarksville, TN–KY	62.9	16	8	8	119	54
41.	Minneapolis–St. Paul–Bloomington, MN–WI	62.9	130	103	14	43	41
42.	Bridgeport–Stamford–Norwalk, CT	62.9	73	17	87	108	9
43.	Oxnard–Thousand Oaks–Ventura, CA	62.9	72	94	88	38	25
44.	San Antonio–New Braunfels, TX	62.8	12	50	99	36	89
45.	Denver–Aurora–Lakewood, CO	62.8	114	113	58	55	26
46.	Nashville–Davidson–Murfreesboro–Franklin, TN	62.8	33	61	50	34	102
47.	Dallas–Fort Worth–Arlington, TX	62.8	24	75	81	59	56
48.	Phoenix–Mesa–Scottsdale, AZ	62.8	34	48	72	67	44
49.	Austin–Round Rock, TX	62.7	71	89	76	42	49
50.	Fayetteville–Springdale–Rogers, AR–MO	62.7	58	132	82	11	100
51.	Ogden–Clearfield, UT	62.6	47	81	22	30	116
52.	Des Moines–West Des Moines, IA	62.6	89	150	15	20	112
53.	Los Angeles–Long Beach–Anaheim, CA	62.6	51	84	103	99	22
54.	Ocala, FL	62.6	21	18	83	48	97
55.	Myrtle Beach–Conway–North Myrtle Beach, SC–NC	62.5	35	6	66	41	109
56.	Deltona–Daytona Beach–Ormond Beach, FL	62.5	29	14	139	63	35
57.	Houston–The Woodlands–Sugar Land, TX	62.5	19	85	126	74	50
58.	Lincoln, NE	62.5	64	154	25	45	103
59.	Manchester–Nashua, NH	62.4	18	5	104	81	68
60.	Green Bay, WI	62.4	98	155	13	13	95
61.	Madison, WI	62.4	170	152	31	25	48
62.	Salisbury, MD–DE	62.3	30	25	138	52	87
63.	Greenville–Anderson–Mauldin, SC	62.3	23	63	102	35	120
64.	Charlotte–Concord–Gastonia, NC–SC	62.2	53	52	106	62	81
65.	Pittsburgh, PA	62.2	84	54	17	69	74
66.	Jacksonville, FL	62.2	40	30	143	97	59
67.	Lakeland–Winter Haven, FL	62.2	22	13	131	85	99
68.	Eugene, OR	62.1	65	28	85	50	128
69.	Sacramento—Roseville—Arden-Arcade, CA	62.1	101	59	61	96	45
70.	Augusta–Richmond County, GA–SC	62.1	41	40	64	65	124
71.	Boise City–Nampa, ID	62.1	100	140	134	21	123
72.	Colorado Springs, CO	62.0	96	112	101	68	67
73.	Anchorage, AK	62.0	138	102	24	83	83
74.	Vallejo–Fairfield, CA	62.0	103	73	80	139	31
75.	New York–Newark–Jersey City, NY–NJ–PA	61.9	121	80	114	110	34

■ Highest Quintile (1 – 38)
■ 2nd Quintile (39 – 75)
■ 3rd Quintile (76 – 112)
■ 4th Quintile (113 – 149)
■ 5th Quintile (150 – 186)

2016/2017 Community Rankings, Third Quintile

2016/2017 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
76.	Orlando–Kissimmee–Sanford, FL	61.8	59	46	153	77	78
77.	Kalamazoo–Portage, MI	61.8	108	122	113	82	85
78.	Albany–Schenectady–Troy,NY	61.8	87	41	34	121	71
79.	Knoxville, TN	61.8	78	74	71	46	144
80.	Trenton, NJ	61.8	92	79	62	148	19
81.	Atlanta–Sandy Springs–Roswell, GA	61.8	82	69	137	116	58
82.	Omaha–Council Bluffs, NE–IA	61.8	106	161	49	53	114
83.	Palm Bay–Melbourne–Titusville, FL	61.7	109	49	92	61	107
84.	Columbus, GA–AL	61.7	13	33	65	149	131
85.	Seattle–Tacoma–Bellevue, WA	61.7	146	124	53	105	51
86.	Salt Lake City, UT	61.7	97	147	67	98	76
87.	Kansas City, MO–KS	61.7	118	126	45	80	91
88.	Tucson, AZ	61.6	81	55	122	132	86
89.	Allentown–Bethlehem–Easton, PA–NJ	61.6	93	129	93	88	70
90.	Birmingham–Hoover, AL	61.5	31	64	129	91	141
91.	Greensboro–High Point, NC	61.5	55	78	155	66	115
92.	Portland–Vancouver–Hillsboro, OR–WA	61.5	171	96	89	84	72
93.	Richmond, VA	61.5	117	107	107	112	98
94.	Rochester, NY	61.5	142	149	79	107	60
95.	Chicago–Naperville–Elgin, IL–IN–WI	61.5	95	110	97	146	47
96.	Chattanooga, TN–GA	61.4	139	117	156	22	153
97.	Lansing–East Lansing, MI	61.4	91	159	41	94	129
98.	Riverside–San Bernardino–Ontario, CA	61.4	60	101	141	152	57
99.	Savannah, GA	61.4	43	77	116	126	121
100.	Virginia Beach–Norfolk–Newport News, VA–NC	61.4	85	92	98	159	75
101.	Corpus Christi, TX	61.4	9	104	170	122	79
102.	Milwaukee–Waukesha–West Allis, WI	61.4	115	144	39	124	88
103.	Tampa–St. Petersburg–Clearwater, FL	61.3	116	87	140	79	105
104.	Hartford–West Hartford–East Hartford, CT	61.3	159	146	37	140	62
105.	Louisville–Jefferson County, KY–IN	61.3	141	90	51	102	135
106.	New Haven–Milford, CT	61.3	99	72	110	160	53
107.	Pensacola–Ferry Pass–Brent, FL	61.2	49	114	132	89	148
108.	Gainesville, FL	61.2	76	57	109	100	94
109.	Modesto, CA	61.2	39	21	100	167	104
110.	York–Hanover, PA	61.2	127	47	90	115	110
111.	Utica–Rome, NY	61.2	105	42	68	118	125
112.	Stockton–Lodi, CA	61.2	15	99	124	183	42

Highest Quintile (1 – 38)
2nd Quintile (39 – 75)
3rd Quintile (76 – 112)
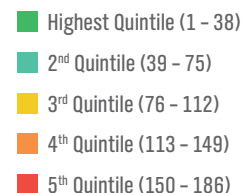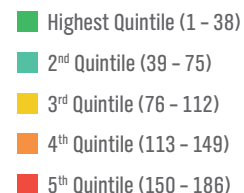4th Quintile (113 – 149)
5th Quintile (150 – 186)

2016/2017 Community Rankings, Fourth Quintile

2016/2017 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
113.	Huntsville, AL	61.2	131	120	111	57	165
114.	Harrisburg-Carlisle, PA	61.1	136	86	29	95	161
115.	Davenport-Moline-Rock Island, IA-IL	61.1	174	121	40	117	130
116.	Las Vegas-Henderson-Paradise, NV	61.0	62	118	127	169	93
117.	St. Louis, MO-IL	61.0	129	125	84	137	106
118.	Bremerton-Silverdale, WA	61.0	169	93	78	72	140
119.	Jackson, MS	61.0	20	97	150	172	119
120.	Albuquerque, NM	60.9	110	108	136	175	46
121.	Cincinnati, OH-KY-IN	60.9	147	106	63	111	154
122.	Winston-Salem, NC	60.9	164	136	158	49	157
123.	Spokane-Spokane Valley, WA	60.9	172	167	145	90	117
124.	Reno, NV	60.9	179	170	149	104	65
125.	Columbus, OH	60.8	124	141	95	103	155
126.	Evansville, IN-KY	60.8	48	163	43	151	139
127.	Cleveland-Elyria, OH	60.8	137	148	118	138	82
128.	Olympia, WA	60.8	177	131	115	92	111
129.	Lexington-Fayette, KY	60.8	123	139	74	60	179
130.	Kingsport-Bristol-Bristol, TN-VA	60.8	83	175	154	16	181
131.	Syracuse, NY	60.8	151	105	32	166	113
132.	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	60.8	144	100	128	150	92
133.	Indianapolis-Carmel-Anderson, IN	60.7	163	116	112	109	145
134.	Worcester, MA-CT	60.7	145	130	130	147	84
135.	Cedar Rapids, IA	60.7	166	186	20	75	167
136.	Toledo, OH	60.6	102	111	57	157	159
137.	Salem, OR	60.6	154	160	166	86	132
138.	Wilmington, NC	60.6	182	115	163	144	66
139.	Peoria, IL	60.5	149	71	35	163	163
140.	Tallahassee, FL	60.5	143	45	152	164	108
141.	Springfield, MA	60.5	152	133	157	129	96
142.	Akron,OH	60.5	157	98	133	136	137
143.	Beaumont-Port Arthur, TX	60.5	56	135	151	156	143
144.	Dayton, OH	60.4	90	157	125	135	138
145.	Detroit-Warren-Dearborn, MI	60.4	158	137	117	142	136
146.	Lubbock, TX	60.4	46	91	175	162	126
147.	Baltimore-Columbia-Towson, MD	60.4	162	143	91	174	80
148.	Mobile, AL	60.4	66	172	174	133	142
149.	Providence-Warwick, RI-MA	60.4	178	176	142	153	77

Highest Quintile (1 – 38)
2nd Quintile (39 – 75)
3rd Quintile (76 – 112)
4th Quintile (113 – 149)
5th Quintile (150 – 186)

2016/2017 Community Rankings, Fifth Quintile

2016/2017 Rank		Well-Being Index Score	Purpose Rank	Social Rank	Financial Rank	Community Rank	Physical Rank
150.	Chico, CA	60.3	69	156	160	125	166
151.	Norwich-New London, CT	60.3	181	158	77	161	118
152.	Lafayette, LA	60.3	75	109	178	71	177
153.	Fort Wayne, IN	60.3	120	184	108	141	134
154.	Springfield, MO	60.3	156	182	120	93	169
155.	Fresno, CA	60.3	111	171	176	171	90
156.	Buffalo-Cheektowaga-Niagara Falls, NY	60.2	180	173	73	123	151
157.	Wichita, KS	60.2	126	162	135	106	173
158.	Spartanburg, SC	60.2	168	145	167	78	182
159.	Reading, PA	60.2	128	134	121	155	149
160.	Baton Rouge, LA	60.1	132	128	168	170	122
161.	Little Rock-N Little Rock-Conway, AR	60.1	80	174	148	134	176
162.	Shreveport-Bossier City, LA	60.1	44	88	184	154	168
163.	New Orleans-Metairie, LA	60.1	104	166	179	173	101
164.	Killeen-Temple, TX	60.0	140	183	159	181	73
165.	Scranton—Wilkes-Barre—Hazleton, PA	60.0	119	60	105	177	133
166.	Columbia, SC	60.0	133	153	181	143	158
167.	Youngstown-Warren-Boardman, OH-PA	60.0	165	119	172	130	150
168.	Montgomery, AL	59.9	107	43	180	158	174
169.	Huntington-Ashland, WV-KY-OH	59.9	122	83	123	168	170
170.	Lake Havasu City-Kingman, AZ	59.8	135	44	162	120	172
171.	Bakersfield, CA	59.7	148	178	177	176	127
172.	Roanoke, VA	59.7	173	179	147	113	171
173.	Oklahoma City, OK	59.6	153	177	161	128	180
174.	Medford, OR	59.6	185	138	182	87	152
175.	Tulsa, OK	59.6	94	180	171	127	178
176.	Memphis, TN-MS-AR	59.6	113	151	173	180	156
177.	Flint, MI	59.5	155	38	94	182	160
178.	Rockford, IL	59.5	67	142	38	185	164
179.	Fayetteville, NC	59.3	160	34	165	186	146
180.	Erie, PA	59.2	175	168	54	178	175
181.	South Bend-Mishawaka, IN-MI	59.2	134	169	144	179	162
182.	Binghamton, NY	58.9	184	127	96	184	147
183.	Hickory-Lenoir-Morganton, NC	58.6	176	165	183	114	185
184.	Gulfport-Biloxi-Pascagoula, MS	58.6	167	164	186	131	184
185.	Canton-Massillon, OH	58.3	186	185	164	165	183
186.	Fort Smith, AR-OK	58.2	183	181	185	145	186

Highest Quintile (1 – 38)
2nd Quintile (39 – 75)
3rd Quintile (76 – 112)
4th Quintile (113 – 149)
5th Quintile (150 – 186)

STATE OF AMERICAN WELL-BEING

2017 COMMUNITY WELL-BEING RANKINGS

Methodology

Results are based a subset of 337,690 telephone interviews with U.S. adults across all 50 states and the District of Columbia, conducted from Jan. 2, 2016-Dec. 30, 2017. In 2016, 177,192 interviews were conducted nationally; in 2017, 160,498 interviews were conducted. Gallup conducts 500 telephone interviews daily, resulting in a sample that projects to an estimated 95% of all U.S. adults. Metropolitan Statistical Areas (MSAs) are based on U.S. Office of Management and Budget definitions. Only MSAs with at least 300 completed interviews are reported, and results for each MSA are uniquely weighted according to Nielsen Claritas demographic targets.

The Well-Being Index margin of sampling error for the reported communities will range from about ±1.7 points for the least populated to about ±0.3 points for the most heavily populated. All reported margins of sampling error include computed design effects due to weighting.

Each daily sample of national adults for data collected in 2016 comprises 60% cellphone respondents and 40% landline respondents. Each daily sample in 2017 comprises 70% cellphone and 30% landline. Additional minimum quotas by time zone and within region are included in the sampling approach.

About the Gallup-Sharecare Well-Being Index™

The Gallup-Sharecare Well-Being Index is an ongoing measurement of well-being, with more than 2.5 million surveys fielded to date. The partnership between Gallup and Sharecare merges decades of clinical research, health care leadership and behavioral economics expertise to track and understand the key factors that drive greater well-being for individuals and populations. Gallup and Sharecare aim to create a healthier world through knowledge, information and action informed by the data and insights gathered.

The Well-Being Index is calculated on a scale of 0 to 100, where 0 represents the lowest possible well-being and 100 represents the highest possible well-being. Through ongoing nationally representative surveys, the Well-Being Index creates a composite picture of health and well-being within the U.S. To learn more, visit www.well-beingindex.com.

About Gallup

Gallup delivers forward-thinking research, analytics, and advice to help leaders solve their most pressing problems. Combining more than 75 years of experience with its global reach, Gallup knows more about the attitudes and behaviors of the world's constituents, employees, and customers than any other organization. Gallup consultants help private and public sector organizations boost organic growth through measurement tools, strategic advice, and education.

About Sharecare

Sharecare is the digital health company that helps people manage all their health in one place. The Sharecare platform provides each person – no matter where they are in their health journey – with a comprehensive and personalized health profile where they can dynamically and easily connect to the information, evidence-based programs and health professionals they need to live their healthiest, happiest and most productive life. In addition to providing individual consumers with direct access to award-winning and innovative frictionless technologies, scientifically validated clinical protocols and best-in-class coaching tools, Sharecare also helps providers, employers and health plans effectively scale outcomes-based health and wellness solutions across their entire populations. To learn more, visit www.sharecare.com.

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