

Sharecare Community Well-Being Index

2022 state rankings report

A Community Well-Being Index rank

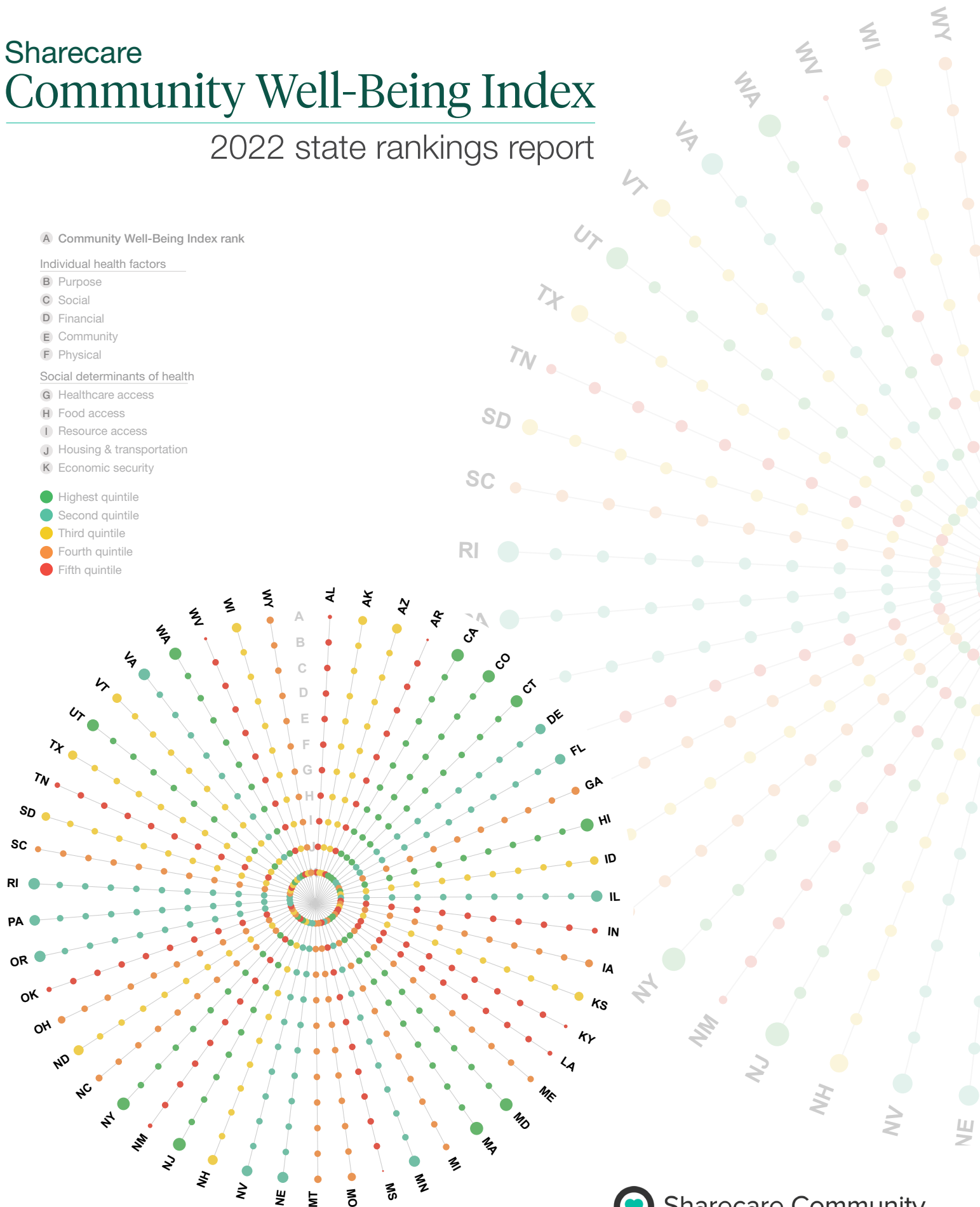
Individual health factors

- B Purpose
- C Social
- D Financial
- E Community
- F Physical

Social determinants of health

- G Healthcare access
- H Food access
- I Resource access
- J Housing & transportation
- K Economic security

- Highest quintile
- Second quintile
- Third quintile
- Fourth quintile
- Fifth quintile



Sharecare Community Well-Being Index, 2022 state rankings report overview

The Sharecare Community Well-Being Index 2022 state rankings report provides an overview of the nation's well-being from 2021 to 2022, highlighting areas of progress and opportunity across the country. With various measures represented in the Index, these data are broken down to expose differences in health tied to people and places through comparisons between neighboring counties, cities, and states.

For the 2022 ranking, Sharecare and BUSPH collected nearly 500,000 surveys, equaling the number of surveys in 2021. Through a combination of data collection at scale and advanced methods, the Index continues to provide visibility into scores and rankings for 3,142 U.S. counties, 383 Census-designated metropolitan statistical areas (MSAs), and all 50 states, ensuring demographic coverage for these geographies.

Based on Sharecare's history of contextualizing the role of place in individual and community health efforts, the Sharecare Community Well-Being Index 2022 state rankings report delivers an overarching metric that provides insights for a next-generation of community-driven care, affording the opportunity to evaluate health risk across multiple dimensions, and enabling new data-driven interventions tailored to populations and their environments.

For more information on the Sharecare Community Well-Being Index, visit our [methods page](#).

493,244 surveys collected in 2022 - As we continue to refine our data collection process each year, we continue collecting more survey responses that are reflective of the populations that we are measuring in this report.



Overview: In partnership with Boston University School of Public Health (BUSPH), anchored in their Biostatistics and Epidemiology Data Analytics Center (BEDAC), the Sharecare Community Well-Being Index measures well-being domains across physical, financial, social, community, and purpose, as well as social determinant domains across food access, resources, healthcare, economic security, and housing and transportation.

Through comprehensive coverage and measures across tracts, counties, metro areas and states, as well as subpopulations and underserved healthcare communities, these data and peer-reviewed research have been applied to:

1. Amplify the message around the importance of community health through rankings and research
2. Demonstrate the significance of these measures when it comes to outcomes from healthcare expenditure to workforce productivity and more, resulting in over 80 peer-reviewed publications generated to date
3. Cultivate a diagnostic capability for intervention, including insights and paired interventions for addressing individual health risk, social needs and risks, systemic and population-based inequities, social determinants, and more

Approach and evolution

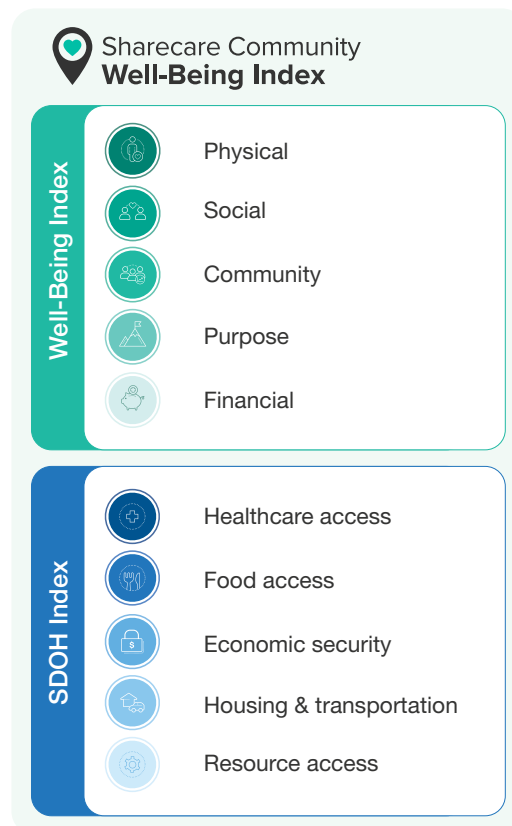
The Sharecare Community Well-Being Index is comprised of two underlying indices that cover 10 domains; they combine to drive understanding of individual health risk and opportunity as well as risks associated with an individual’s surroundings and environment (social determinants):

Sharecare Well-Being Index: Based on over 5 million surveys collected since 2008 and nearly 500,000 surveys collected in 2022, the Sharecare Well-Being Index is one benchmark of our nation’s health, enabling states and communities to understand health risks and opportunities across domains such as physical and financial resilience, social and community context, and everyday purpose.

- **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 increase security and reduce stress
- **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

Sharecare Social Determinants of Health Index: Derived from over 600 elements of social determinants of health (SDOH) data from sources including American Community Survey (ACS), United States Department of Agriculture (USDA), Area Health Resources, National Park Service, Centers for Disease Control and Prevention (CDC), National Aeronautics and Space Administration (NASA), and more, the SDOH Index focuses on health risks associated with an individual’s surroundings. This Index is comprised of five domains across healthcare and food access, housing and transportation, economic security, and access to key community resources, and more deeply examines 17 elements from among the original 600 that carry the greatest “explanatory power” with respect to key outcomes.

- **Healthcare access:** Concentration of doctors of medicine (MDs), obstetrician gynecologists (OBGYNs), and pediatric specialists per 1,000 residents
- **Food access:** Presence of grocery stores within one mile of underserved populations, including children, seniors, and Black individuals
- **Resource access:** Quantity of libraries and religious institutions per 10,000 residents, employment rates for people over 65, and presence of grocery stores within 20 miles
- **Housing & transportation:** Home values, ratio of home value to income, and public transit use
- **Economic security:** Rates of employment, labor force participation, individuals with health insurance coverage, and household income above poverty level



Key nationwide trends

Measured on a scale of 0 to 100, with 100 representing the greatest possible well-being, the nation's average Sharecare Community Well-Being Index score for 2022 was 60.7, suggesting year-to-year stability from the 2021 Index average of 60.9.

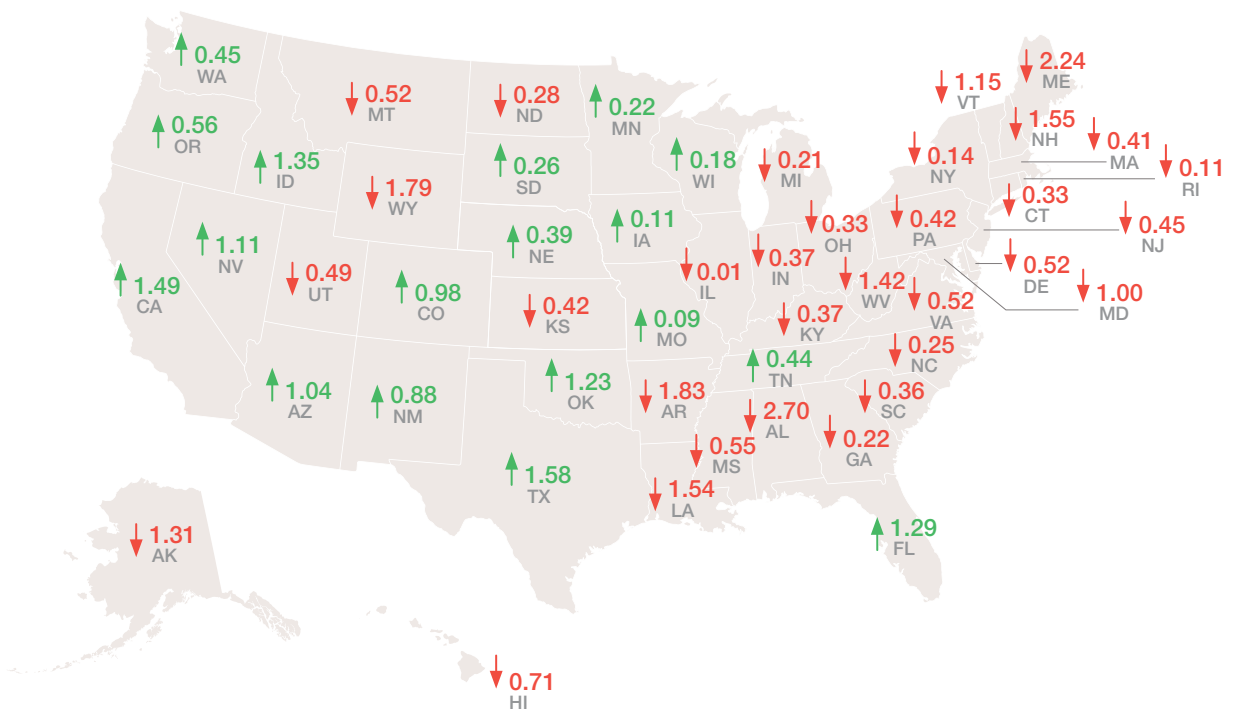
Across the domains, nationwide trends that emerged throughout the year are as follows:

- The most significant trend evident in this year's rankings is a return to consistency in year-over-year scores. The COVID-19 pandemic, a topic we've extensively covered over the past two years, instigated numerous shifts in the rankings, especially within individual well-being scores. 2022, however, signals a return to the stability seen in pre-pandemic well-being scores.

- At a nationwide level, each individual well-being domain experienced a statistically significant shift from 2021 to 2022. Categories such as purpose, social, community, and physical well-being have all registered year-over-year increases in their scores, signifying that individuals are feeling healthier, more purposeful, and more bonded with their peers, families, and communities. In contrast, financial well-being has seen a decrease - the only negative shift on a national scale. This could be an extension of pandemic-era trends affecting the global economy, or it may be related to rising inflation levels and increasing demands in the supply chain, which have elevated the cost of living nationwide.¹

¹ <https://www.economist.com/finance-and-economics/2022/12/21/2022-has-been-a-year-of-brutal-inflation>

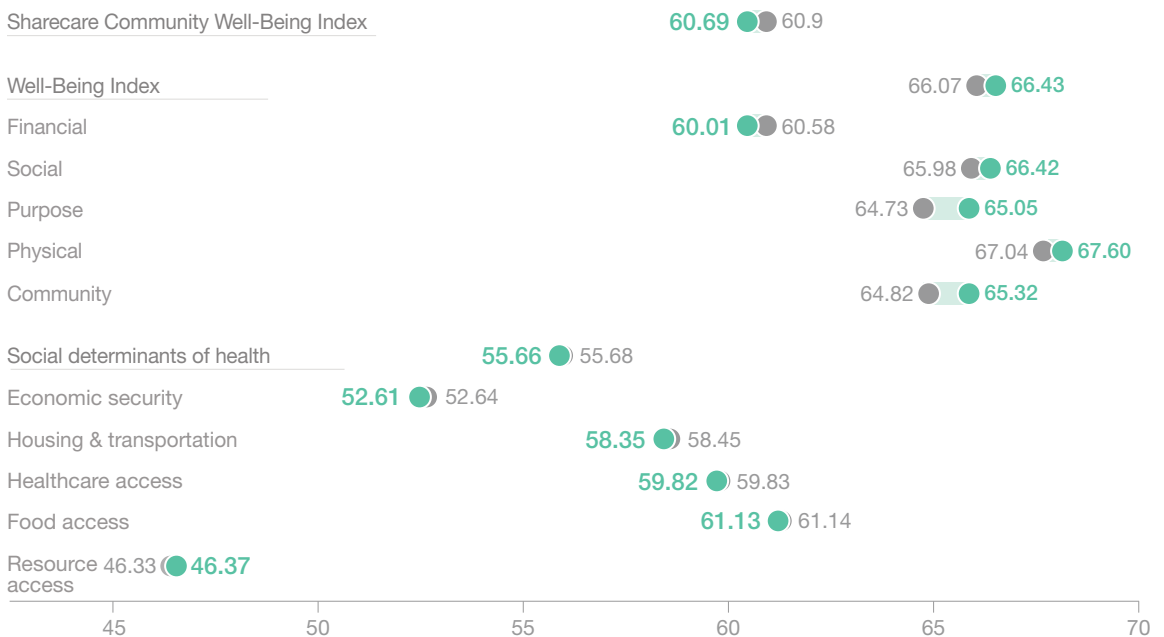
Change in Sharecare Community Well-Being Index score by state, 2020-2022



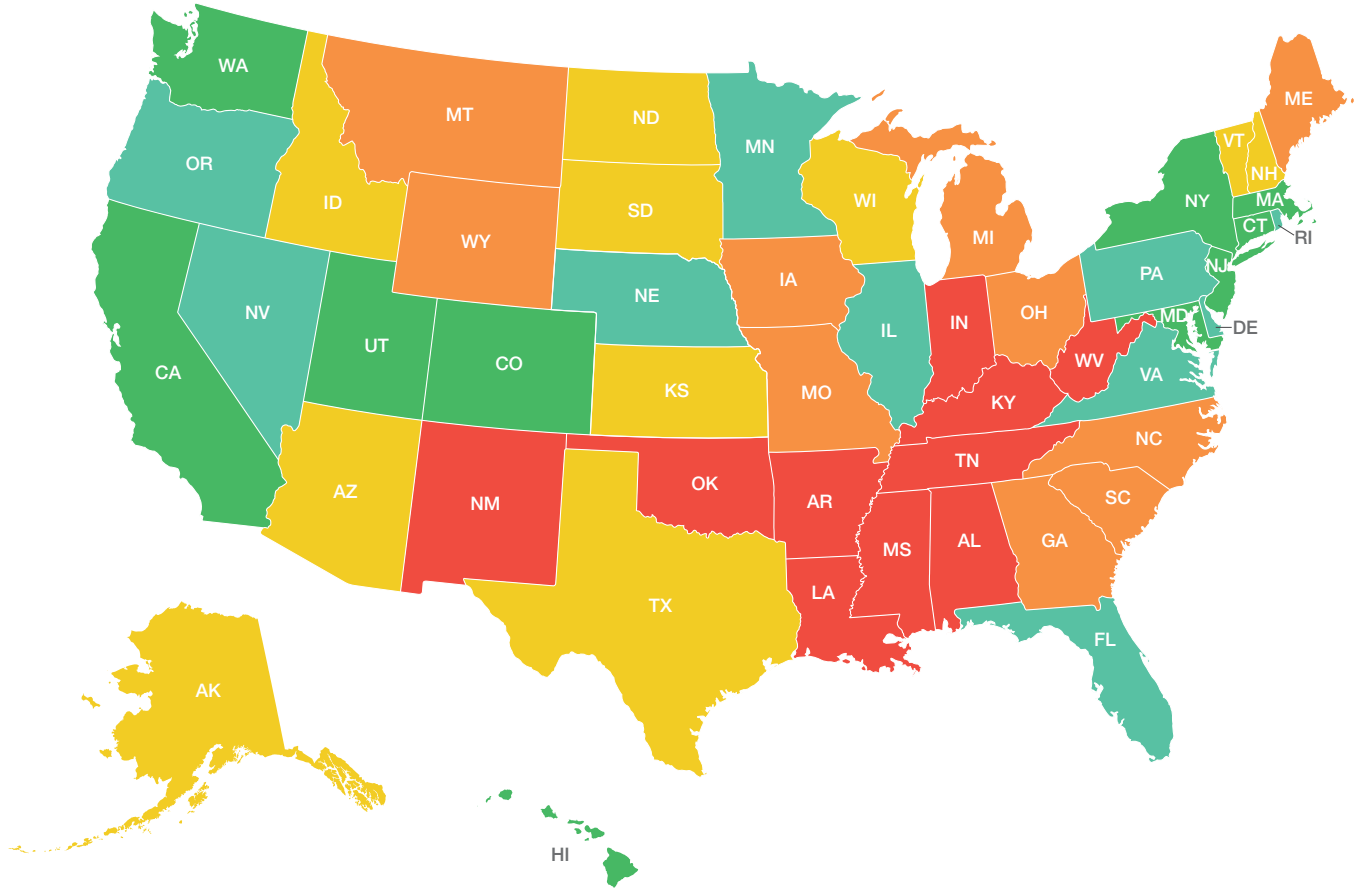
- The data reveals a clear geographic disparity in well-being scores across the United States, exemplified by a clear west/east divide. The western regions exhibit overall improvements in well-being, in stark contrast to the downturn observed in the eastern states. These disparities underscore the possibility that various factors—economic, environmental, or sociocultural—might influence well-being in different ways from coast to coast.
- Within this national landscape, one region outshone the others in terms of improvements. The Southwestern US displayed significant enhancements in well-being scores, with many places elevating by at least one point—a meaningful shift. This regional surge indicates a resilience or adaptive ability that facilitated better coping mechanisms in the face of challenges, leading to improved overall well-being.

Change in national score, 2021 – 2022

● 2021 score ● 2022 score



Sharecare Community Well-Being Index, 2022 state rankings



Top Quintile	2nd Quintile	3rd Quintile	4th Quintile	5th Quintile
1. Massachusetts	11. Virginia	21. North Dakota	31. Missouri	41. Indiana
2. Hawaii	12. Rhode Island	22. New Hampshire	32. Georgia	42. Tennessee
3. New Jersey	13. Illinois	23. Arizona	33. Iowa	43. Oklahoma
4. Maryland	14. Oregon	24. Wisconsin	34. Ohio	44. Louisiana
5. New York	15. Minnesota	25. Vermont	35. Montana	45. New Mexico
6. California	16. Nebraska	26. Texas	36. Wyoming	46. Alabama
7. Colorado	17. Nevada	27. Kansas	37. North Carolina	47. Kentucky
8. Washington	18. Pennsylvania	28. Alaska	38. Michigan	48. West Virginia
9. Connecticut	19. Florida	29. South Dakota	39. Maine	49. Arkansas
10. Utah	20. Delaware	30. Idaho	40. South Carolina	50. Mississippi

Rankings overview

In 2022, Massachusetts claimed the title of the “healthiest state in the nation” for the third consecutive year, with high scores in both social determinants of health and individual health measures. The Bay State achieved top-ten scores in eight of the 10 measured domains: healthcare access (No. 1), housing & transportation (No. 2), purpose well-being (No. 7), financial (No. 3), physical (No. 7), social (No. 9), community (No. 7), and food access (No. 8).

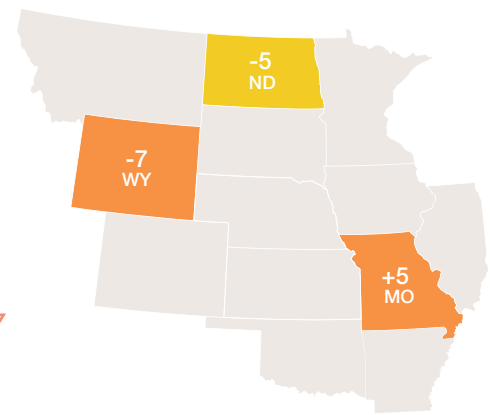
Hawaii, a consistent top performer in Index rankings since 2008 and a top-five state for overall social determinants of health, claimed the No. 2 spot for overall Community Well-Being. Earning first place in the 2022 Index

for physical, financial, social, purpose, and community well-being, Hawaii continues to display top-tier performance across all individual health factors.

Other states that appeared at the top of this year’s rankings include New Jersey (No. 3), Maryland (No. 4), and New York (No. 5).

The 10 lowest ranked states in 2022 are the same states that have been in the bottom of the Index rankings since 2020 – though the rankings have changed within this group, they all remain in the lowest quintile. Similarly, all top 10 states for the 2022 report have maintained “top 10” positions since 2020.

Top 10 States	Bottom 10 States
1. Massachusetts	41. Indiana
2. Hawaii	42. Tennessee
3. New Jersey	43. Oklahoma
4. Maryland	44. Louisiana
5. New York	45. New Mexico
6. California	46. Alabama
7. Colorado	47. Kentucky
8. Washington	48. West Virginia
9. Connecticut	49. Arkansas
10. Utah	50. Mississippi













Three states shifted five rankings or more in this year’s Index. The only state that saw an improvement of five ranking spots or more was Missouri (+5); while two states saw a decline of five ranking positions or more included North Dakota (-5) and Wyoming (-7).

For the fourth consecutive year, Mississippi has ranked the lowest overall score, joined by four other Southern states in the bottom 10. Mississippi ranks last, No. 50, in the 2022 Index, landing in the bottom quintile for each measure, and having the lowest scores nationwide in three domains: financial, community, and food access.

Other states falling within the bottom quintile in 2022 include Arkansas (No. 49), West Virginia (No. 48), Kentucky (No. 47), and Alabama (No. 46). Each of these states also held the same position in our 2021 rankings, indicating little to no improvement among the lowest scoring states year over year. Nine of the bottom 10 states have consistently remained in the bottom quintile since 2019.

Ranking of top and bottom five states by domain

	Top 5 States	Bottom 5 States		Top 5 States	Bottom 5 States
Well-Being Index Overall	1. Hawaii 2. New Jersey 3. Maryland 4. California 5. Minnesota	46. Kentucky 47. New Mexico 48. Louisiana 49. Arkansas 50. Mississippi	Social Determinants of Health Index Overall	1. Massachusetts 2. New York 3. New Jersey 4. Maryland 5. California	46. Kentucky 47. Alabama 48. Arkansas 49. West Virginia 50. Mississippi
Physical 	1. Hawaii 2. New Jersey 3. California 4. Maryland 5. Minnesota	46. Vermont 47. New Mexico 48. Kentucky 49. Mississippi 50. Arkansas	Healthcare Access 	1. Massachusetts 2. Rhode Island 3. Vermont 4. Connecticut 5. New York	46. Wyoming 47. Nevada 48. Oklahoma 49. Iowa 50. Idaho
Social 	1. Hawaii 2. New Jersey 3. Maryland 4. Utah 5. Colorado	46. Vermont 47. Louisiana 48. New Mexico 49. Mississippi 50. Arkansas	Food Access 	1. California 2. New York 3. Nevada 4. New Jersey 5. Rhode Island	46. Maine 47. Vermont 48. New Hampshire 49. West Virginia 50. Mississippi
Community 	1. Hawaii 2. New Jersey 3. Minnesota 4. California 5. Maryland	46. Alabama 47. Arkansas 48. New Mexico 49. Louisiana 50. Mississippi	Economic Security 	1. Utah 2. Nebraska 3. North Dakota 4. New Hampshire 5. South Dakota	46. Kentucky 47. Mississippi 48. Louisiana 49. New Mexico 50. West Virginia
Purpose 	1. Hawaii 2. New Jersey 3. Maryland 4. Colorado 5. California	46. Mississippi 47. Alabama 48. Kentucky 49. Louisiana 50. Arkansas	Housing and Transportation 	1. Hawaii 2. Massachusetts 3. New York 4. California 5. Washington	46. Kansas 47. Mississippi 48. Oklahoma 49. Arkansas 50. West Virginia
Financial 	1. Hawaii 2. New Jersey 3. Massachusetts 4. Maryland 5. Minnesota	46. Alabama 47. Louisiana 48. New Mexico 49. Arkansas 50. Mississippi	Resource Access 	1. South Dakota 2. Vermont 3. North Dakota 4. Montana 5. Wyoming	46. Alabama 47. Texas 48. Hawaii 49. Nevada 50. Utah

Strengths and weaknesses of the highest and lowest ranking states

Hawaii ranked No. 2 overall, and New Jersey, No. 3, scored highest and second highest, respectively, across all individual well-being domains. Massachusetts, the top-ranked state, scored third in financial well-being, and consistently ranked within the top 10 for purpose (No. 7), community (No. 7), physical (No. 7), and social (No. 9). Each of the top three states also scored highly in at least one social determinant of health category: Massachusetts ranked No. 1 in healthcare access and No. 2 in housing and transportation, Hawaii led in housing and transportation and ranked eighth in healthcare access, and New Jersey earned high marks in healthcare access (No. 7), food access (No. 4), and housing and transportation (No. 6).

Reversing a trend noted in recent years, only eight of the top 10 states in the overall Index also held top 10 spots for the physical well-being domain, with New York and Utah placing 11th and 12th, respectively. Nine of the top 10 states in the 2022 Index scored in the top 10 for housing and transportation, with Connecticut falling to 14th place in this domain.

Utah, ranked No. 10 overall, claimed the top spot in economic security, the only top-ranked state in the 2022 Index to achieve a top-10 placement for the domain. None of the top 10 states were among the top 10 for resource access, indicating that communities

can thrive even with fewer per capita museums, libraries, and places of worship, particularly in high-density areas.

In contrast, nine of the 10 bottom-ranked states landed a bottom 10 ranking for the community domain, reinforcing the importance of liking where you live, feeling safe, and having pride in your community. Similarly, eight of the bottom 10 states ranked in the lowest 10 for financial well-being, suggesting that residents in these states may be experiencing increased financial stress, or insufficient funds to thrive in their environment.

Louisiana – ranking 44th overall, was the sole state in the bottom quintile to score a top 10 rank in any domain. Louisiana ranked ninth in healthcare access, determined by the ability of community members to locate healthcare facilities or resources. This is the second consecutive year that Louisiana achieved this distinction in the rankings report, also placing 44th in 2021 and ninth in healthcare access that year as well.

In 2022, Index scores between the top 10 and bottom 10 states differed by 17.5 points, compared to 17.7 points in 2021 and 17.0 points in 2020. While year-over-year changes in scores are slight, there remains a pronounced gap in the scores of the highest- and lowest-ranked states.

Overall Community Well-Being Index Rank	State	Individual health factors						Social health factors					
		Well-Being Index Rank	Purpose	Social	Financial	Community	Physical	Social Determinants of Health Index Rank	Food Access	Healthcare Access	Resource Access	Housing & Transportation	Economic Security
1	Massachusetts	6	7	9	3	7	7	1	8	1	27	2	21
2	Hawaii	1	1	1	1	1	1	6	19	8	48	1	14
49	Arkansas	49	50	50	49	47	50	48	43	42	33	49	45
50	Mississippi	50	46	49	50	50	49	50	50	44	44	47	47

Conclusion

Through data scale and best in class methods, Sharecare's Community Well-Being Index continues to surface trends in health outcomes and well-being, and how these two concepts interplay with the social determinants of health, for every state, metro area, and county in the United States. Our rankings reports have shown the impact of community, financial stability, physical health, and community resources in driving people to achieve their greatest levels of health and well-being, and how collectively, we can support communities to enhance targeted interventions that enhance both individual and population-wide health.

For the future, we are focused on topics across the importance of environmental health, social value analyses and projections, peer-reviewed results demonstrating the importance of behavioral interventions, and more - and we look forward to advancing our methods to reduce risk and enhance health for each person in America and the communities in which they live, work, and play.

Best practices for well-being impact

Sharecare recognizes the importance of measuring well-being and capitalizing on it to support data-driven digital and high-touch interventions that inform community well-being locally and nationally.

Below are best practices that can be utilized by employers, health plans, federal and state government agencies, life sciences companies, providers, community leaders, and all population health stakeholders as they implement well-being improvement and sustainability programs. Although each of these verticals play unique roles in healthcare experiences and outcomes, commonalities across best-in-class programs include multi-modal interventions for individuals and communities; verification across places (worksites, schools, hotels, restaurants, etc.) to ensure safety, infrastructure, and technology investments that encourage healthier choices; cultural changes and inclusivity in policies; and community well-being measurement to gauge progress.

Community driven initiatives

The blueprint for well-being transformation starts with unifying stakeholders across the healthcare continuum around a common goal tied to community well-being improvement. By understanding the risk factors most pervasive across and within communities, as well as the relationships between risks across individual well-being and SDOH, key partners and population health stakeholders can democratize Community Well-Being Index datasets to support awareness and, further, form a series of hyperlocal interventions aimed at mitigating and improving identified risks.

As we prepare for a post-pandemic phase, stakeholder alignment on risks across individuals and communities, as well as an understanding of the relationships between those risks will be critical. With this alignment and understanding, we can identify and enable targeted support for vulnerable populations while maximizing health resources.

As a starting point for intervention and to enhance and sustain individual resilience, it is critical to create care advocacy solutions that enable people to manage their health in a convenient, affordable, and expedient manner.

Individual transformation

Interventions to improve well-being across populations start with the individual. A

holistic, personalized approach that goes beyond physical health to encompass purpose, social, financial, and community factors helps identify and mitigate the underlying causes of poor health. By delivering a dynamic user experience that includes baseline and real-time measurement for identifying risks, clinically validated content for educating users on both individual risk and risk tied to their surroundings, digital therapeutics to manage unique and costly health conditions, and evidence-based lifestyle and disease management programs through digital and high touch modalities, individuals become empowered in their health journeys toward well-being improvement.

Individual to community transformation

Recognizing that health is local, it is critical to support individuals in better understanding:

- The places where they engage and how those places define their feelings of safety
- The communities where they live and how those surroundings impact their everyday health

The lack of best-in-class facility protocols as well as broad social determinant issues – like limited access to healthy foods and healthcare and high levels of air pollution – have proven to hinder the optimization of well-being. A successful blueprint entails educating people on these risks, and further,

creating technology-enabled verification systems for places as well as geospatial member journeys that enable people to identify healthy, convenient, and affordable options for daily needs related to food, healthcare, fitness, community resources, and more. By improving awareness of the resources in their surroundings, individuals become better equipped to form healthy habits and engage with places that are conducive to well-being. This enables them to evolve from being a product of their environment to capitalizing on the right places, environment, and surroundings to improve health.

As a case in point example, as the pandemic progressed the best practices tied to COVID-19 procedures and protocols consistently changed, and our surroundings and perceptions continuously evolved as a result. Considering these events, the need and opportunity to connect individuals to their communities via high-tech solutions that consistently enable access to tools and resources while minimizing physical contact has grown.

Community transformation

Communities that invest in infrastructures to promote active living – such as bike paths, walkability, and public transit – have residents with better well-being and health outcomes. Research shows that residents in highly active communities have significantly lower rates of smoking, obesity, diabetes, high blood pressure, high cholesterol, and depression, as well as significantly higher rates of exercise, healthy eating, fresh product consumption, and physical thriving. Additionally, racial and socioeconomic well-being inequities require specific infrastructures (including digital infrastructures like broadband access) and policies to mitigate disparities in health outcomes.

Accordingly, a best-in-class approach to community transformation will deploy interventions across people, policies, and places to optimize the “life radius” – the environments in which people live, work, and

play. Informed by community input and driven by a representative local steering committee, an effective community blueprint executes neighborhood-level strategies to address risk across SDOH and achieve health equity and sustainability.

Through a combined high-touch and high-tech approach to community transformation, individuals can engage in both their own health journeys daily – as well as that of others in their communities – improving well-being through encouragement, empathy, and shared goals.

Measuring impact

Benchmarking individual and community well-being to understand risks and opportunities, prioritizing interventions according to those risks, and then measuring the impact of those interventions is critical to contextualizing improvement and optimizing future interventions to maximize value to society. In addition, successful individual and community interventions enable blueprints that can be replicated in other locales, driving results at further scale and bending the trend on our nation’s health crisis.

As we look to the future, an important priority should be identifying new opportunities and next-generation interventions that enhance our urban and rural city centers to align with sustainable development goals and return on social value across populations.