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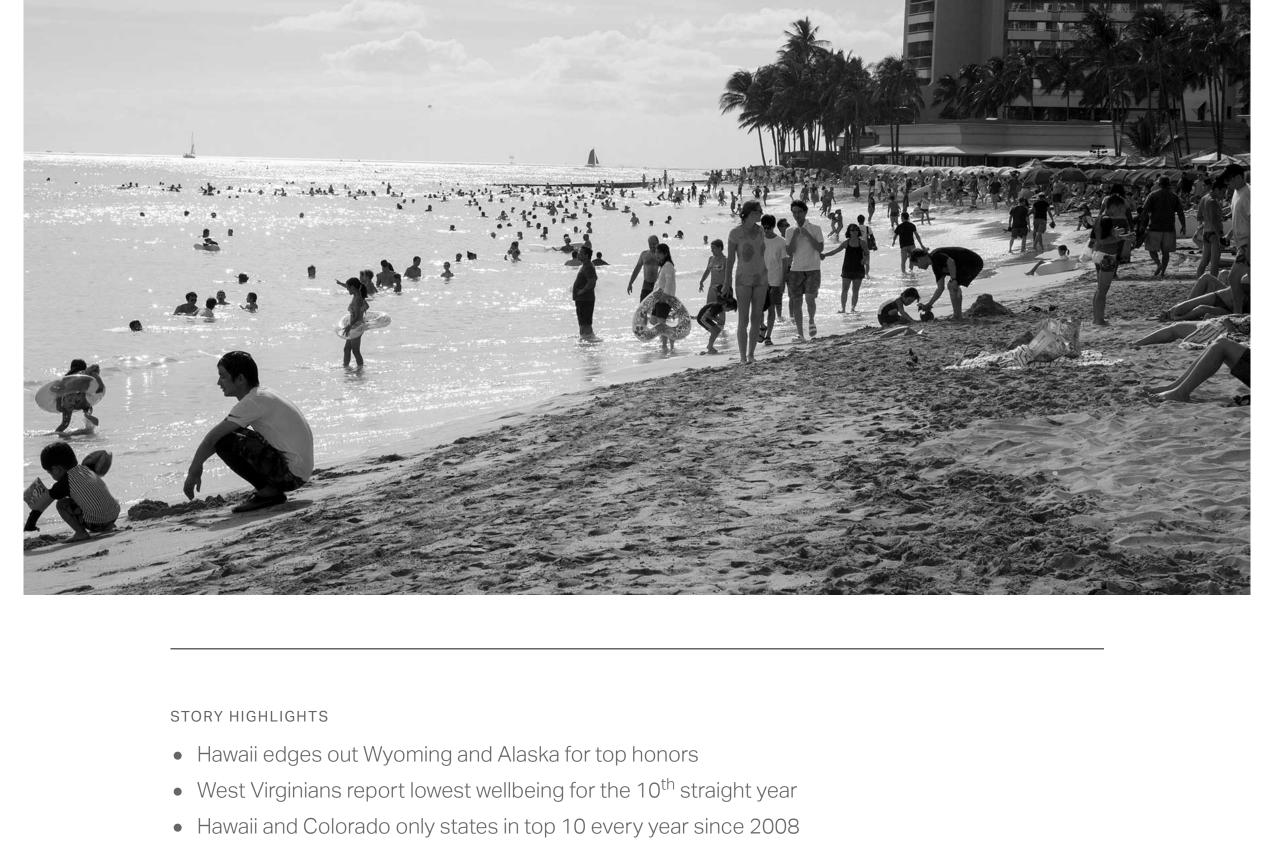
News

Hawaii Tops U.S. in Wellbeing for Record 7th Time BY DAN WITTERS

Blogs & Podcast ✓

Key Topics ∨

WELLBEING FEBRUARY 27, 2019



WASHINGTON, D.C. -- Hawaii residents reported the highest wellbeing in the U.S. in 2018,

reaching the top spot for the seventh time since Gallup began tracking wellbeing in

Highest 10

Hawaii

South Dakota

North Dakota

2008. Hawaii and Colorado have ranked among the top 10 states in wellbeing for the

States With Highest and Lowest Overall Wellbeing, 2018

11th consecutive year, the only two states to do so. West Virginia residents reported the lowest wellbeing for the 10th straight year.

Well-Being Index score

64.6

62.7

62.7

Wyoming 64.2 Arkansas 58.7 Kentucky Alaska 63.9 58.8 Montana Mississippi 58.9 63.5 Utah Tennessee 59.5 63.4 Colorado Oklahoma 63.4 59.8 Alabama 59.9 Vermont 63.3 Louisiana Delaware 60.0 62.9

Lowest 10

West Virginia

Illinois

Indiana

Well-Being Index score

57.0

60.3

60.3

NΗ

СТ

DE

MD

VT

| GALLU | JP NATIONAL HEALTH AND WELL-BEING INDEX |
|-------|--|
| | Wyoming, Alaska, Montana and Utah all states that have frequented the top 10 list in past years rounded out the top five in 2018. Arkansas, which was ranked 48 th in 2017 and 2009, was ranked 49 th in 2018 its lowest level ever and was followed by Kentucky, Mississippi and Tennessee. |
| | These state-level data are based on more than 115,000 surveys with U.S. adults across all 50 states, conducted in all 12 months of 2018. The Well-Being Index is calculated on a scale of 0 to 100, where 0 represents the lowest possible wellbeing and 100 represents the highest possible wellbeing. The Well-Being Index score for the nation and for each state comprises metrics affecting overall wellbeing and each of the five essential elements of wellbeing: |
| | Career: 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 |

As in prior years, wellbeing in the U.S. exhibits regional patterns. The Northern Plains and Mountain West are higher wellbeing areas, along with some Western states and pockets of the Northeast and Atlantic. The lowest wellbeing states are concentrated in the South and extend northward through the industrial Midwest.

Well-Being Index by State, 2018

МТ

WA

* Indicates statistically significant (p<.05) change

GALLUP NATIONAL HEALTH AND WELL-BEING INDEX

OR

• Physical: having good health and enough energy to get things done daily

Gallup has been tracking wellbeing nationally since 2008. Career wellbeing was

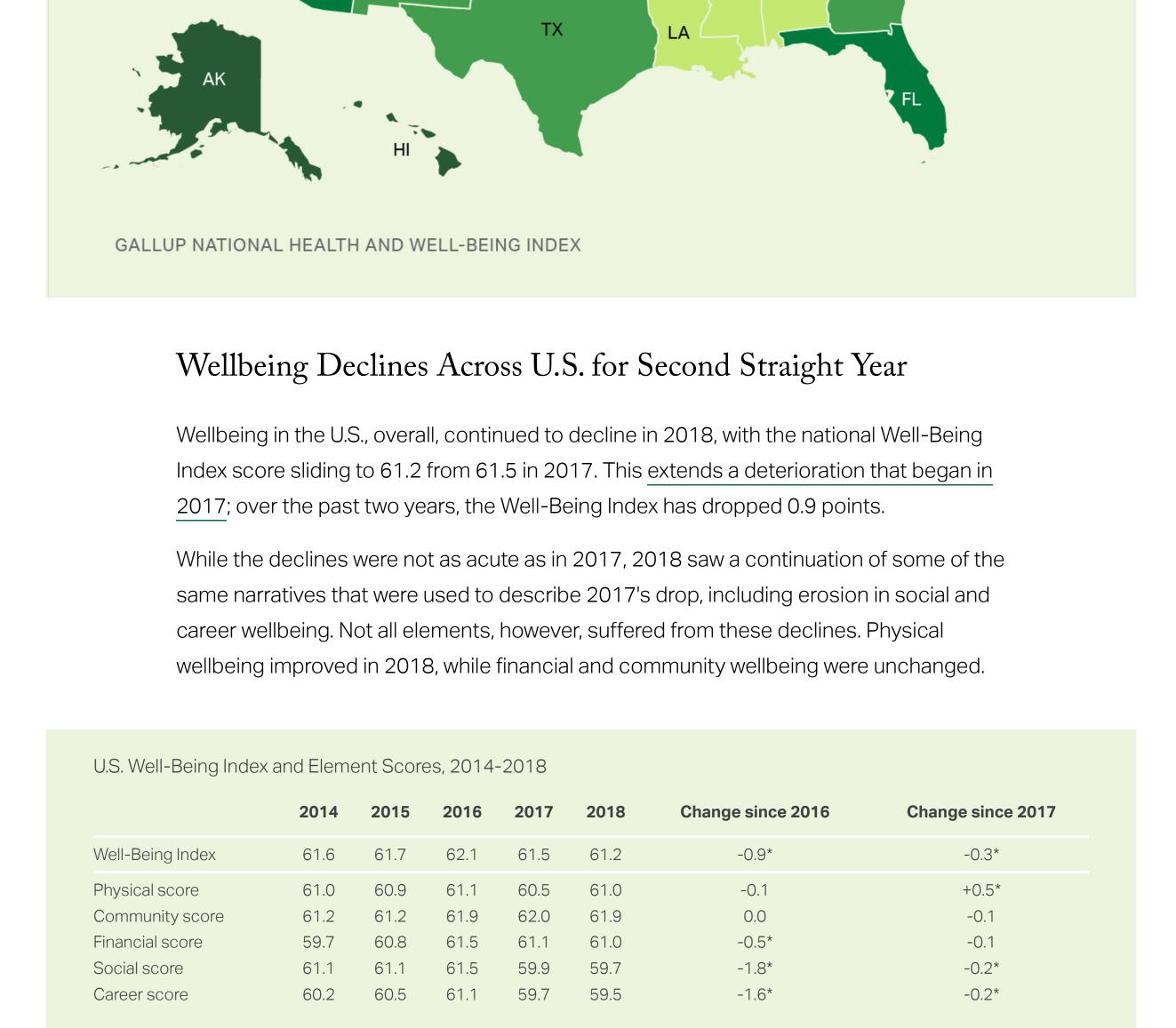
previously named "purpose wellbeing," but the definition has remained constant.

Top quintile 2nd quintile 4th quintile Bottom quintile 3rd quintile

MN

ID NY SD WY MI PA IA NE NV OH IN IL UT CA CO VAKS МО KY NC TN ΑZ OK NM AR SC GΑ MS AL

ND



| H | awaii Leads All States in Three Elements | | | | | | |
|---|---|--|--|--|--|--|--|
| fina five Wy | waii topped all states in three elements in 2018, leading the U.S. in career, social and ancial wellbeing. Hawaii is also the only state to be among the top-ranked states in all elements. Delaware and Vermont followed Hawaii in social wellbeing, while Utah and oming rounded out the top three in career wellbeing. Alaska and North Dakota were er top states for financial wellbeing. | | | | | | |
| cor | oming, Montana and Idaho, all from the Mountain West, were the top three states in mmunity wellbeing. Colorado, a perennial top state in physical wellbeing, was edged only by Alaska and was followed by Wyoming. | | | | | | |
| States With Highest and Lowest Wellbeing Scores in Each Element, 2018 | | | | | | | |
| CAREER | Top: Hawaii, Utah, Wyoming, Montana, Alaska | | | | | | |

Bottom: New York, Kentucky, Oregon, Arkansas, West Virginia

Bottom: Kansas, Kentucky, Mississippi, West Virginia, Arkansas

Top: Hawaii, Alaska, North Dakota, Delaware, New Hampshire

Bottom: Arkansas, Mississippi, West Virginia, Louisiana, Oklahoma

Bottom: Illinois, Maryland, Louisiana, New Mexico, West Virginia

Top: Hawaii, Delaware, Vermont, Utah, Florida

Top: Wyoming, Montana, Idaho, Hawaii, Vermont

point has widened, revealing a substantial two-year drop.

SOCIAL

FINANCIAL

COMMUNITY

The less-severe drop nationally in 2018 was characterized by a much more balanced

performance among states -- nearly as many had statistical improvements (seven) as

declines (eight) when compared with the 2017 measurement. This was a far different

states suffered a significant decline in wellbeing against no states that improved.

States that improved in 2018 were Alaska, Delaware, Wyoming, Nevada, Louisiana,

Washington and Ohio. States that declined were Florida, Illinois, Alabama, New York,

Texas, North Carolina, Kentucky and Tennessee.

year-over-year outcome than the record-setting change among states in 2017, when 21

Top: Alaska, Colorado, Wyoming, Hawaii, Connecticut PHYSICAL Bottom: Arkansas, Mississippi, Alabama, Kentucky, West Virginia GALLUP NATIONAL HEALTH AND WELL-BEING INDEX Implications

The major headwinds in wellbeing nationally that were present in 2017 were less

prevalent in 2018, as the U.S. decline compared with the year before was much milder.

balanced year-over-year change. Still, the national decline in wellbeing since 2016's high

The associated net change among states in 2018 reflected this, resulting in a more

Improving and sustaining high wellbeing is vital to any population's overall health and to its economy. Prior research has shown that high wellbeing closely relates to key health outcomes such as lower rates of healthcare utilization, workplace absenteeism and workplace performance, reduction in obesity status, and the new occurrence of chronic diseases. Wellbeing is also a predictor of numerous business outcomes such as employee engagement, customer engagement, turnover and workplace safety, which can affect a state's ability to reach its economic potential. Recent research has also shown a strong link globally between wellbeing and migration intent. The crucial importance of holistic wellbeing, too, is underscored by the 2018 results. Research has shown that having high wellbeing across most or all elements results in a variety of better outcomes than for physical wellbeing alone. Hawaii's reascent to its No. 1 ranking aptly reflects this, as Hawaii is the only state to rank in the top five across all five essential elements of wellbeing, demonstrating the usefulness of focusing on all of its aspects. Regardless of national trends, states' efforts to improve wellbeing should be customized to meet the unique needs of local constituencies. By focusing on all five elements of wellbeing, states can maximize the return on their investment when designing and implementing initiatives to improve wellbeing. Specific interventions include working with schools, employers, grocery stores and restaurants to foster healthier practices. Other initiatives can involve working with government and various agencies to enact changes that increase opportunities for healthier lifestyles and community life, like more walkable and bike-friendly environments, farmers markets and social activities.

Regardless of specific programs or actions, potentially the most important aspect to a

and organizational leadership, which can play a pivotal role in providing the foundation

Learn more about how the Gallup National Health and Well-Being Index works.

Well-Being Index

44

15

49

14

6

16

8

20

23

22

32

17

33

12

47

40

4

upon which a culture of wellbeing can be built.

2018 State Well-Being Index and Element Ranks

Alabama

Alaska

Arizona

Arkansas

California

Colorado

Delaware

Florida

Georgia

Hawaii

Idaho

Illinois

Indiana

Kansas

Kentucky

Louisiana

Maryland

Michigan

Minnesota

Mississippi

Missouri

Montana

Massachusetts

Maine

Iowa

Connecticut

2018 sample size

1,656

212

2,347

1,129

10,542

2,316

1,415

386

6,928

2,994

502

762

2,185

2,658

4,369

2,872

922

2,739

488

successful program is strong, uniform, sustained and visible support from governmental

Social

37

8

11

50

10

6

16

2

5

15

38

14

7

33

32

48

35

19

Career

18

5

8

49

22

11

38

26

13

17

23

32

35

34

12

27

29

4

Financial

45

2

26

50

27

10

21

4

36

40

33

18

19

25

8

49

34

17

Community

17

23

15

38

39

11

41

22

21

28

3

47

18

31

8

45

35

2

Physical

48

17

46

2

5

10

16

21

32

29

44

36

37

49

42

25

24

13

30

20

47

40

7

42 35 46 4,618 43 43 2,667 41 31 41 30 33 1,612 26 25 39 15 10 35 1,336 28 46 29 27 48 42 1,672 47 47 32 1,345 43 20 12 47 48 656 21 21 23 22 12

| Nebraska | 4.00= | | | | | | |
|----------------|------------------------|-----------------------------|----------------|-----------------|--------------|----------------|----|
| | 1,007 | 18 | 10 | 30 | 20 | 16 | 26 |
| Nevada | 854 | 19 | 16 | 17 | 11 | 37 | 31 |
| New Hampshire | 606 | 11 | 45 | 13 | 5 | 13 | 8 |
| New Jersey | 2,837 | 31 | 41 | 9 | 28 | 40 | 19 |
| New Mexico | 786 | 30 | 9 | 24 | 38 | 49 | 18 |
| New York | 6,038 | 37 | 46 | 29 | 41 | 43 | 22 |
| North Carolina | 3,676 | 36 | 33 | 27 | 39 | 20 | 38 |
| North Dakota | 340 | 10 | 7 | 31 | 3 | 7 | 33 |
| Ohio | 5,187 | 38 | 36 | 36 | 31 | 36 | 39 |
| Oklahoma | 1,386 | 45 | 37 | 42 | 46 | 44 | 43 |
| Oregon | 1,833 | 28 | 48 | 25 | 32 | 19 | 15 |
| Pennsylvania | 5,617 | 34 | 42 | 26 | 24 | 34 | 35 |
| Rhode Island | 442 | 25 | 40 | 44 | 16 | 42 | 12 |
| South Carolina | 1,896 | 39 | 19 | 34 | 37 | 25 | 41 |
| South Dakota | 402 | 9 | 6 | 21 | 12 | 6 | 27 |
| Tennessee | 2,454 | 46 | 44 | 45 | 44 | 30 | 45 |
| Texas | 7,121 | 29 | 15 | 22 | 43 | 26 | 34 |
| Utah | 1,214 | 5 | 2 | 4 | 13 | 9 | 14 |
| Vermont | 283 | 7 | 14 | 3 | 9 | 5 | 6 |
| Virginia | 3,181 | 27 | 30 | 28 | 23 | 29 | 23 |
| Washington | 3,043 | 13 | 24 | 20 | 7 | 24 | 11 |
| West Virginia | 669 | 50 | 50 | 49 | 48 | 50 | 50 |
| Wisconsin | 3,247 | 24 | 39 | 40 | 14 | 14 | 28 |
| Wyoming | 219 | 2 | 3 | 18 | 6 | 1 | 3 |
| | | | | | | | - |
| SURVE | EY METHODS | | | | | + | |
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| RELATED TO | opics include: usa, al | acial Dates and exp | a for | Your a centu | Rese | ellbeing index | |
| RELATED TO | opics include: usa, al | icial Dat ompare and exp | a for | Your a centu | Rese | ellbeing index | |

WELLBEING JAN 23, 2019 WELLBEING DEC 17, 2018 U.S. Uninsured Rate Delaying Care a Rises to Four-Year Healthcare Strategy for Three in 10 Americans High

SIGN UP

decade ago, suggesting rising costs...

The percentage of Americans putting off

medical treatment due to costs remains

steady, but rates are still up from over a

Americans approved of Trump on the economy but not on healthcare. Addressing their concerns could have...

SIGN UP

CLOSE

POLLING MATTERS DEC 27, 2018

That Republicans

In early November, about one in six

Missed in the

Midterms

The Healthcare Vote

George Gallup

RECOMMENDED

WELLBEING JAN 14, 2019

Seven in 10 Maintain

Negative View of U.S.

Seventy percent of Americans describe the current U.S. healthcare system as

being "in a state of crisis" or having "major

problems." Negative ratings of the...

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Healthcare System

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The U.S. adult uninsured rate rose to

13.7% in the fourth quarter of 2018, its

highest level since the first quarter of

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