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the United States. Through a daily survey of 500 adult Americans, the Well-Being Index ...

Feb. 15, 2017

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January 2017

Gallup-Healthways
Well-Being Index®

Americans living in Hawaii, Alaska and South Dakota had the highest well-being in 2016, according to new research from Gallup and [Healthways](#), a Sharecare company. In addition to leading the nation in the financial, community and physical elements of well-being, Hawaii's Well-Being Index score of 65.2 is the highest score of any

state in the last three years. Alaska and Texas led the nation in social and purpose

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And while lesser-populated states tended to top the list, other mid-sized and small states also ranked as the lowest for well-being.

Highest Well-Being States

1. Hawaii
2. Alaska
3. South Dakota
4. Maine
5. COlorado
6. Vermont
7. Arizona
8. Montana
9. Minnesota
0. Texas

Lowest Well-Being States

1. Mississippi
2. Rhode Island
3. Louisiana
4. Alabama
5. Ohio
6. Arkansas
7. Indiana
8. Oklahoma
9. Kentucky
0. West Virginia

Residents of West Virginia, Kentucky, Oklahoma and Indiana reported the lowest

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the last week; and the highest scores recorded on healthcare access measures, including the greatest number of Americans covered by health insurance and visiting the dentist. Americans also report the lowest rates of healthcare insecurity since 2008, as measured by not being able to afford necessary healthcare services once in the last 12 months.

All national well-being trends are not positive, however; the prevalence of chronic diseases such as obesity (28.4%), diabetes (11.6%) and depression (17.8%) are now at their highest points since 2008. The percentage of Americans who report eating healthy all day during the previous day is also at a nine-year low.

In the United States, higher well-being has been shown to correlate with lower healthcare costs and increased worker productivity, in turn enhancing organizational and community competitiveness. "Understanding and improving well-being should be foundational to the people strategy of any organization or community," said Michael Thompson, President and CEO of the National Alliance of Healthcare Purchaser Coalitions. "Leaders have shown that well-being is essential to an engaged and thriving population and a key building block to success and sustainability. It can be a force multiplier by directly influencing healthcare costs, resilience, and innovation."

"Well-being is a concept that goes far beyond physical health. It includes purpose, social, financial, and community factors, as well as physical vitality," said Karissa Price, President at Healthways. "For employers, health plans, health systems and community leaders, this holistic view provides significant value. It's a framework for understanding the root causes of poor health and it informs more effective strategies to encourage the sustained lifestyle changes that allow people to perform to their highest potential."

The full report is [available online](#).

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