

IMPROVE EDUCATION  
PROTECT THE ENVIRONMENT  
ADDRESS INFRASTRUCTURE CHALLENGES  
ADOPT SUSTAINABLE ECONOMIC STRATEGIES  
MEET HUMAN NEEDS & PRESERVE LOCAL CULTURE

FOCUS OUR  
MAUI ISLANDS  
NUI OUR FUTURE

Own it!

## Hawai'i's Well-Being Ranking



**Among the 50 states, Hawai'i ranks #1 in 'Life Evaluation' and 'Emotional Health' but #50 in 'Work Environment'**

The Gallup-Healthways Well-Being Index is the first and largest survey of its kind. It is the official statistic for *Well-Being in America*, giving a daily measure of people's comfort level at the close of every day. It is based on the World Health Organization (WHO) definition of health as not only the absence of infirmity and disease but also a state of physical, mental and social well-being. The index includes six sub-indexes:

**Life Evaluation Index:** A self-evaluation of two items—(1) present life situation and (2) anticipated life situation five years from now. **HAWAII #1 ~ WEST VIRGINIA #50**

**Physical Health:** Includes nine items—sick days in past month, disease burden, health problems that get in the way of normal activities, obesity, feeling well-rested, daily energy, daily colds, daily flu, and daily headaches. **MINNESOTA #1 ~ WEST VIRGINIA #50 (HAWAII #3)**

**Emotional Health:** Includes 10 items—smiling or laughter, learning or doing something interesting, being treated with respect, enjoyment, happiness, worry, sadness, anger stress, and diagnosis of depression. **HAWAII #1 ~ WEST VIRGINIA #50**

**Healthy Behavior:** Includes four items—smoking, eating healthy, weekly consumption of fruits and vegetables, and weekly exercise frequency. **NEW HAMPSHIRE #1 ~ KENTUCKY #50 (HAWAII #4)**

**Work Environment:** Includes four items—job satisfaction, ability to use one's strengths at work, supervisor's treatment (more like a boss or a partner), and whether it is an open and trusting work environment. **UTAH #1 ~ HAWAII #50**



**Basic Access:** Includes 13 items—access to clean water, medicine, safe place to exercise, affordable fruits and vegetables; enough money for food, shelter, healthcare; have health insurance, have a doctor, have visited a dentist recently; satisfaction with the community, the community getting better as a place to live, feeling safe walking alone at night. **MASSACHUSETTS #1 ~ MISSISSIPPI #50 (HAWAII #9)**

Further information: <http://www.gallup.com/poll/116497/rankings-reveal-state-strengths-weaknesses.aspx>

Hawaii takes  
the top  
spot in both  
'Emotional  
Health'  
and in  
'Life  
Evaluation'



FOCUS MAUI NUI is a community-driven vision for the future of our islands, spearheaded by Maui Economic Development Board, Inc., a nonprofit organization dedicated to the economic well-being of Maui County. VISIT [www.focusmauinui.com](http://www.focusmauinui.com) or CALL 808.270.6801