Physical, Mental, Emotional and Spiritual Health Drive Personal Well-Being

- Almost 70% of Americans give freedom from illness (69%) and good hygiene (67%) top ratings on importance to their sense of personal well-being.
- Almost as important are mental wellness (60%) and a positive outlook (60%).
- Having a strong faith and harmonious family relationships are rated highly by well over half of Americans.

Q. How important are the following to your sense of personal well-being?

The sampling error is +/- 3%.
Faith, Family and Feeling Physically Well Are Most Important Drivers of Well-Being

- When asked to choose one thing that is most important to personal well-being, 22% of Americans select having faith in a divine being.
- The next highest factor is harmonious family relations (16%), followed closely by feeling physically well (12%).

Q. Which of these things is the most important to your sense of personal well-being?

The sampling error is +/- 3%
Secondary Drivers of Personal Well-Being Include Relationships and Being Youthful and Energetic

Q. How important are the following to your sense of personal well-being?

- Being in a committed relationship: 45%
- Being "youthful" as long as possible: 46%
- Having the energy to get things done each day: 46%
- Being able to keep stress under control: 46%
- Having trusted friends I can confide in: 41%
- Maintaining a healthy weight: 42%
- Balancing work and life: 40%

The sampling error is +/- 3%
Money and Success at Work Are Rated as Less Important to Personal Well-Being

Q. How important are the following to your sense of personal well-being?

- Exercising at least three times a week: 36%
- Having enough money: 36%
- Eating the right amount of fruits and vegetables: 35%
- Being able to socialize with friends: 33%
- Succeeding in my career: 31%
- Managing illness or disease through medication: 30%
- Having a life filled with challenge and excitement: 26%
- Being involved with a meaningful cause: 27%

The sampling error is +/- 3%