

# Faith, Family and Being Physically Well Are Most Important to Sense of Well-Being

- The top three things that contribute to a sense of personal well-being are a strong faith, harmonious family relations and feeling physically well.
- In Los Angeles, New York and Washington, DC, faith is on a more equal footing with the other two factors.
- In Chicago, family is particularly important, while in Texas cities, a strong faith is important to more people.

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

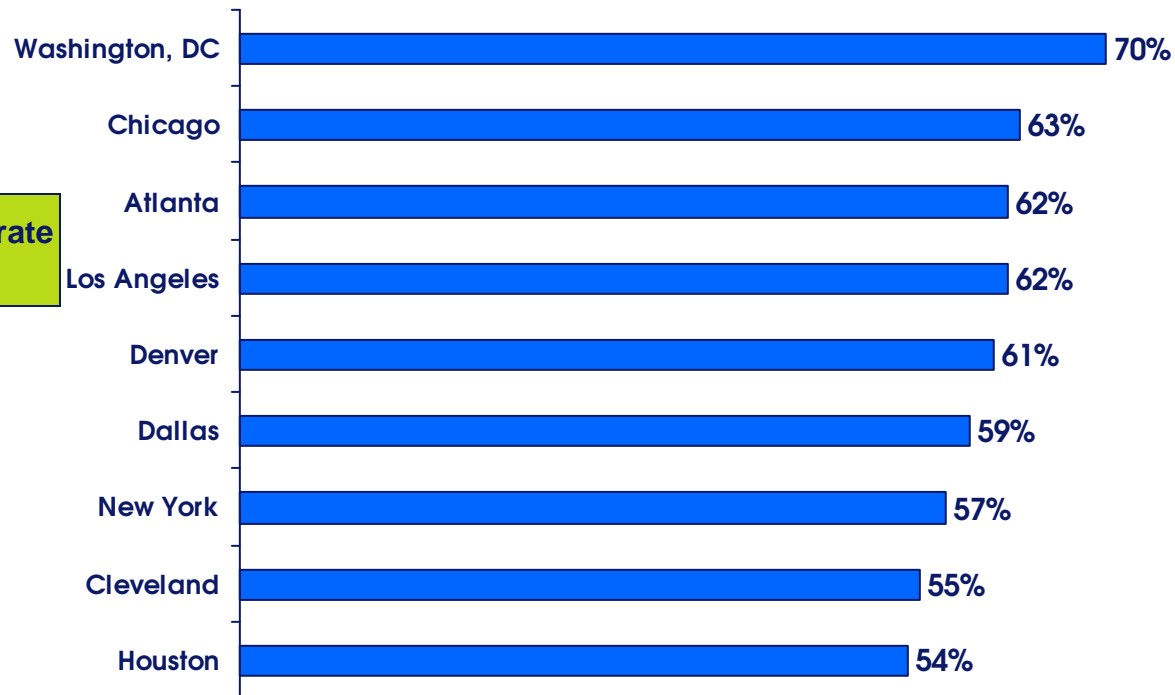
	National	Atlanta	Chicago	Cleveland	Dallas	Denver	Houston	Los Angeles	New York	Washington DC
Weighted Base	1002	148	141	146	151	154	154	154	144	161
Having strong faith in a divine being	23%	26%	12%	22%	32%	22%	36%	18%	16%	15%
Having harmonious family relations	18%	14%	17%	13%	14%	16%	15%	17%	13%	13%
Feeling physically well	13%	13%	11%	16%	10%	9%	8%	14%	14%	16%
Being in a committed relationship	6%	6%	3%	3%	5%	5%	6%	5%	6%	3%
Feeling mentally well	5%	6%	4%	7%	5%	2%	6%	5%	8%	5%
Feeling at peace with myself	4%	5%	7%	3%	8%	7%	4%	8%	5%	8%
Being free from serious illness or disease	4%	5%	10%	8%	6%	2%	6%	9%	7%	5%
Having a positive outlook on life	3%	3%	5%	2%	4%	7%	2%	2%	6%	5%
Having enough money	3%	1%	5%	5%	2%	3%	2%	2%	6%	0%

The sampling error is +/- 3%

# Washington, DC, Claims to Be the Healthiest

- 70% of people in Washington, DC, are the most likely to say they are in excellent or very good health.
- Chicago, Atlanta, Los Angeles and Denver believe they are the next healthiest cities.
- Only a little more than half of people in Houston say they are in excellent or very good health.

Percent Saying They Are in Very Good or Excellent Health



Q. Overall, how would you rate your current health?

The sampling error is +/- 3%

## In Every City, People Said it was Important to Exercise, Lose Weight and Stop Smoking

- Across all nine cities, exercising regularly is by far the most important thing people say they can do to improve their health.
  - At least half of the people in Dallas and Denver feel that regular exercise is important. Far fewer in these cities select losing weight as important.
- Losing weight is the second most important health improvement, especially in Chicago and New York.

Q. What is the most important thing you could do this year to improve your health?

	National	Atlanta	Chicago	Cleveland	Dallas	Denver	Houston	Los Angeles	New York	Washington DC
Weighted Base	1002	148	141	146	151	154	154	154	144	161
Exercising regularly/get in better shape	42%	39%	32%	38%	52%	50%	42%	46%	38%	40%
Losing weight	17%	18%	20%	17%	13%	8%	16%	16%	19%	14%
Stopping smoking	9%	6%	11%	9%	9%	12%	8%	3%	7%	6%
Eating more fruits and vegetables	4%	8%	4%	8%	3%	4%	7%	5%	4%	10%
Eating less fat	4%	6%	6%	4%	2%	3%	7%	7%	9%	7%
Getting a physical/see a doctor	3%	5%	2%	7%	6%	4%	4%	5%	2%	6%
Eating better	1%	-	3%	2%	-	1%	3%	0%	2%	1%
Other	8%	6%	5%	8%	5%	8%	3%	5%	9%	7%
DK/REFUSED	7%	7%	8%	5%	3%	9%	5%	6%	6%	5%

The sampling error is +/- 3%

3

# Managing Disease Is the Top Health Concern in All Cities

- Managing disease is the top concern in all nine cities but is a concern to more people in Atlanta, Cleveland, Dallas and Houston.
- More people in Dallas and Houston feel that losing weight is their most important health issue.

Q. What is the most important health issue you personally face today?

	National	Atlanta	Chicago	Cleveland	Dallas	Denver	Houston	Los Angeles	New York	Washington DC
Weighted Base	1002	148	141	146	151	154	154	154	144	161
Managing a serious disease or condition	30%	35%	28%	37%	35%	27%	32%	25%	27%	19%
Losing weight	12%	12%	9%	9%	14%	10%	15%	15%	8%	13%
The cost of healthcare	7%	6%	4%	7%	5%	7%	5%	6%	2%	10%
Dealing with minor illness/cold or flu	5%	9%	6%	8%	8%	3%	5%	2%	3%	4%
Maintaining a balanced/healthier diet	4%	5%	2%	4%	4%	2%	4%	6%	4%	8%
Getting enough exercise	4%	3%	3%	3%	2%	3%	4%	6%	3%	8%
Smoking/Stop smoking	4%	2%	6%	3%	3%	6%	3%	6%	8%	2%
Managing stress in my life	3%	2%	1%	0%	-	4%	1%	2%	4%	6%
Other	13%	13%	19%	9%	16%	18%	13%	15%	24%	12%
No health issues	13%	8%	15%	10%	10%	8%	12%	11%	12%	14%
Don't know	2%	5%	6%	3%	1%	6%	3%	4%	2%	3%

The sampling error is +/- 3%

## Different Cities, Different Self-Perceptions

- People in Dallas are the most likely to feel they are positive and optimistic.
- When it comes to managing stress, 90% of people in Atlanta believe others would say they are successful, compared to 79% of people in Washington, DC.
- Denver is the most “in shape” city, with 83% feeling that others think they are in good shape.

**Q. In thinking about how you think others view you, please tell me whether or not you agree with the following statements. I think other people I know would say:**

Percent Saying Agree Strongly or Somewhat

	National	Atlanta	Chicago	Cleveland	Dallas	Denver	Houston	Los Angeles	New York	Washington DC
Weighted Base	1002	148	141	146	151	154	154	154	144	161
I am a positive, optimistic person	91%	93%	88%	94%	96%	88%	93%	89%	90%	90%
I have a well-balanced life	86%	85%	89%	84%	82%	85%	85%	80%	88%	86%
I manage my stress effectively	83%	90%	87%	85%	86%	82%	87%	84%	83%	79%
I am full of energy	78%	81%	77%	75%	76%	79%	75%	80%	80%	78%
I eat a well-balanced diet	75%	79%	75%	76%	70%	77%	71%	67%	68%	84%
I see my doctor or healthcare professional regularly	73%	75%	72%	69%	79%	73%	69%	74%	70%	78%
I am in good shape	73%	75%	73%	77%	66%	83%	74%	79%	77%	79%
I get the right amount of sleep each night	62%	65%	55%	59%	59%	59%	61%	56%	66%	56%

The sampling error is +/- 3%

## Different Cities, Different Self-Perceptions (Cont.)

- People in Denver and Washington are most likely to believe others would say they are at an ideal weight.
- In contrast, people in Dallas, Chicago and Cleveland believe others would say they need to lose at least 10 pounds.
- Interestingly, Cleveland is also the city where people are most likely to agree that others say they exercise vigorously at least three days a week and least likely to say they work too much.

**Q. In thinking about how you think others view you, please tell me whether or not you agree with the following statements. I think other people I know would say:**

Percent Saying Agree Strongly or Somewhat

	National	Atlanta	Chicago	Cleveland	Dallas	Denver	Houston	Los Angeles	New York	Washington DC
Weighted Base	1002	148	141	146	151	154	154	154	144	161
I am currently at an ideal weight for me	56%	59%	50%	49%	45%	63%	50%	55%	56%	65%
I need to lose at least 10 pounds	54%	52%	59%	59%	61%	36%	57%	56%	55%	46%
I exercise vigorously at least 3 days each week	48%	54%	48%	60%	41%	50%	44%	55%	47%	53%
I work too much	48%	52%	47%	43%	52%	53%	47%	49%	50%	51%
I am currently on a diet working to lose at least 10 pounds	36%	37%	36%	39%	43%	26%	33%	38%	34%	35%
I need to control my anger better	31%	30%	32%	32%	33%	30%	33%	27%	33%	32%
I smoke too much	17%	13%	20%	22%	16%	22%	16%	11%	15%	11%

The sampling error is +/- 3%

## Different Cities React to Stress Differently

- Almost half of the respondents from Houston say they become irritable or lose their temper when stressed.
- People in Chicago say they are more likely to yell, and people in Dallas say they are more likely to become silent.

**Q. When you are feeling a higher level of stress, how do you think you behave differently?**

	National	Atlanta	Chicago	Cleveland	Dallas	Denver	Houston	Los Angeles	New York	Washington DC
Weighted Base	1002	148	141	146	151	154	154	154	144	161
Become irritable	25%	23%	24%	24%	24%	29%	28%	23%	14%	29%
Lose my temper quickly	15%	13%	18%	10%	12%	17%	21%	14%	14%	17%
Become silent	14%	13%	13%	13%	19%	8%	9%	14%	9%	11%
Sleep less	5%	2%	5%	3%	2%	3%	5%	8%	6%	3%
Remain calm	5%	5%	6%	7%	5%	5%	6%	9%	2%	4%
Sleep more	4%	6%	4%	2%	3%	7%	6%	4%	3%	3%
Eat more	4%	4%	3%	4%	2%	7%	6%	2%	7%	5%
Raise my voice/yell	4%	3%	10%	5%	4%	3%	7%	3%	7%	4%
Retreat from responsibilities	4%	6%	7%	4%	6%	5%	9%	6%	4%	3%
Become more physically active/exercise	3%	4%	2%	4%	1%	2%	2%	1%	4%	4%
Feel a sense of panic	3%	5%	2%	5%	9%	4%	4%	2%	3%	5%
Don't behave or think differently at all	10%	7%	11%	9%	13%	8%	6%	14%	16%	12%
Don't know	8%	10%	10%	8%	5%	8%	5%	6%	7%	5%

The sampling error is +/- 3%

7

# Trusted Sources of Health Information

**Q. How much do you trust each of the following sources to provide you with accurate health information?**

**Percent Saying Trust Somewhat or Trust Completely**

	National	Atlanta	Chicago	Cleveland	Dallas	Denver	Houston	Los Angeles	New York	Washington DC
<b>Weighted Base</b>	1002	148	141	146	151	154	154	154	144	161
<b>Your doctor or healthcare professional</b>	97%	97%	93%	99%	99%	96%	97%	99%	94%	98%
<b>A family member or a close friend</b>	94%	92%	96%	94%	96%	97%	89%	91%	93%	94%
<b>A non-profit health organization (i.e., American Heart Association)</b>	84%	83%	83%	81%	92%	81%	89%	87%	78%	91%
<b>Your health insurance company or health plan</b>	78%	77%	68%	74%	76%	71%	75%	81%	69%	89%
<b>The Internet</b>	72%	75%	78%	71%	77%	74%	73%	72%	71%	86%
<b>Your employer/Work place</b>	45%	52%	51%	43%	48%	47%	55%	51%	43%	56%

The sampling error is +/- 3%