

Kosciusko County Well-Being Index 2020 Survey Results



Live Well Kosciusko



GALLUP®



Kosciusko County, Indiana

Methodology and Stability of Results

- Field period: Sept. 14-Oct.14, 2020
- All mail surveys; 98% coverage of adult population
- Final response rate of 26%

Final n=	1,280
Total Questionnaires Mailed	5,000
Returned to Sender	0
Final Response Rate:	25.6%

Response category	Margin of Error (p<.05)
Percentages near 50%	+/- 2.7 pct. pts.
Percentages near 10% or 90%	+/- 1.6 pct. pts.
Well-Being Index and Element Scores	+/- 0.8 points

- Geography confirmed by ZIP code; \$1 incentive
- Weighting targets based on Nielsen demographic statistics
- Mode adjustment modeling implemented to allow for pure trending for all key metrics

The Gallup National Health and Well-Being Index™ | *What Is Wellbeing?*

Wellbeing is all the things that are important to each of us, what we think about and how we experience our lives.

- Having high wellbeing means ***living a life well-lived***, which is different for every person. Contrary to what many people believe, wellbeing isn't just about being happy or physically fit.
- Wellbeing comprises five interrelated and complementary elements that people need to thrive in their lives.

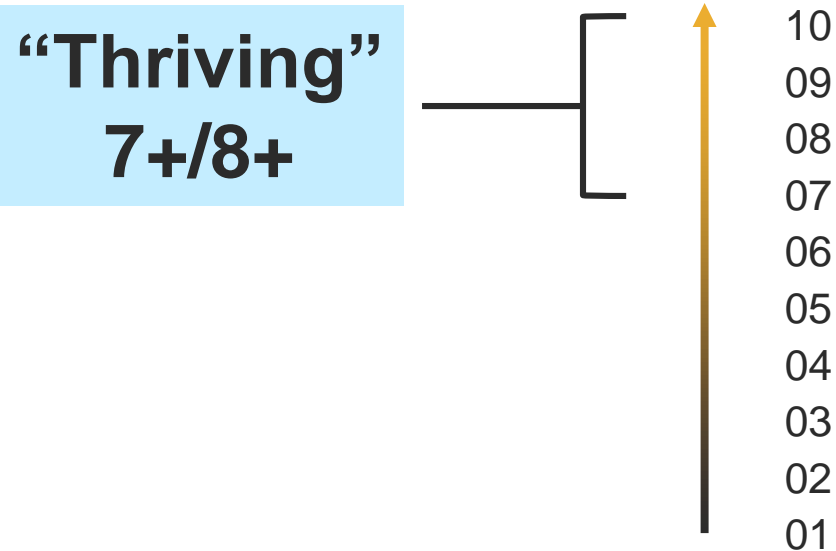


Measuring Life Evaluation: The Cantril Self-Striving Scale

Please imagine a ladder with steps numbered from zero at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.

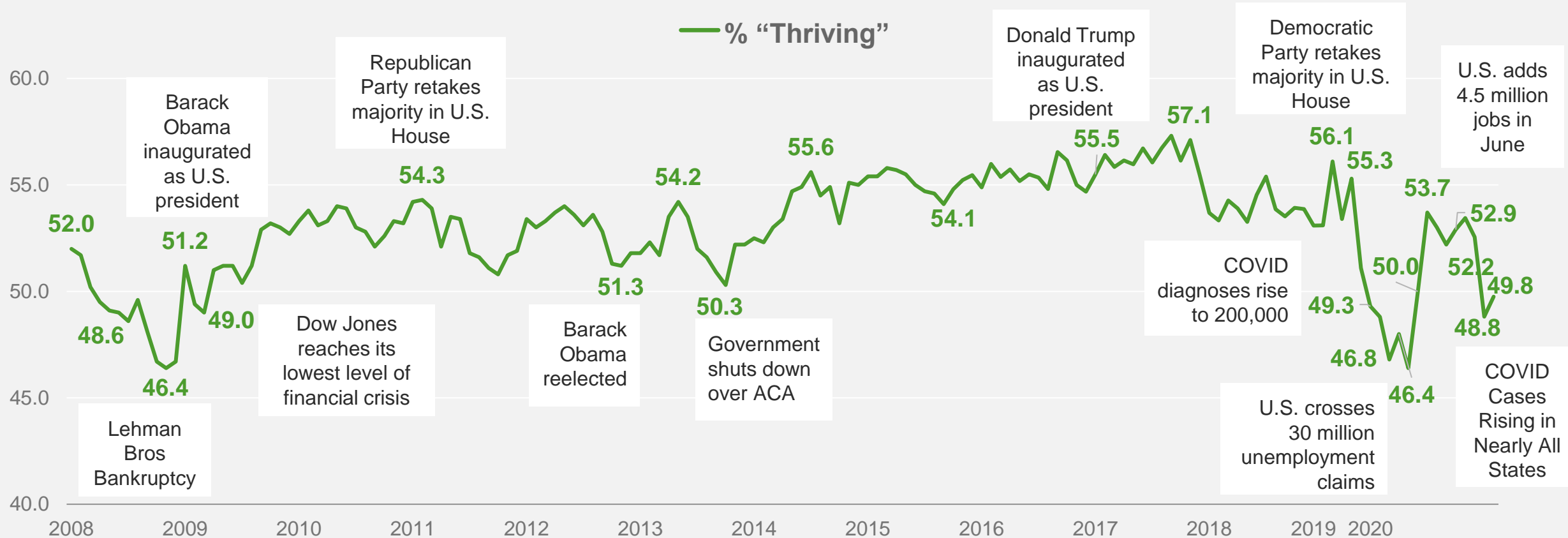
On which step of the ladder would you say you personally feel you stand at this time?

Which step do you think you will be on five years from now?



Recent National Trends: Percentage of “Thriving” Americans Drops to Record Lows During COVID-19 Pandemic, but Has Rebounded Since Late May

LIFE EVALUATIONS OF U.S. ADULTS (TRENDED MARCH 16, 2020 TO SEPT. 28, 2020)



Data from January 2008 to August 2019 are based on the Gallup National Health and Well-Being Index; data from September and October 2019 and from March 16 to July 13, 2020, are from the Gallup Panel.

Recent National Trends: Significant daily stress and worry mitigate but remain elevated after unprecedented spikes in trending dating to 2008

Did you experience (stress/worry) a lot of the day yesterday?



Gallup National Health and Well-Being Index

The Main Story: Residents of Kosciusko County Rate Their Lives Generally Much Better Than Across The U.S.; Daily Experiences of Worry and Stress Substantially Lower Than National Levels

	Kosciusko County	U.S.	Difference
Life Evaluation: % Thriving	58.6	52.9	5.7
Life Evaluation: % Suffering score	3.9	3.1	0.8
% who experienced enjoyment a lot of prior day	82.4	78.3	4.1
% who experienced worry a lot of prior day	31.8	42.6	-10.8
% who experienced stress a lot of prior day	43.2	48.8	-5.6

Note: Green/red shading indicates statistically better/worse than U.S.

The Main Story: Kosciusko County Has a Well-Being Index Score That Exceeds U.S. Levels, Buttressed by Superior Levels of Career, Financial and Community Wellbeing

Compared to 156 metros, Kosciusko County’s WBI score has the equivalent rank of 20th

	Kosciusko County Total	U.S. 2020	Difference
Well-Being Index Score	63.0	61.4	1.6
Purpose/Career	61.0	58.6	2.4
Social	58.8	59.1	-0.3
Financial	66.4	64.1	2.3
Physical	61.2	61.4	-0.2
Community	66.7	61.7	5.0

Note: Green/red shading indicates statistically better/worse than U.S.

Physical Wellbeing: Disease Burden Is Elevated in Kosciusko County; Daily Physical Pain, High Blood Pressure, and Lifetime Occurrences of Heart Attack and Cancer All Exceed National Levels

	Kosciusko County	U.S.	Difference
% with physical pain	31.0	28.3	2.7
% with 2+ days of poor health keeping you from usual activities	28.2	27.0	1.2
% with high blood pressure (diagnosed in lifetime)	39.0	35.1	3.9
% with high blood pressure (currently have or currently being treated)	31.7	28.3	3.4
% with high cholesterol (diagnosed in lifetime)	30.2	31.7	-1.5
% with high cholesterol (currently have or currently being treated)	21.2	19.7	1.5
% with diabetes (diagnosed in lifetime)	14.3	13.0	1.3
% with heart attack (diagnosed in lifetime)	5.5	2.7	2.8
% with cancer (diagnosed in lifetime)	9.8	7.7	2.1
% with cancer (currently have or currently being treated)	3.4	2.4	1.0
% with depression (diagnosed in lifetime)	22.6	23.5	-0.9
% with depression (currently have or currently being treated)	14.1	13.8	0.3

Note: Green/red shading indicates statistically better/worse than U.S. (p<.05)

Physical Wellbeing: Kosciusko County Residents Carry High Levels of Obesity and Above Normal Weight, Exceeding U.S. Levels; Smoking and Exercise Habits are Comparable, but Produce Consumption Lags; Personal Doctor Usage Is High, But Low Dentistry Levels

	Kosciusko County	U.S.	Difference
% Obese	38.0	33.4	4.6
% Overweight	32.3	33.5	-1.2
% Obese + Overweight	70.3	66.9	3.4
% Normal Weight	28.4	31.8	-3.4
Do you smoke? (% Yes)	12.9	12.3	0.6
% who ate healthy all day	52.6	52.5	0.1
% who exercised for 30+ minutes 3+ days in last week	49.4	51.5	-2.1
% who had 5+ servings of fruits and vegetables 4+ days in last week	47.0	52.7	-5.7
Have you visited a dentist in the last 12 months? (% Yes)	60.8	66.5	-5.7
Do you have a personal doctor? (% Yes)	82.7	77.2	5.5

Note: Green/red shading indicates statistically better/worse than U.S. (p<.05)

Physical Wellbeing: Kosciusko County Residents Report Good Levels of Emotional Health and Remaining Active and Productive, but Poorer Views of Physical Appearance

	Kosciusko County	U.S.	Difference
Little interest or pleasure in doing things			
% 1 (Not at all)	55.7	50.1	5.6
% 4 (Nearly every day)	6.6	8.7	-2.1
Your physical health is near-perfect			
% 4+5 (Agree)	37.4	38.6	-1.2
% 1+2 (Disagree)	31.6	32.6	-1.0
In the last seven days, you have felt active and productive every day.			
% 4+5 (Agree)	54.0	49.1	4.9
% 1+2 (Disagree)	14.9	21.8	-6.9
You always feel good about your physical appearance.			
% 4+5 (Agree)	32.9	37.3	-4.4
% 1+2 (Disagree)	30.8	27.9	2.9

Note: **Green/red** shading indicates statistically better/worse than U.S. (p<.05)

Community Wellbeing: Residents of Kosciusko County Report Significantly Greater Pride in, and Emotional Attachment to, the Area Where They Live Than Their Counterparts Nationally

	Kosciusko County	U.S.	Difference
The city or area where you live is a perfect place for you.			
% 4+5 (Agree)	60.4	53.0	7.4
% 1+2 (Disagree)	13.6	22.2	-8.6
You are proud of your community (or the area where you live).			
% 4+5 (Agree)	63.0	50.4	12.6
% 1+2 (Disagree)	10.4	20.5	-10.1
You always feel safe and secure.			
% 4+5 (Agree)	70.3	64.6	5.7
% 1+2 (Disagree)	8.3	12.1	-3.8
In the last 12 months, you have received recognition for helping to improve the city or area where you live.			
% 4+5 (Agree)	14.8	10.9	3.9
% 1+2 (Disagree)	72.8	77.0	-4.2

Note: Green/red shading indicates statistically better/worse than U.S. (p<.05)

Financial Wellbeing: Financial Wellbeing Is Marginally Better In Kosciusko County Than Across the U.S. Perceptions of Relative Standards of Living Are Better and Food Insecurity Is Five Points Lower

	Kosciusko County	U.S.	Difference
You have enough money to do everything you want to do.			
% 4+5 (Agree)	41.8	38.5	3.3
% 1+2 (Disagree)	36.9	40.0	-3.1
In the last seven days, you have worried about money.			
% 4+5 (Agree)	34.4	35.5	-1.1
% 1+2 (Disagree)	48.7	48.6	0.1
Compared to the people you spend time with, you are satisfied with your standard of living.			
% 4+5 (Agree)	65.0	60.8	4.2
% 1+2 (Disagree)	10.5	13.7	-3.2
Not enough money to buy food (% Yes)	12.1	17.4	-5.3

Note: Green/red shading indicates statistically better/worse than U.S. (p<.05)

Social Wellbeing: Social Wellbeing Is Mixed In Kosciusko County; Relationships With Partner Are Strong, but Low Marks for Accountability Partner Reveal a Clear Opportunity Area

	Kosciusko County	U.S.	Difference
Your relationship with your spouse, partner, or closest friend is stronger than ever.			
% 4+5 (Agree)	68.8	64.7	4.1
% 1+2 (Disagree)	13.6	17.6	-4.0
Your friends and family give you positive energy every day.			
% 4+5 (Agree)	57.1	60.3	-3.2
% 1+2 (Disagree)	16.3	15.1	1.2
You always make time for regular trips or vacations with friends and family.			
% 4+5 (Agree)	36.1	36.6	-0.5
% 1+2 (Disagree)	39.7	40.7	-1.0
Someone in your life always encourages you to be healthy.			
% 4+5 (Agree)	47.6	56.8	-9.2
% 1+2 (Disagree)	23.3	20.3	3.0

Note: Green/red shading indicates statistically better/worse than U.S. (p<.05)

Purpose/Career Wellbeing: Kosciusko County Residents Report Excellent Levels of “Right Fit” in Their Lives and Very Good Usage of Their Natural Strengths, Buttressing This Element

	Kosciusko County	U.S.	Difference
There is a leader in your life who makes you enthusiastic about the future.			
% 4+5 (Agree)	43.0	40.0	3.0
% 1+2 (Disagree)	31.1	34.3	-3.2
You like what you do every day.			
% 4+5 (Agree)	63.7	53.7	10.0
% 1+2 (Disagree)	7.3	12.9	-5.6
In the past 12 months, you have reached most of your goals.			
% 4+5 (Agree)	35.5	36.2	-0.7
% 1+2 (Disagree)	30.6	27.8	2.8
You get to use your strengths to do what you do best every day.			
% 4+5 (Agree)	52.2	46.4	5.8
% 1+2 (Disagree)	16.6	23.9	-7.3
You learn or do something interesting every day.			
% 4+5 (Agree)	41.0	44.1	-3.1
% 1+2 (Disagree)	23.7	24.0	-0.3

Note: Green/red shading indicates statistically better/worse than U.S. (p<.05)

The Main Story: Saving in Kosciusko County Is Comparable to Current National Levels, With Over Half (53%) of Respondents Reporting Some Saving, While 12% Are Drawing on Savings or Adding to Debt

“Which of the following statements best describes the current financial situation in your household?”

	Kosciusko County	U.S.
You are saving a lot	18%	14%
You are saving a little	45%	50%
You are just managing to make ends meet	24%	23%
You are having to draw on savings	5%	6%
You are running into debt	7%	7%

Highest Return on Improvement Areas

- Obesity, physical pain, high blood pressure better managed.
- Produce consumption rate.
- Forging accountability partners in health at home and at work.
- Dentistry use.
- Intellectually curious culture; learning new and interesting things on regular basis.

Overview of Main Findings (Well Being Index Score, Life Evaluation, and Daily Emotional Experiences)

- Very good response rate with high projectability to adult population.
- Overall high wellbeing among residents of Kosciusko County, with Well-Being Index score that exceeds U.S. levels and is buttressed by superior levels of career, financial, and community wellbeing.
 - Out of 156 reportable Metropolitan Statistical Areas in the most recent Gallup database, Kosciusko County would rank 20th in its WBI score.
 - Men, young adults (18-29), seniors (65+), and middle-income households hold the largest margins over their counterparts nationally.
- Residents of Kosciusko County rate their lives generally much better than across the U.S.
 - Optimism for the future matches national level but current life satisfaction is much better, potentially reflecting attitudes toward COVID-19
- Daily experiences of worry and stress substantially lower than national levels, which have spiked amid the COVID-19 pandemic.

Overview of Main Findings (The Five Elements)

- Disease burden is elevated in Kosciusko County. Daily physical pain, high blood pressure, and lifetime occurrences of heart attack and cancer all exceed national levels.
- Kosciusko County residents report good levels of emotional health and remaining active and productive, but poorer views of physical appearance.
- Kosciusko County residents carry high levels of obesity and above normal weight, exceeding U.S. levels. Smoking and exercise habits are comparable but produce consumption lags. Personal doctor usage is high, but low dentistry levels represents important improvement area.
- Residents of Kosciusko County report significantly greater pride in and emotional attachment to the area where they live than do their counterparts nationally.
- Financial wellbeing is marginally better in Kosciusko County than across the U.S. Perceptions of relative standard of living are better and food insecurity is five points lower.
- Social wellbeing is mixed in Kosciusko County. Relationships with partner are strong, but low marks for accountability partner reveals clear opportunity area.
- Kosciusko County residents report excellent levels of “right fit” in their lives and very good usage of their natural strengths, buttressing purpose/career wellbeing.

Overview of Main Findings (COVID-19)

- Saving in Kosciusko County is comparable to current national levels, with over half (53%) of respondents reporting some saving while 12% are drawing on savings or adding to debt.
- Concerns over being infected with the coronavirus is substantially lower in Kosciusko County than what is found nationally.
- Worries about financial hardship as a function of COVID-19 are similar to national levels, with 41% of respondents reporting that they are “very” or “somewhat” worried compared to 45% across the U.S. d nationally, with one-third reporting no worry at all compared to 17% across the U.S.
- County residents are substantially more optimistic about the pandemic than are American adults, with just 24% reporting that the pandemic is worsening compared to 61% nationally.
- Over half (57%) of Kosciusko County residents are ready to immediately return to normal day-to-day activities, double the national rate of 27%.
- Mental health fortitude in social distancing is similar to national levels, with over half (54%) of residents reporting that they can maintain social distancing as long as needed before emotional and mental health suffers.

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