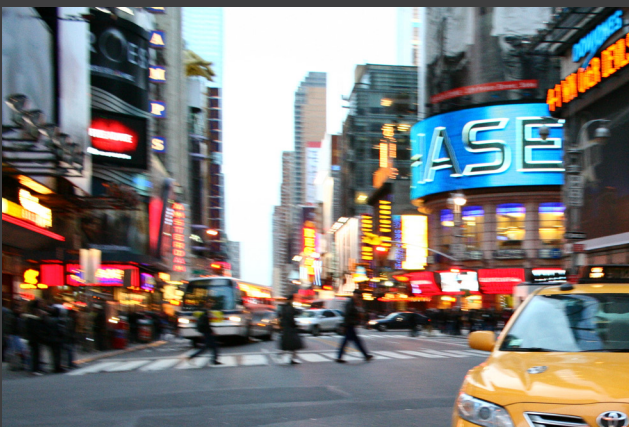
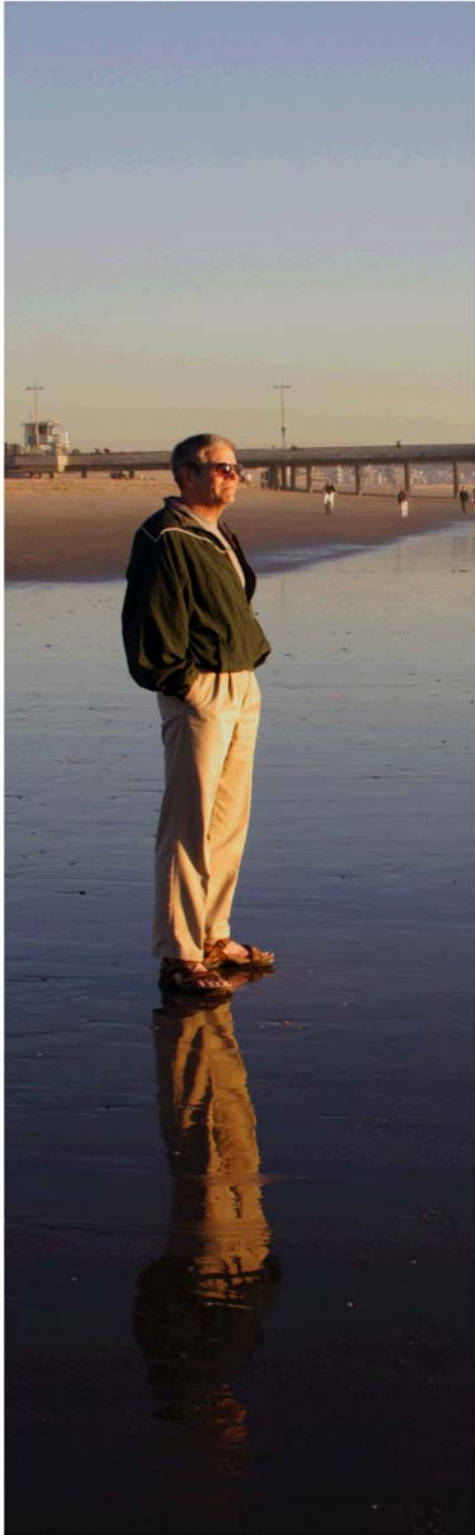


2012 State of Well-Being

Community, State and Congressional District Well-Being Reports

California





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Gallup-Healthways Well-Being Index®

The **Gallup-Healthways Well-Being Index** (WBI), an average of six sub-indexes: Life Evaluation, Physical Health, Emotional Health, Healthy Behavior, Work Environment and Basic Access, is the preeminent source for well-being data in the United States. The first-ever daily assessment of U.S. residents' well-being, the WBI provides real-time measurement and insights needed to improve health, increase productivity and lower healthcare costs. Public and private sector leaders use data on the factors proven to impact well-being to develop and prioritize strategies to help their communities thrive and grow. Journalists, academics and medical experts benefit from this unprecedented resource of health statistics and behavioral economic data to inform their research and reporting.

With five years of research and analysis of the opinions of more than 1.5 million people, the WBI has garnered significant national and international recognition. The WBI and associated Community, State and Congressional District Reports provide leaders with the intelligence they need to assess and enhance well-being. Over the next decades, Gallup and Healthways will survey millions more people in the United States, providing timely and in-depth information leaders need to solve some of the most important problems of our time.

Methodology

The research and methodology underlying the Gallup-Healthways Well-Being Index and the Community, State and Congressional District Well-Being Reports are based on the World Health Organization definition of health, which is, "...not only the absence of infirmity and disease but also a state of physical, mental and social well-being."

To compile the data in the 2012 Gallup-Healthways Well-Being Index reports, Gallup completed telephone interviews with 1,000 U.S. adults, seven days a week, excluding only major holidays. Based on their responses, individuals and communities receive an overall well-being composite score and a score for each of six sub-indices including life evaluation, emotional health, physical health, healthy behavior, work environment and basic access.

For more information:

WWW.WELL-BEINGINDEX.COM

800.327.3822 – Healthways

202.715.3089 – Gallup

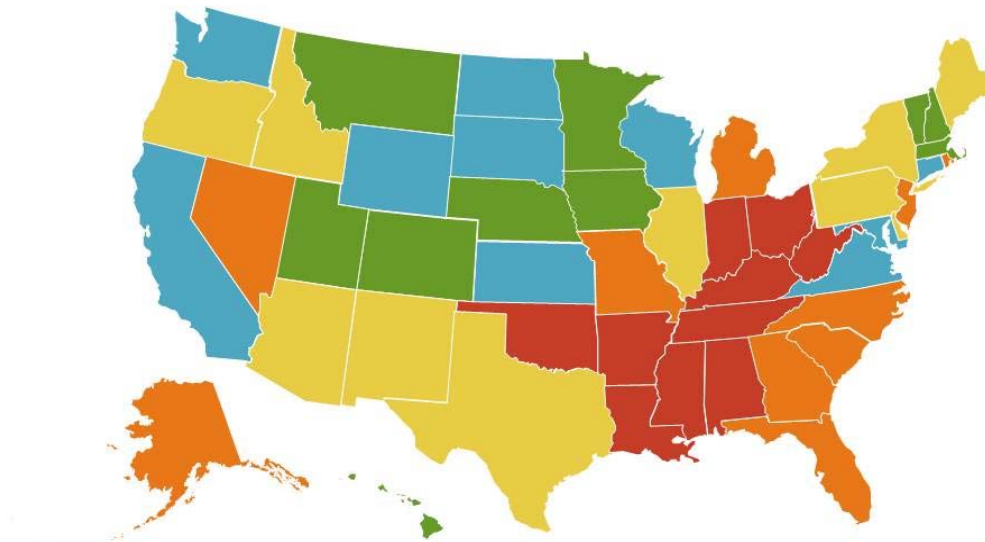
State of California Well-Being

Ranking from data collected January 2, 2012 - December 30, 2012

	2011	2012
Well-Being Overall	67.3	67.4
Life Evaluation	50.4	50.7
Emotional Health	79.3	79.3
Physical Health	77.9	77.9
Healthy Behavior	66.9	67.7
Work Environment	49.1	49.4
Basic Access	80.1	79.8

2011	2012
18	18
18	16
22	30
16	15
5	5
17	15
41	43

*#1 is the top Rank and 50 the bottom
 *#0 is the bottom Result and 100 the top (see methodology for descriptions)
 *Source: Gallup-Healthways Well-Being Index Survey 2012 n = 353,564 and 2011 n = 353,492



Top Quintile 2nd Quintile 3rd Quintile 4th Quintile 5th Quintile

1 HI
 2 CO
 3 MN
 4 UT
 5 VT
 6 MT
 7 NE
 8 NH
 9 IA
 10 MA
 11 MD
 12 SD
 13 WY
 14 VA
 15 WA
 16 CT
 17 KS
 18 CA
 19 ND
 20 WI
 21 ME
 22 ID
 23 AZ
 24 OR
 25 NM
 26 DE
 27 TX
 28 IL
 29 PA
 30 NY
 31 AK
 32 NJ
 33 GA
 34 FL
 35 NC
 36 MI
 37 RI
 38 MO
 39 NV
 40 SC
 41 OK
 42 IN
 43 LA
 44 OH
 45 AL
 46 AR
 47 TN
 48 MS
 49 KY
 50 WV

California MSA Rankings

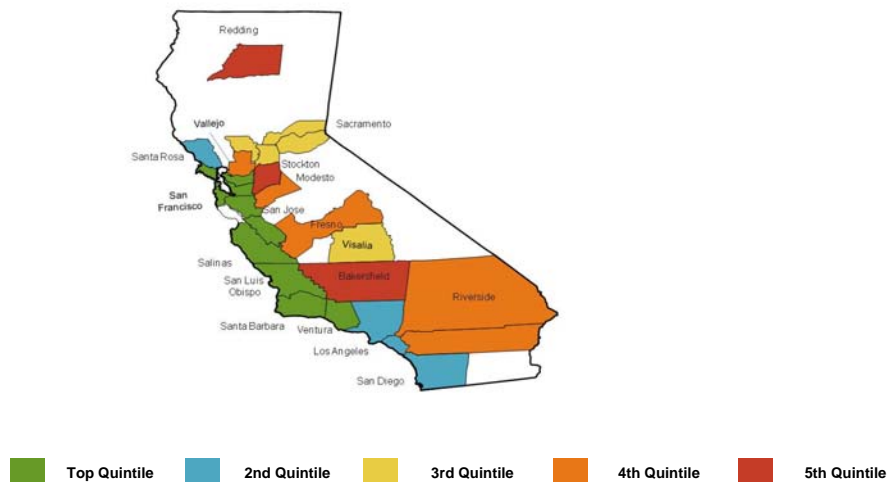
Ranking from data collected January 2, 2012 - December 30, 2012

		San Luis Obispo, Paso Robles	San Francisco, Oakland, Fremont	San Jose, Sunnyvale, Santa Clara	Salinas	Santa Barbara, Santa Maria, Goleta	Oxnard, Thousand Oaks, Ventura	State
	Population	223,416	3,514,090	1,439,120	314,750	332,603	631,627	
Overall Rank	2012	10	12	13	28	30	32	18
	2011	57	16	8	34	7	61	18
Life Evaluation	2012	61	11	25	26	12	105	16
	2011	148	31	16	152	90	66	18
Emotional Health	2012	7	59	39	25	51	93	30
	2011	23	95	24	8	66	120	22
Physical Health	2012	32	22	6	20	88	53	15
	2011	42	32	7	60	25	104	16
Healthy Behavior	2012	4	10	9	1	7	16	5
	2011	12	14	6	2	4	13	5
Work Environment	2012	9	22	14	30	91	23	15
	2011	111	26	70	12	3	103	17
Basic Access	2012	26	40	66	181	115	70	43
	2011	37	54	39	177	132	67	41

*Ranking of 189 Metropolitan Statistical Areas, following U.S. Census Bureau Definitions for Metropolitan Statistical Areas

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492

*Source: 2013 Nielson Claritas, CBSA Population



California MSA Rankings

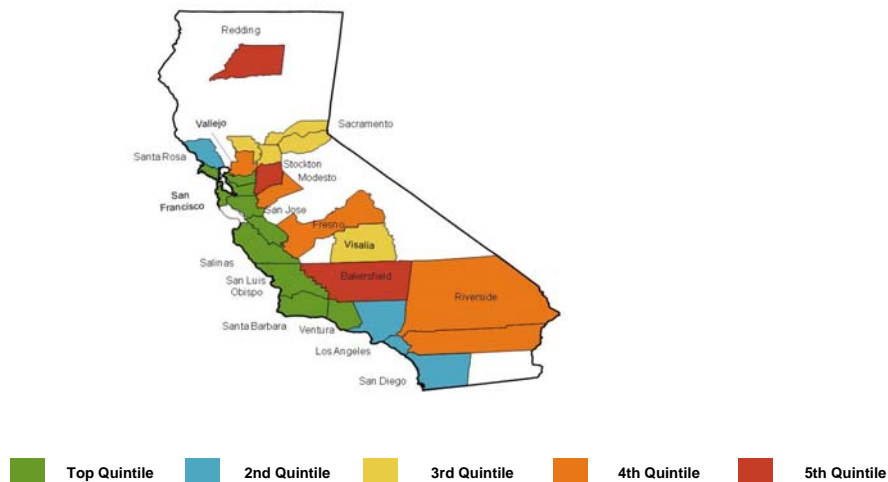
Ranking from data collected January 2, 2012 - December 30, 2012

		Santa Rosa, Petaluma	Los Angeles, Long Beach, Santa Ana	San Diego, Carlsbad, San Marcos	Sacramento Area	Visalia, Porterville	Vallejo, Fairfield	State
Population		386,181	9,962,079	2,453,545	1,668,221	312,131	318,177	
Overall Rank	2012	39	52	56	98	106	142	18
	2011	13	63	35	88	171	173	18
Life Evaluation	2012	24	48	93	139	119	131	16
	2011	58	69	51	101	164	154	18
Emotional Health	2012	136	92	50	129	110	67	30
	2011	27	114	42	87	158	184	22
Physical Health	2012	99	37	54	119	171	106	15
	2011	63	34	22	89	105	154	16
Healthy Behavior	2012	2	25	27	41	14	59	5
	2011	3	40	16	29	68	92	5
Work Environment	2012	93	72	86	65	17	172	15
	2011	14	57	91	127	158	178	17
Basic Access	2012	100	151	108	117	186	148	43
	2011	86	148	90	116	188	137	41

*Ranking of 189 Metropolitan Statistical Areas, following U.S. Census Bureau Definitions for Metropolitan Statistical Areas

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492

*Source: 2013 Nielson Claritas, CBSA Population



California MSA Rankings

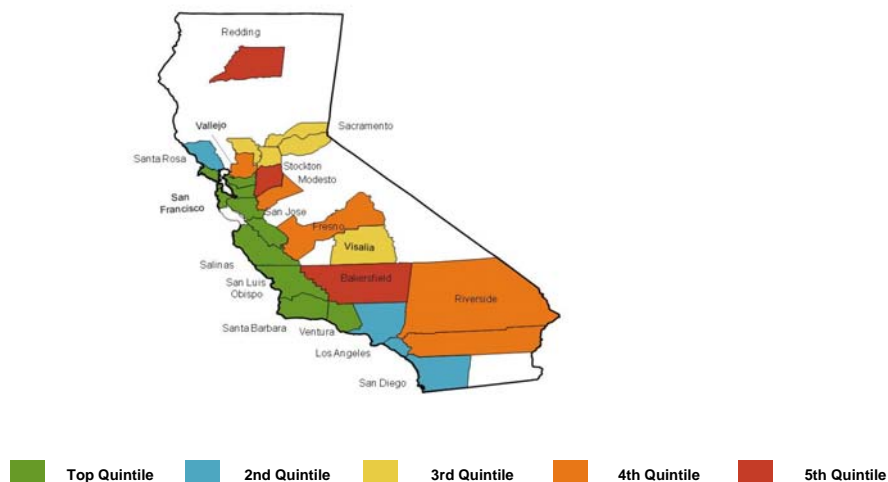
Ranking from data collected January 2, 2012 - December 30, 2012

		Fresno	Modesto	Riverside, San Bernardino, Ontario	Stockton	Redding	Bakersfield	State
Population		678,087	377,927	3,158,547	504,742	139,703	608,723	
Overall Rank	2012	144	149	152	166	174	183	18
	2011	132	126	133	142	166	158	18
Life Evaluation	2012	126	101	142	80	184	173	16
	2011	82	137	139	134	170	113	18
Emotional Health	2012	132	165	162	97	178	175	30
	2011	143	137	133	118	186	75	22
Physical Health	2012	112	138	137	91	186	170	15
	2011	147	144	108	123	187	167	16
Healthy Behavior	2012	53	85	56	91	13	108	5
	2011	56	79	61	55	53	83	5
Work Environment	2012	104	105	127	187	124	132	15
	2011	106	17	84	90	101	126	17
Basic Access	2012	184	183	177	187	166	188	43
	2011	181	183	176	186	164	189	41

*Ranking of 189 Metropolitan Statistical Areas, following U.S. Census Bureau Definitions for Metropolitan Statistical Areas

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492

*Source: 2013 Nielson Claritas, CBSA Population



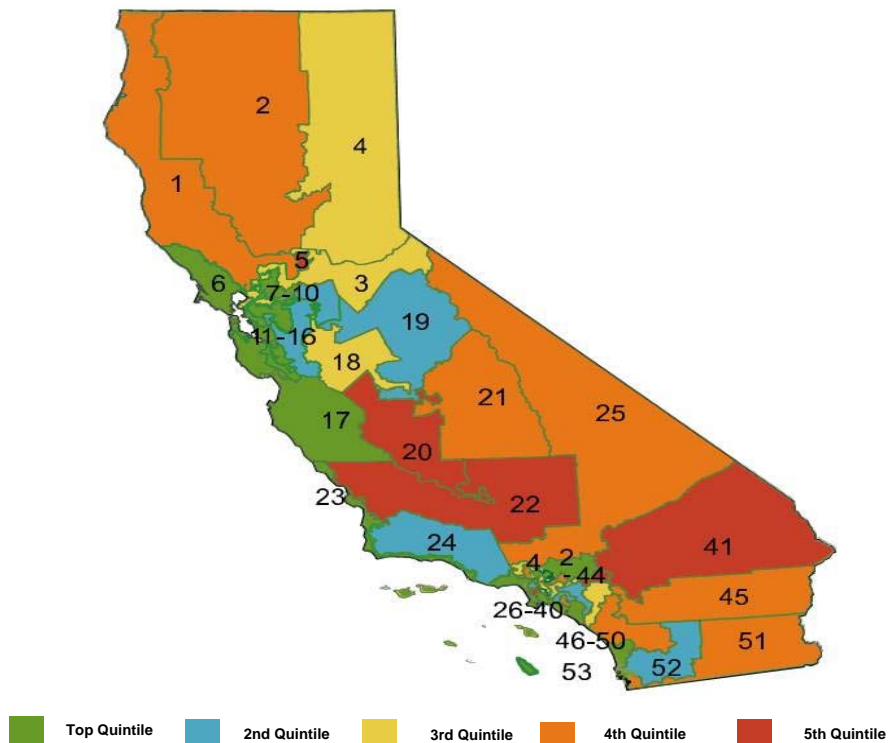
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-01	CA-02	CA-03	CA-04	CA-05	State
Overall Rank	2012	287	342	242	191	372	18
	2011	215	333	231	74	322	18
Life Evaluation	2012	385	391	297	396	375	16
	2011	298	395	344	90	202	18
Emotional Health	2012	350	358	212	277	352	30
	2011	274	336	256	97	280	22
Physical Health	2012	342	407	323	293	384	15
	2011	325	403	243	162	342	16
Healthy Behavior	2012	95	60	53	9	288	5
	2011	11	150	168	8	115	5
Work Environment	2012	115	163	314	104	215	15
	2011	239	185	112	266	374	17
Basic Access	2012	329	376	225	146	388	43
	2011	284	321	285	98	384	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



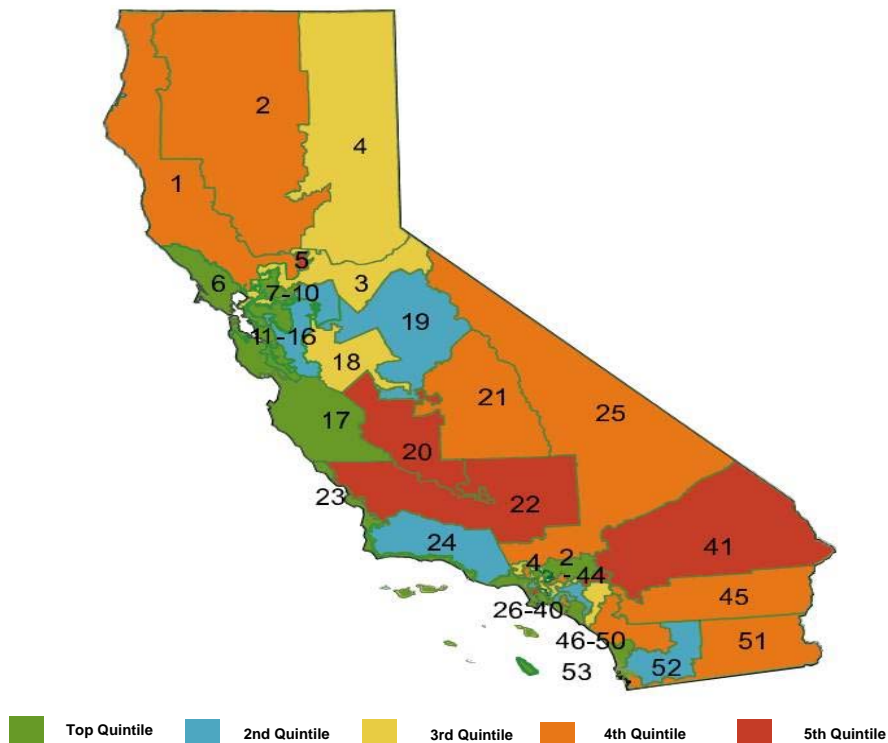
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-06	CA-07	CA-08	CA-09	CA-10	State
Overall Rank	2012	38	247	8	55	11	18
	2011	53	284	90	147	131	18
Life Evaluation	2012	46	306	14	27	79	16
	2011	150	180	38	127	139	18
Emotional Health	2012	169	299	219	224	132	30
	2011	196	342	392	340	279	22
Physical Health	2012	106	221	38	63	156	15
	2011	216	228	72	192	123	16
Healthy Behavior	2012	2	151	10	6	1	5
	2011	2	195	48	67	101	5
Work Environment	2012	191	137	8	206	2	15
	2011	58	346	214	65	221	17
Basic Access	2012	118	358	54	290	67	43
	2011	138	311	183	360	134	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



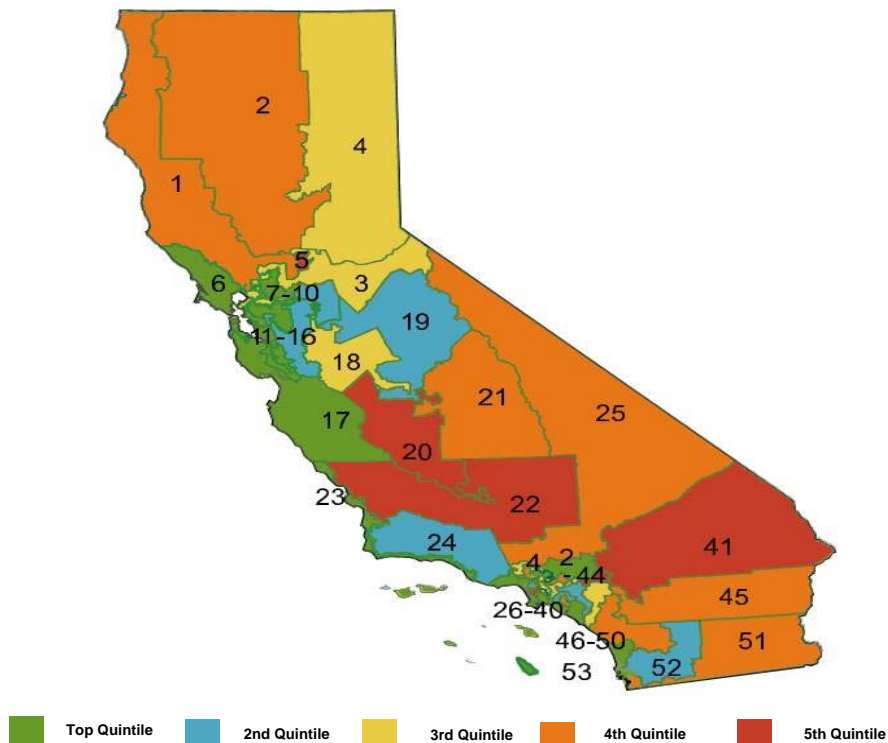
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-11	CA-12	CA-13	CA-14	CA-15	State
Overall Rank	2012	112	10	56	4	34	18
	2011	54	45	29	1	9	18
Life Evaluation	2012	72	19	33	26	171	16
	2011	84	156	28	3	58	18
Emotional Health	2012	92	46	67	7	65	30
	2011	51	232	36	48	6	22
Physical Health	2012	97	11	81	9	35	15
	2011	78	60	28	49	4	16
Healthy Behavior	2012	45	66	127	4	22	5
	2011	23	37	14	10	3	5
Work Environment	2012	325	20	81	9	46	15
	2011	153	89	154	2	121	17
Basic Access	2012	251	28	217	9	75	43
	2011	176	16	153	22	62	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



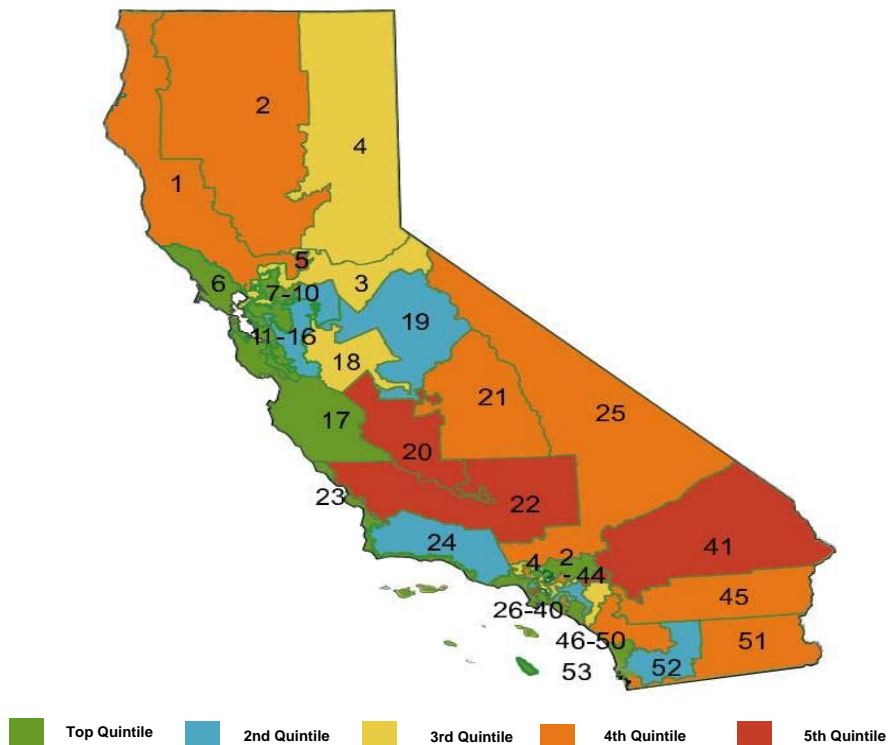
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-16	CA-17	CA-18	CA-19	CA-20	State
Overall Rank	2012	66	72	241	163	402	18
	2011	95	51	386	242	389	18
Life Evaluation	2012	65	66	69	116	331	16
	2011	74	160	264	277	332	18
Emotional Health	2012	93	91	102	296	405	30
	2011	34	67	361	301	312	22
Physical Health	2012	65	68	271	204	383	15
	2011	90	222	391	270	348	16
Healthy Behavior	2012	25	7	152	92	89	5
	2011	49	1	104	163	64	5
Work Environment	2012	113	101	317	139	263	15
	2011	302	9	335	103	279	17
Basic Access	2012	292	390	414	338	436	43
	2011	210	337	424	371	436	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



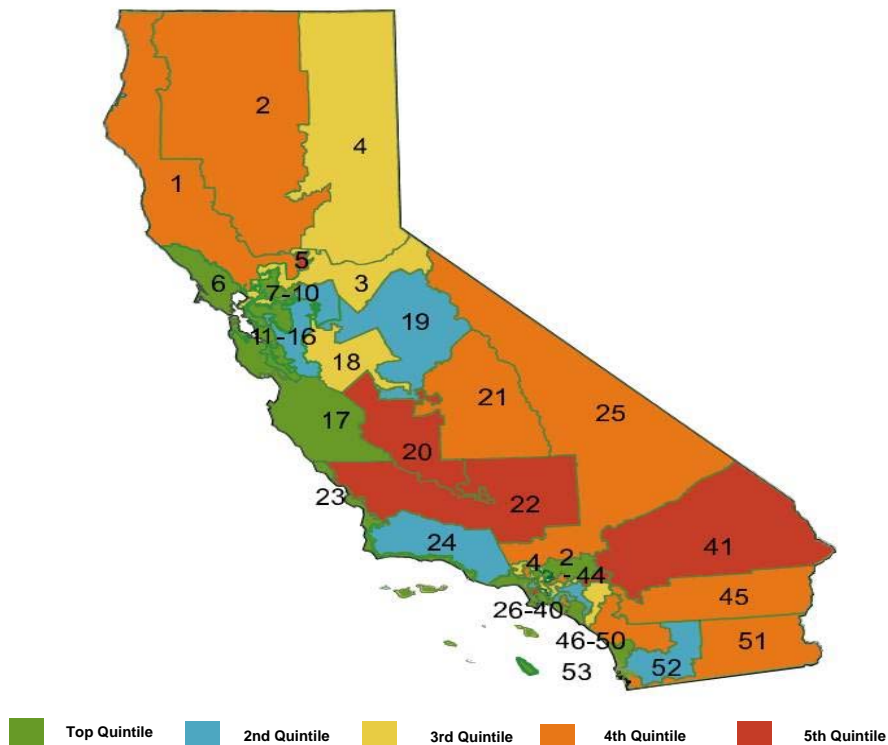
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-21	CA-22	CA-23	CA-24	CA-25	State
Overall Rank	2012	315	358	42	104	295	18
	2011	280	313	50	33	152	18
Life Evaluation	2012	354	364	63	204	292	16
	2011	227	276	111	114	99	18
Emotional Health	2012	279	257	69	142	338	30
	2011	227	177	95	163	221	22
Physical Health	2012	386	348	161	315	319	15
	2011	318	308	79	225	158	16
Healthy Behavior	2012	80	213	11	26	108	5
	2011	99	152	26	5	127	5
Work Environment	2012	135	328	34	95	168	15
	2011	253	355	36	29	188	17
Basic Access	2012	394	350	258	93	392	43
	2011	390	353	246	74	300	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



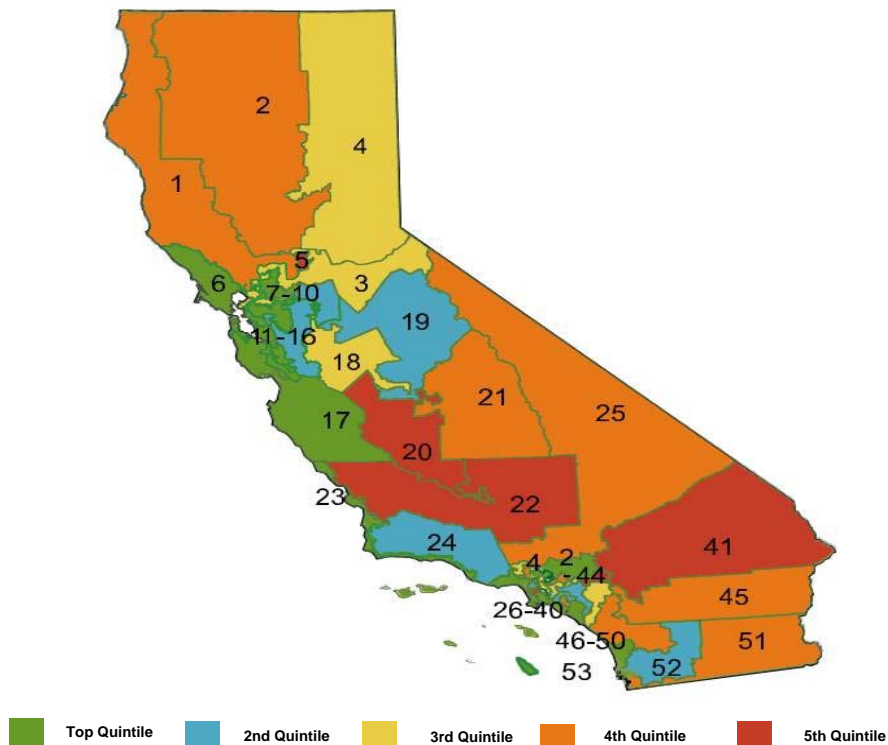
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-26	CA-27	CA-28	CA-29	CA-30	State
Overall Rank	2012	73	177	313	9	18	18
	2011	38	195	211	24	8	18
Life Evaluation	2012	173	122	108	8	9	16
	2011	44	182	250	14	37	18
Emotional Health	2012	160	292	322	68	264	30
	2011	178	272	363	165	230	22
Physical Health	2012	146	129	115	55	5	15
	2011	51	96	227	115	15	16
Healthy Behavior	2012	72	75	161	3	13	5
	2011	141	123	96	7	4	5
Work Environment	2012	74	301	415	32	294	15
	2011	63	254	40	135	48	17
Basic Access	2012	69	281	385	126	68	43
	2011	68	304	400	92	26	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



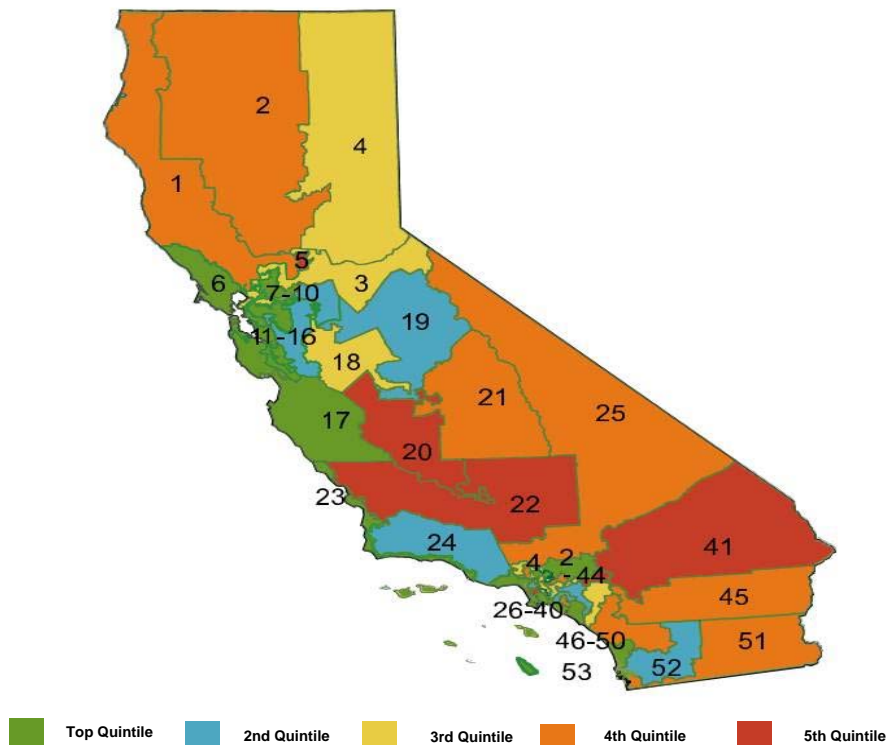
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-31	CA-32	CA-33	CA-34	CA-35	State
Overall Rank	2012	243	348	116	190	390	18
	2011	326	258	293	283	395	18
Life Evaluation	2012	206	378	48	109	185	16
	2011	400	290	187	294	304	18
Emotional Health	2012	198	208	278	293	391	30
	2011	420	135	326	371	346	22
Physical Health	2012	105	15	85	18	337	15
	2011	92	70	35	374	277	16
Healthy Behavior	2012	79	333	8	203	216	5
	2011	19	128	70	120	203	5
Work Environment	2012	182	342	284	40	368	15
	2011	131	360	358	4	356	17
Basic Access	2012	425	391	377	432	429	43
	2011	419	333	416	433	426	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



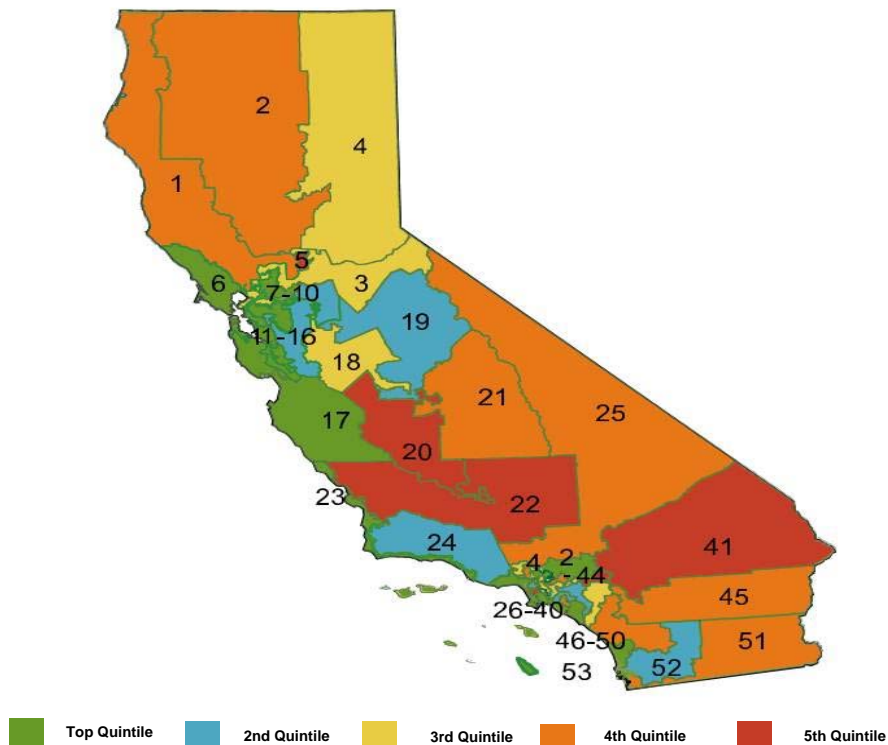
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-36	CA-37	CA-38	CA-39	CA-40	State
Overall Rank	2012	69	58	189	121	94	18
	2011	37	268	351	116	106	18
Life Evaluation	2012	61	25	98	96	233	16
	2011	52	210	309	286	105	18
Emotional Health	2012	199	59	215	230	119	30
	2011	80	222	396	60	293	22
Physical Health	2012	99	66	269	69	77	15
	2011	68	131	363	67	18	16
Healthy Behavior	2012	43	33	40	14	98	5
	2011	41	277	52	169	166	5
Work Environment	2012	157	84	133	313	38	15
	2011	84	102	281	18	243	17
Basic Access	2012	160	378	409	303	188	43
	2011	135	413	407	306	116	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



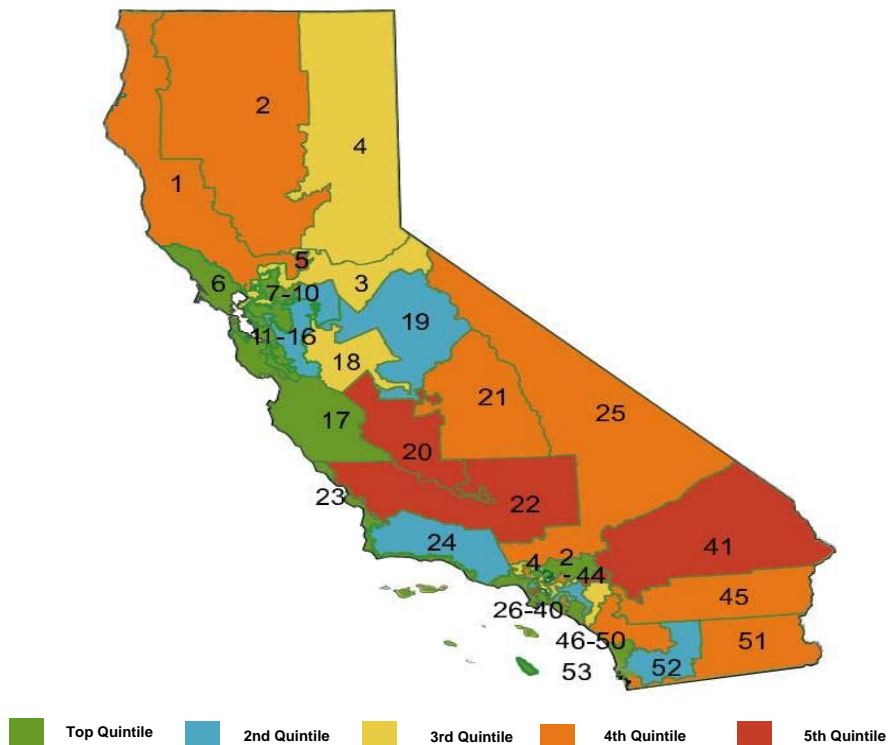
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-41	CA-42	CA-43	CA-44	CA-45	State
Overall Rank	2012	381	102	368	236	283	18
	2011	310	3	324	184	151	18
Life Evaluation	2012	309	80	317	93	319	16
	2011	382	7	279	126	251	18
Emotional Health	2012	411	194	311	412	306	30
	2011	123	86	338	360	152	22
Physical Health	2012	413	167	195	177	313	15
	2011	362	7	290	87	246	16
Healthy Behavior	2012	233	139	202	111	31	5
	2011	118	93	148	65	16	5
Work Environment	2012	304	249	297	380	250	15
	2011	220	38	148	284	88	17
Basic Access	2012	381	64	428	287	383	43
	2011	350	4	418	314	332	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



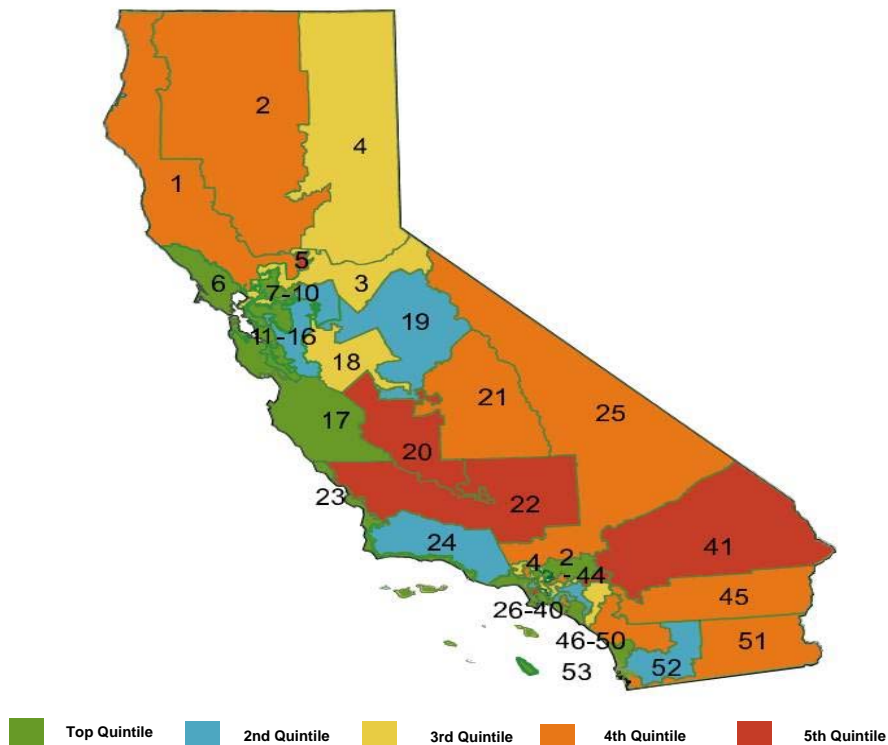
California Congressional District Rankings

Ranking from data collected January 2, 2012 - December 30, 2012

		CA-46	CA-47	CA-48	CA-49	CA-50	State
Overall Rank	2012	65	288	1	309	27	18
	2011	66	316	10	209	28	18
Life Evaluation	2012	54	285	4	374	110	16
	2011	85	183	39	338	66	18
Emotional Health	2012	108	300	3	134	75	30
	2011	58	288	33	147	27	22
Physical Health	2012	32	49	2	284	75	15
	2011	50	265	12	117	34	16
Healthy Behavior	2012	71	105	19	109	23	5
	2011	50	170	17	39	15	5
Work Environment	2012	298	223	3	307	28	15
	2011	274	181	132	242	123	17
Basic Access	2012	78	427	6	318	87	43
	2011	56	429	13	309	85	41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



California Congressional District Rankings

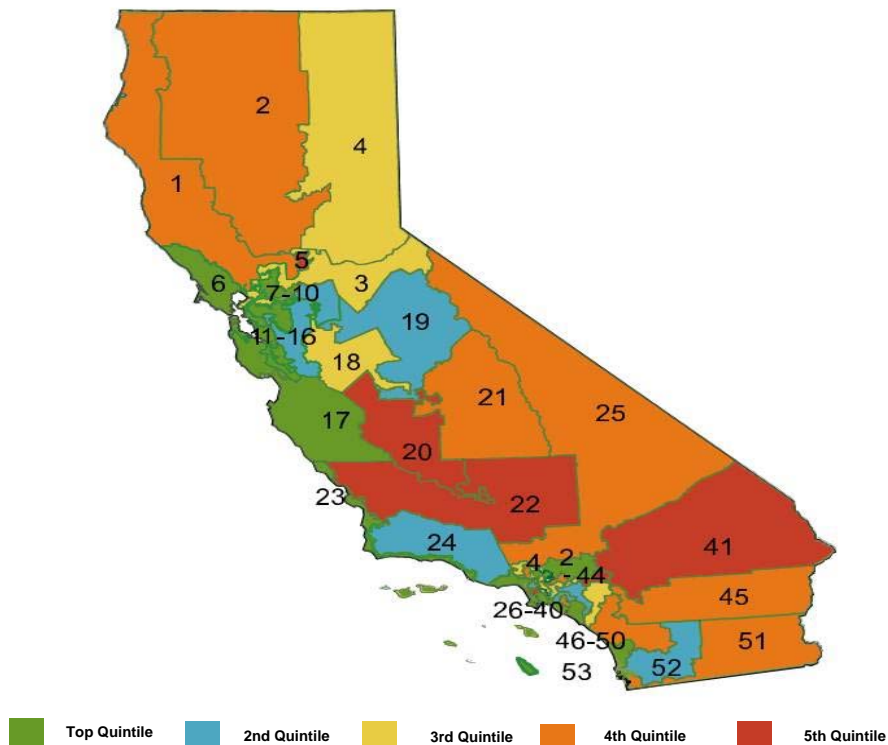
Ranking from data collected January 2, 2012 - December 30, 2012

		CA-51	CA-52	CA-53
Overall Rank	2012	319	106	70
	2011	64	126	85
Life Evaluation	2012	339	140	40
	2011	48	133	62
Emotional Health	2012	340	204	176
	2011	91	234	110
Physical Health	2012	356	171	36
	2011	142	195	26
Healthy Behavior	2012	126	63	85
	2011	91	42	44
Work Environment	2012	231	189	209
	2011	20	224	324
Basic Access	2012	351	157	229
	2011	372	170	189

State
18
18
16
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30
22
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16
5
5
15
17
43
41

*Ranking of 436 Congressional Districts

*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



State Congressional District Definitions

Congressional District #1

Counties: Del Norte County, Humboldt County, Lake County, Mendocino County, Napa County, Siskiyou County, Solano County, Sonoma County, Yolo County

Cities: Albion, Alderpoint, Angwin, Arcata, Bayside, Blocksburg, Blue Lake, Boonville, Branscomb, Bridgeville, Calistoga, Carlotta, Caspar, Clarksburg, Clearlake, Clearlake Oaks, Cloverdale, Comptche, Covelo, Crescent City, Davis, Deer Park, Dos Rios, Elk, Esparto, Eureka, Ferndale, Fort Bragg, Fortuna, Garberville, Gasquet, Geyserville, Glen Ellen, Glenhaven, Gualala, Healdsburg, Hoopa, Hopland, Hydesville, Kelseyville, Kenwood, Klamath, Kneeland, Korbel, Lakeport, Laytonville, Leggett, Little River, Loleta, Lower Lake, Lucerne, Manchester, McKinleyville, Mendocino, Middletown, Myers Flat, Napa, Nice, Orick, Orleans, Petrolia, Philo, Piercy, Point Arena, Pope Valley, Potter Valley, Redcrest, Redway, Redwood Valley, Rio Dell, Saint Helena, Samoa, Santa Rosa, Scotia, Smith River, Somes Bar, Sonoma, Suisun City, Trinidad, Ukiah, Upper Lake, Vallejo, West Sacramento, Westport, Whitethorn, Willits, Willow Creek, Windsor, Winters, Witter Springs, Woodland, Yorkville, Yountville

Congressional District #2

Counties: Butte County, Colusa County, Glenn County, Humboldt County, Lassen County, Nevada County, Sacramento County, Shasta County, Siskiyou County, Sutter County, Tehama County, Trinity County, Yolo County, Yuba County

Cities: Anderson, Arbuckle, Bangor, Beale AFB, Bella Vista, Berry Creek, Big Bar, Biggs, Bridgeville, Brooks, Browns Valley, Brownsville, Burney, Burnt Ranch, Butte City, Callahan, Camptonville, Capay, Cassel, Challenge, Chico, Colusa, Corning, Cottonwood, Dobbins, Dorris, Douglas City, Dunnigan, Dunsmuir, Durham, Elk Creek, Elverta, Esparto, Etna, Fall River Mills, Forbestown, Forest Ranch, Forks of Salmon, Fort Jones, French Gulch, Gazelle, Gerber, Glenn, Grenada, Gridley, Guinda, Hamilton City, Happy Camp, Hat Creek, Hayfork, Hornbrook, Hyampom, Igo, Junction City, Klamath River, Knights Landing, Lakehead, Lewiston, Live Oak, Los Molinos, Macdoel, Mad River, Madison, Magalia, Manton, Marysville, Maxwell, McArthur, McCloud, Meridian, Millville, Mineral, Montague, Montgomery Creek, Mount Shasta, Nicolaus, North San Juan, Oak Run, Old Station, Olivehurst, Oregon House, Orland, Oroville, Palo Cedro, Paradise, Paynes Creek, Platina, Pleasant Grove, Princeton, Rackerby, Red Bluff, Redding, Rio Oso, Sacramento, Salyer, Scott Bar, Selad Valley, Shasta, Shasta Lake, Shingletown, Smartsville, Somes Bar, Stonyford, Strawberry Valley, Sutter, Trinity Center, Tulelake, Weaverville, Weed, West Sacramento, Wheatland, Whitmore, Williams, Willows, Winters, Woodland, Yreka, Yuba City, Zenia

Congressional District #3

Counties: Alpine County, Amador County, Calaveras County, Sacramento County, San Joaquin County, Solano County, Sutter County, Yolo County

Cities: Angels Camp, Antelope, Arnold, Carmichael, Citrus Heights, Clarksburg, Copperopolis, Courtland, Davis, Dixon, Elk Grove, Elverta, Fair Oaks, Farmington, Fiddletown, Folsom, Galt, Glencoe, Herald, Ione, Jackson, Markleeville, Mather, Mokelumne Hill, Mountain Ranch, Murphys, North Highlands, Orangevale, Pine Grove, Pioneer, Plymouth, Rancho Cordova, Rio Linda, Rio Vista, Sacramento, San Andreas, Sloughhouse, Suisun City, Sutter Creek, Vacaville, Vallecito, Valley Springs, Volcano, Walnut Grove, West Point, Wilseyville, Wilton, Winters

State Congressional District Definitions

Congressional District #4

Counties: Amador County, Butte County, El Dorado County, Lassen County, Modoc County, Nevada County, Placer County, Plumas County, Sacramento County, Sierra County, Siskiyou County, Sutter County, Yuba County

Cities: Adin, Alleghany, Alta, Alturas, Applegate, Auburn, Berry Creek, Biggs, Blairsden-Graeagle, Calpine, Camino, Camptonville, Canby, Canyon Dam, Carnelian Bay, Cedarville, Chester, Chilcoat, Citrus Heights, Clio, Colfax, Cool, Crescent Mills, Davis Creek, Diamond Springs, Downieville, Doyle, Dutch Flat, Echo Lake, El Dorado, El Dorado Hills, Elverta, Emigrant Gap, Fair Oaks, Fiddletown, Folsom, Forbestown, Foresthill, Fort Bidwell, Garden Valley, Georgetown, Gold Run, Goodyears Bar, Granite Bay, Grass Valley, Greenville, Greenwood, Grizzly Flats, Herlong, Homewood, Janesville, Kings Beach, Kyburz, Lake City, Likely, Lincoln, Litchfield, Lookout, Loomis, Lotus, Loyalton, Madeline, McArthur, Meadow Valley, Meadow Vista, Milford, Nevada City, Newcastle, North San Juan, Olympic Valley, Orangevale, Oroville, Palermo, Penn Valley, Penryn, Pilot Hill, Placerville, Pleasant Grove, Pollock Pines, Portola, Quincy, Ravendale, Rescue, Rocklin, Roseville, Rough and Ready, Sheridan, Shingle Springs, Sierra City, Sierraville, Smartsville, Soda Springs, Somerset, South Lake Tahoe, Standish, Strawberry Valley, Susanville, Tahoe City, Tahoe Vista, Tahoma, Taylorsville, Termo, Truckee, Tulelake, Twain, Twin Bridges, Wendel, Westwood

Congressional District #5

Counties: Sacramento County

Cities: Antelope, Elk Grove, North Highlands, Rancho Cordova, Rio Linda, Sacramento

Congressional District #6

Counties: Marin County, Sonoma County

Cities: Annapolis, Belvedere Tiburon, Bodega, Bodega Bay, Bolinas, Cazadero, Corte Madera, Cotati, Dillon Beach, Fairfax, Forest Knolls, Forestville, Fulton, Geyserville, Glen Ellen, Graton, Greenbrae, Guerneville, Healdsburg, Inverness, Jenner, Kenwood, Lagunitas, Larkspur, Marshall, Mill Valley, Monte Rio, Nicasio, Novato, Occidental, Penngrove, Petaluma, Point Reyes Station, Rohnert Park, San Anselmo, San Geronimo, San Quentin, San Rafael, Santa Rosa, Sausalito, Sebastopol, Sonoma, Stewarts Point, Stinson Beach, The Sea Ranch, Tomales, Valley Ford, Windsor, Woodacre

State Congressional District Definitions

Congressional District #7

Counties: Contra Costa County, Solano County

Cities: Antioch, Benicia, Clayton, Concord, Crockett, El Cerrito, El Sobrante, Fairfield, Hercules, Lafayette, Martinez, Orinda, Pinole, Pittsburg, Pleasant Hill, Port Costa, Richmond, Rodeo, San Pablo, Suisun City, Vacaville, Vallejo

Congressional District #8

Counties: San Francisco County

Cities: San Francisco

Congressional District #9

Counties: Alameda County

Cities: Alameda, Albany, Berkeley, Castro Valley, Dublin, Emeryville, Hayward, Oakland, Pleasanton, San Leandro, San Lorenzo

State Congressional District Definitions

Congressional District #10

Counties: Alameda County, Contra Costa County, Sacramento County, San Joaquin County, Solano County

Cities: Alamo, Antioch, Benicia, Berkeley, Birds Landing, Brentwood, Byron, Clayton, Concord, Danville, Dixon, El Cerrito, El Sobrante, Elk Grove, Fairfield, Hercules, Isleton, Lafayette, Livermore, Martinez, Moraga, Oakley, Orinda, Pittsburg, Pleasant Hill, Pleasanton, Port Costa, Richmond, Rio Vista, San Ramon, Suisun City, Tracy, Travis AFB, Vacaville, Walnut Creek, Walnut Grove

Congressional District #11

Counties: Alameda County, Contra Costa County, Sacramento County, San Benito County, San Joaquin County, Santa Clara County, Stanislaus County

Cities: Acampo, Alamo, Antioch, Brentwood, Byron, Castro Valley, Danville, Dublin, Escalon, Farmington, Fremont, French Camp, Galt, Gilroy, Hollister, Lathrop, Linden, Livermore, Lockeford, Lodi, Manteca, Milpitas, Morgan Hill, Mount Hamilton, Oakdale, Oakley, Pleasanton, Ripon, San Jose, San Martin, San Ramon, Stockton, Sunol, Tracy, Walnut Grove, Woodbridge

Congressional District #12

Counties: San Francisco County, San Mateo County

Cities: Belmont, Brisbane, Burlingame, Daly City, Half Moon Bay, Millbrae, Moss Beach, Pacifica, Redwood City, San Bruno, San Carlos, San Francisco, San Mateo, South San Francisco

State Congressional District Definitions

Congressional District #13

Counties: Alameda County

Cities: Alameda, Castro Valley, Fremont, Hayward, Newark, Oakland, Pleasanton, San Leandro, San Lorenzo, Sunol, Union City

Congressional District #14

Counties: San Mateo County, Santa Clara County, Santa Cruz County

Cities: Aptos, Atherton, Belmont, Ben Lomond, Boulder Creek, Burlingame, Campbell, Cupertino, Davenport, Felton, Half Moon Bay, La Honda, Loma Mar, Los Altos, Los Gatos, Menlo Park, Mountain View, Pacifica, Palo Alto, Pescadero, Portola Valley, Redwood City, San Carlos, San Gregorio, San Jose, San Mateo, Santa Clara, Santa Cruz, Saratoga, Scotts Valley, Soquel, Stanford, Sunnyvale, Watsonville

Congressional District #15

Counties: Santa Clara County, Santa Cruz County

Cities: Alviso, Campbell, Cupertino, Gilroy, Los Altos, Los Gatos, Milpitas, Morgan Hill, Mountain View, San Jose, Santa Clara, Saratoga, Sunnyvale, Watsonville

State Congressional District Definitions

Congressional District #16

Counties: Santa Clara County

Cities: Campbell, Gilroy, Los Gatos, Milpitas, Morgan Hill, San Jose, San Martin, Santa Clara

Congressional District #17

Counties: Monterey County, San Benito County, San Luis Obispo County, Santa Cruz County

Cities: Aptos, Aromas, Big sur, Bradley, Capitola, Carmel, Carmel Valley, Castroville, Chualar, Freedom, Gonzales, Greenfield, Hollister, King City, Lockwood, Marina, Monterey, Moss Landing, Pacific Grove, Paicines, Pebble Beach, Salinas, San Ardo, San Juan Bautista, San Miguel, Santa Cruz, Seaside, Soledad, Soquel, Watsonville

Congressional District #18

Counties: Fresno County, Madera County, Merced County, San Joaquin County, Stanislaus County

Cities: Atwater, Ballico, Ceres, Chowchilla, Crows Landing, Delhi, Denair, Dos Palos, El Nido, Firebaugh, French Camp, Fresno, Gustine, Hilmar, Hughson, Kerman, Lathrop, Le Grand, Livingston, Los Banos, Madera, Manteca, Merced, Modesto, Newman, Patterson, Planada, Snelling, Stevinson, Stockton, Tracy, Turlock, Vernalis, Winton

State Congressional District Definitions

Congressional District #19

Counties: Fresno County, Madera County, Mariposa County, Merced County, San Joaquin County, Stanislaus County, Tuolumne County

Cities: Ahwahnee, Bass Lake, Catheys Valley, Ceres, Chowchilla, Coarsegold, Columbia, Coulterville, Crows Landing, Denair, El Portal, Farmington, Firebaugh, Fish Camp, Fresno, Friant, Groveland, Hickman, Hornitos, Hughson, Jamestown, Kerman, La Grange, Long Barn, MI Wuk Village, Madera, Mariposa, Mendota, Midpines, Modesto, North Fork, O Neals, Oakdale, Oakhurst, Pinecrest, Raymond, Riverbank, Salida, San Joaquin, Snelling, Sonora, Soulsbyville, Tranquillity, Tuolumne, Turlock, Twain Harte, Vernalis, Waterford, Wishon, Yosemite National Park

Congressional District #20

Counties: Fresno County, Kern County, Kings County, Merced County

Cities: Armona, Arvin, Avenal, Bakersfield, Buttonwillow, Cantua Creek, Caruthers, Coalinga, Corcoran, Del Rey, Delano, Dos Palos, Firebaugh, Fowler, Fresno, Hanford, Helm, Huron, Kerman, Kettleman City, Kingsburg, Lamont, Laton, Lemoore, Lost Hills, MC Farland, Mendota, Parlier, Raisin City, Riverdale, San Joaquin, Sanger, Selma, Shafter, Stratford, Tranquillity, Tupman, Wasco

Congressional District #21

Counties: Fresno County, Kern County, Kings County, Tulare County

Cities: Auberry, Badger, California Hot Springs, Caruthers, Clovis, Corcoran, Cutler, Del Rey, Delano, Dinuba, Dunlap, Earlimart, Exeter, Farmersville, Fowler, Fresno, Friant, Hanford, Hume, Inyokern, Ivanhoe, Kernville, Kingsburg, Laton, Lemon Cove, Lindsay, Miramonte, Orange Cove, Orosi, Parlier, Pixley, Porterville, Posey, Prather, Reedley, Riverdale, Sanger, Selma, Sequoia National Park, Shaver Lake, Springville, Squaw Valley, Strathmore, Terra Bella, Three Rivers, Tipton, Tollhouse, Tulare, Visalia, Woodlake

State Congressional District Definitions

Congressional District #22

Counties: Kern County, Los Angeles County, Monterey County, San Luis Obispo County, Santa Barbara County

Cities: Arroyo Grande, Arvin, Atascadero, Bakersfield, Bodfish, Boron, Bradley, Buttonwillow, Caliente, California City, Cambria, Castaic, Cayucos, Creston, Delano, Edwards, Fellows, Frazier Park, Glennville, Grover Beach, Inyokern, Johannesburg, Keene, Kernville, Lake Hughes, Lake Isabella, Lancaster, Lebec, Los Osos, Lost Hills, MC Farland, MC Kittrick, Maricopa, Mojave, Morro Bay, New Cuyama, Nipomo, Oceano, Onyx, Palmdale, Paso Robles, Pismo Beach, Randsburg, Ridgecrest, Rosamond, San Luis Obispo, San Miguel, San Simeon, Santa Clarita, Santa Margarita, Santa Maria, Shafter, Shandon, Taft, Tehachapi, Templeton, Tupman, Weldon, Wofford Heights, Woody

Congressional District #23

Counties: San Luis Obispo County, Santa Barbara County, Ventura County

Cities: Arroyo Grande, Atascadero, Cambria, Carpinteria, Casmalia, Cayucos, Goleta, Grover Beach, Guadalupe, Lompoc, Los Osos, Morro Bay, Nipomo, Oceano, Oxnard, Paso Robles, Pismo Beach, Port Hueneme, San Luis Obispo, San Simeon, Santa Barbara, Santa Maria, Summerland, Ventura

Congressional District #24

Counties: Kern County, Los Angeles County, Santa Barbara County, Ventura County

Cities: Buellton, Camarillo, Canoga Park, Carpinteria, Casmalia, Chatsworth, Fillmore, Frazier Park, Goleta, Guadalupe, Lompoc, Los Olivos, Malibu, Maricopa, Moorpark, New Cuyama, Newbury Park, Oak Park, Oak View, Ojai, Oxnard, Port Hueneme, Santa Barbara, Santa Maria, Santa Paula, Santa Ynez, Simi Valley, Solvang, Somis, Thousand Oaks, Ventura, West Hills, Westlake Village

State Congressional District Definitions

Congressional District #25

Counties: Inyo County, Kern County, Los Angeles County, Mono County, San Bernardino County

Cities: Acton, Adelanto, Apple Valley, Baker, Barstow, Benton, Big Pine, Bishop, Boron, Bridgeport, Canyon Country, Castaic, Chatsworth, Coleville, Daggett, Death Valley, Fort Irwin, Granada Hills, Helendale, Hesperia, Hinkley, Independence, Inyokern, Johannesburg, June Lake, La Canada Flintridge, La Crescenta, Lake Hughes, Lancaster, Lee Vining, Littlerock, Liano, Lone Pine, Mammoth Lakes, Newberry Springs, Newhall, Nipton, Oro Grande, Palmdale, Pearblossom, Phelan, Pinon Hills, Ridgecrest, Santa Clarita, Shoshone, Stevenson Ranch, Sunland, Sylmar, Tecopa, Topaz, Trona, Tujunga, Valencia, Valyermo, Victorville

Congressional District #26

Counties: Los Angeles County, San Bernardino County

Cities: Altadena, Arcadia, Azusa, Baldwin Park, Chino, Claremont, Covina, Duarte, El Monte, Fontana, Glendale, Glendora, Hesperia, La Canada Flintridge, La Crescenta, La Verne, Lytle Creek, Monrovia, Montclair, Montrose, Mt Baldy, Ontario, Pasadena, Phelan, Pinon Hills, Pomona, Rancho Cucamonga, San Bernardino, San Dimas, San Gabriel, San Marino, Sierra Madre, South Pasadena, Temple City, Tujunga, Upland, Walnut, West Covina, Wrightwood

Congressional District #27

Counties: Los Angeles County

Cities: Burbank, Canoga Park, Chatsworth, Encino, Granada Hills, La Crescenta, Mission Hills, North Hills, North Hollywood, Northridge, Pacoima, Porter Ranch, Reseda, San Fernando, Santa Clarita, Sherman Oaks, Stevenson Ranch, Sun Valley, Sunland, Sylmar, Tarzana, Tujunga, Van Nuys, Winnetka, Woodland Hills

State Congressional District Definitions

Congressional District #28

Counties: Los Angeles County

Cities: Beverly Hills, Burbank, Encino, Los Angeles, Mission Hills, North Hills, North Hollywood, Pacific Palisades, Pacoima, Panorama City, San Fernando, Sherman Oaks, Studio City, Sun Valley, Sunland, Sylmar, Tarzana, Universal City, Valley Village, Van Nuys

Congressional District #29

Counties: Los Angeles County

Cities: Alhambra, Altadena, Arcadia, Burbank, El Monte, Glendale, La Canada Flintridge, La Crescenta, Los Angeles, Monterey Park, Montrose, Pasadena, Rosemead, San Gabriel, San Marino, Sierra Madre, South Pasadena, Temple City, Tujunga

Congressional District #30

Counties: Los Angeles County, Ventura County

Cities: Agoura Hills, Beverly Hills, Calabasas, Canoga Park, Chatsworth, Los Angeles, Malibu, Northridge, Pacific Palisades, Santa Monica, Tarzana, Thousand Oaks, Topanga, Venice, West Hills, West Hollywood, Westlake Village, Woodland Hills

State Congressional District Definitions

Congressional District #31

Counties: Los Angeles County

Cities: Glendale, Los Angeles, Pasadena, South Pasadena

Congressional District #32

Counties: Los Angeles County

Cities: Alhambra, Arcadia, Azusa, Baldwin Park, Covina, Duarte, El Monte, Glendora, La Puente, Los Angeles, Monrovia, Montebello, Monterey Park, Pico Rivera, Rosemead, San Dimas, San Gabriel, South El Monte, Temple City, Walnut, West Covina

Congressional District #33

Counties: Los Angeles County

Cities: Culver City, Los Angeles, Marina del Rey

State Congressional District Definitions

Congressional District #34

Counties: Los Angeles County

Cities: Bell, Bellflower, Downey, Huntington Park, Los Angeles, Maywood, Montebello, South Gate

Congressional District #35

Counties: Los Angeles County

Cities: Culver City, Gardena, Hawthorne, Inglewood, Lawndale, Los Angeles, Playa del Rey, Torrance

Congressional District #36

Counties: Los Angeles County

Cities: Culver City, El Segundo, Gardena, Harbor City, Hawthorne, Hermosa Beach, Inglewood, Lomita, Long Beach, Los Angeles, Manhattan Beach, Marina del Rey, Palos Verdes Peninsula, Playa del Rey, Rancho Palos Verdes, Redondo Beach, San Pedro, Santa Monica, Torrance, Venice, Wilmington

State Congressional District Definitions

Congressional District #37

Counties: Los Angeles County

Cities: Bellflower, Carson, Compton, Gardena, Lakewood, Long Beach, Los Angeles, Paramount, Torrance, Wilmington

Congressional District #38

Counties: Los Angeles County

Cities: Baldwin Park, Cerritos, Claremont, Diamond Bar, Hacienda Heights, La Mirada, La Puente, La Verne, Los Angeles, Montebello, Monterey Park, Norwalk, Pico Rivera, Pomona, Rosemead, Rowland Heights, San Dimas, Santa Fe Springs, South El Monte, Walnut, West Covina, Whittier

Congressional District #39

Counties: Los Angeles County, Orange County

Cities: Artesia, Bell, Bellflower, Cerritos, Compton, Cypress, Downey, Hawaiian Gardens, Huntington Park, La Mirada, La Palma, Lakewood, Long Beach, Los Angeles, Lynwood, Norwalk, Paramount, Santa Fe Springs, South Gate, Whittier

State Congressional District Definitions

Congressional District #40

Counties: Los Angeles County, Orange County

Cities: Anaheim, Brea, Buena Park, Cypress, Fullerton, Garden Grove, Huntington Beach, La Habra, La Mirada, La Palma, Los Alamitos, Orange, Placentia, Santa Ana, Seal Beach, Stanton, Tustin, Villa Park, Westminster, Yorba Linda

Congressional District #41

Counties: Riverside County, San Bernardino County

Cities: Amboy, Angelus Oaks, Apple Valley, Baker, Banning, Barstow, Beaumont, Big Bear City, Big Bear Lake, Blue Jay, Cabazon, Calimesa, Cedar Glen, Colton, Crestline, Daggett, Desert Hot Springs, Earp, Essex, Forest Falls, Grand Terrace, Helendale, Hemet, Hesperia, Highland, Joshua Tree, Lake Arrowhead, Landers, Loma Linda, Lucerne Valley, Ludlow, Mentone, Moreno Valley, Morongo Valley, Needles, Newberry Springs, Nipton, Nuevo, Oro Grande, Palm Springs, Parker Dam, Phelan, Redlands, Running Springs, San Bernardino, San Jacinto, Twentynine Palms, Victorville, Vidal, Whitewater, Yucaipa, Yucca Valley

Congressional District #42

Counties: Los Angeles County, Orange County, Riverside County, San Bernardino County

Cities: Anaheim, Brea, Chino, Chino Hills, Corona, Diamond Bar, Foothill Ranch, Fullerton, Hacienda Heights, La Habra, Laguna Hills, Laguna Niguel, Lake Forest, Mission Viejo, Ontario, Orange, Placentia, Pomona, Rancho Santa Margarita, Rowland Heights, San Juan Capistrano, Silverado, Trabuco Canyon, Walnut, Whittier, Yorba Linda

State Congressional District Definitions

Congressional District #43

Counties: San Bernardino County

Cities: Bloomington, Chino, Colton, Fontana, Highland, Lytle Creek, Ontario, Rancho Cucamonga, Rialto, San Bernardino, Upland

Congressional District #44

Counties: Orange County, Riverside County

Cities: Capistrano Beach, Corona, Ladera Ranch, Lake Elsinore, March Air Reserve Base, Mira Loma, Mission Viejo, Moreno Valley, Norco, Perris, Rancho Santa Margarita, Riverside, San Clemente, San Juan Capistrano, Trabuco Canyon

Congressional District #45

Counties: Riverside County

Cities: Aguanga, Anza, Banning, Blythe, Cabazon, Cathedral City, Coachella, Desert Center, Desert Hot Springs, Hemet, Homeland, Idyllwild, Indian Wells, Indio, La Quinta, Mecca, Menifee, Moreno Valley, Mountain Center, Murrieta, Nuevo, Palm Desert, Palm Springs, Perris, Rancho Mirage, Riverside, San Jacinto, Sun City, Temecula, Thermal, Thousand Palms, Whitewater, Wildomar, Winchester

State Congressional District Definitions

Congressional District #46

Counties: Los Angeles County, Orange County

Cities: Avalon, Costa Mesa, Fountain Valley, Garden Grove, Hawaiian Gardens, Huntington Beach, Irvine, Lakewood, Lomita, Long Beach, Los Alamitos, Midway City, Newport Beach, Palos Verdes Peninsula, Rancho Palos Verdes, San Pedro, Santa Ana, Seal Beach, Stanton, Sunset Beach, Surfside, Westminster, Wilmington

Congressional District #47

Counties: Orange County

Cities: Anaheim, Fullerton, Garden Grove, Irvine, Orange, Santa Ana, Stanton, Tustin

Congressional District #48

Counties: Orange County

Cities: Aliso Viejo, Capistrano Beach, Corona del Mar, Costa Mesa, Dana Point, Foothill Ranch, Irvine, Laguna Beach, Laguna Hills, Laguna Niguel, Lake Forest, Mission Viejo, Newport Beach, Newport Coast, Orange, San Clemente, San Juan Capistrano, Santa Ana, Silverado, Trabuco Canyon, Tustin

State Congressional District Definitions

Congressional District #49

Counties: Riverside County, San Diego County

Cities: Bonsall, Carlsbad, Corona, Escondido, Fallbrook, Homeland, Julian, Lake Elsinore, March Air Reserve Base, Menifee, Murrieta, Nuevo, Oceanside, Pala, Pauma Valley, Perris, Ramona, Ranchita, San Diego, San Marcos, Santa Ysabel, Sun City, Temecula, Valley Center, Vista, Warner Springs, Wildomar

Congressional District #50

Counties: San Diego County

Cities: Cardiff By the Sea, Carlsbad, Del Mar, Encinitas, Escondido, La Jolla, Oceanside, Poway, Rancho Santa Fe, San Diego, San Marcos, Solana Beach, Vista

Congressional District #51

Counties: Imperial County, Riverside County, San Diego County

Cities: Bonita, Borrego Springs, Boulevard, Brawley, Calexico, Calipatria, Campo, Chula Vista, Dulzura, El Centro, Heber, Holtville, Imperial, Imperial Beach, Jacumba, Jamul, Julian, Lemon Grove, National City, Niland, Ocotillo, Potrero, San Diego, San Ysidro, Spring Valley, Tecate, Thermal, Westmorland, Winterhaven

State Congressional District Definitions

Congressional District #52

Counties: San Diego County

Cities: Alpine, Borrego Springs, Boulevard, Campo, Chula Vista, Descanso, Dulzura, El Cajon, Escondido, Jamul, Julian, La Mesa, Lakeside, Lemon Grove, Pine Valley, Potrero, Poway, Ramona, Ranchita, San Diego, Santee, Spring Valley, Warner Springs

Congressional District #53

Counties: San Diego County

Cities: Bonita, Coronado, Del Mar, Imperial Beach, La Jolla, La Mesa, Lemon Grove, National City, San Diego, Spring Valley

About the State, Congressional District & MSA Reports

Survey Dates: January 2, 2012 through December 30, 2012

Sample Information:

Total Surveys:	353,564 Respondents aged 18 and older
Maximum Sample Size:	Cities: 14,544 respondents States: 32,189 respondents Congressional Districts: 2,274 respondents*
Minimum Sample Size:	Cities: 309 respondents States: 910 respondents Congressional Districts: 314 respondents*

Margin of Error:

For results based on the overall 353,564 respondents, one can say with 95% confidence that the maximum margin of sampling error is +/-0.2 percentage points.

*For results based on 5,000 +/-1.4 percentage points
*For results based on 1,000 +/-3.1 percentage points
*For results based on 500 +/-4.4 percentage points
*For results based on 300 +/-5.7 percentage points

**Composite Results:
0 (bottom) to
100 (top) Scale**

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

The Well-Being Index composite result is an average of six domains: life evaluation, emotional health, physical health, healthy behaviors, work environment and basic access. Among states, overall Well-Being Index results ranged from a high of 71.1 (Hawaii) to a low of 61.3 (West Virginia). The 2012 national average for Well-Being was 66.7, Life Evaluation 49.5, Emotional Health 79.4, Physical Health 77.0, Health Behaviors 64.5, Work Environment 47.8 and Basic Access 82.3.

Position Scale:

For detailed descriptions of the domains, visit the methodology section of www.well-beingindex.com.

Each state is positioned from 1-50, based on composite scores as compared to all States; Each Congressional District is positioned from 1-436, based on composite scores as compared to all Congressional Districts; Each City (Metropolitan Statistical Area) is positioned from 1-189, based on composite scores as compared to all cities.

"The survey methods for Gallup-Healthways Well-Being Index relies on live (not automated) interviewers, dual-frame telephone sampling (which includes listed landlines as well as random digit dial (RDD) wireless phone sampling to reach those in wireless-only households), and a random selection method for choosing respondents within a landline household. Additionally, daily tracking includes Spanish-language interviews for respondents who speak only Spanish, and includes interviews in Alaska and Hawaii. The data are weighted daily to compensate for disproportionalities in selection probabilities and non-response. The data are weighted to match targets from the U.S. Census Bureau by age, sex, region, gender, education, ethnicity and race. The data are weighted to match the Center for Disease Control's National Health Interview Survey targets for telephone status."

"The Gallup-Healthways Well-Being Index Composite Score is comprised of six sub-indices: Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. The Life Evaluation Sub-Index is partially based on the Cantril Self-Anchoring Striving Scale and combines the evaluation of one's present life situation with one's anticipated life situation five years from now. The Emotional Health Sub-Index is primarily a composite of respondents' daily experiences, asking respondents to think about how they felt yesterday along nine dimensions. The Physical Health Sub-Index is comprised of questions related to: Body Mass Index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experiences. The Healthy Behavior Sub-Index includes items measuring life style habits with established relationships to health outcomes. The Work Environment Sub-Index surveys workers on several factors to gauge their feelings and perceptions about their work environment. The Basic Access Sub-Index is based on thirteen items measuring resident's access to food, shelter, healthcare and a safe and satisfying place to live."



Healthways: 800.327.3822

Gallup: 202.715.3089

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