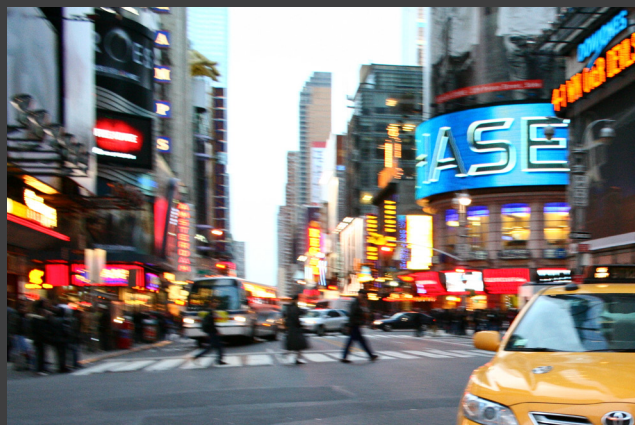


# 2012 State of Well-Being

*Community, State and Congressional District Well-Being Reports*

## New York



Gallup · Healthways  
**Well-Being Index**<sup>®</sup>

WELL-BEINGINDEX.COM



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## Gallup-Healthways Well-Being Index<sup>®</sup>

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.

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For more information:

[WWW.WELL-BEINGINDEX.COM](http://WWW.WELL-BEINGINDEX.COM)

800.327.3822 – Healthways

202.715.3089 – Gallup

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# State of New York Well-Being

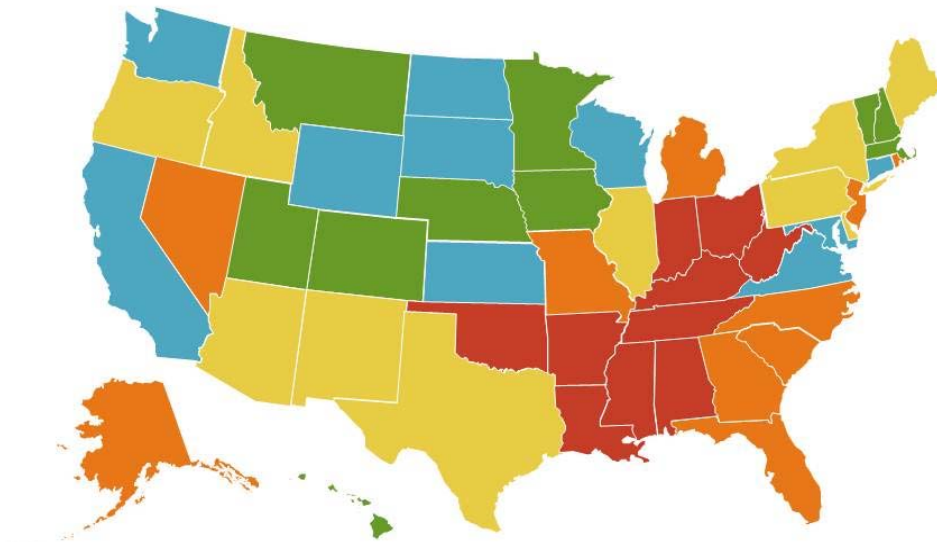
Ranking from data collected January 2, 2012 - December 30, 2012

	2011	2012
<b>Well-Being Overall</b>	<b>65.7</b>	<b>66.2</b>
Life Evaluation	49.0	49.4
Emotional Health	78.0	78.3
Physical Health	77.1	77.4
Healthy Behavior	64.1	65.2
Work Environment	43.4	44.2
Basic Access	82.4	82.8

2011	2012
34	30
26	22
44	40
28	22
19	17
48	45
26	24

- 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

\*#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



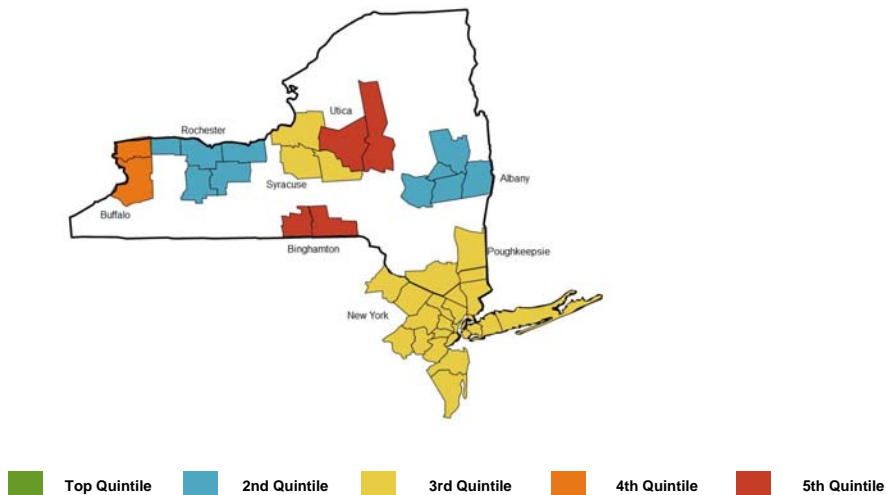
■ Top Quintile  
 ■ 2nd Quintile  
 ■ 3rd Quintile  
 ■ 4th Quintile  
 ■ 5th Quintile

# New York MSA Rankings

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

		Albany, Schenectady, Troy	Rochester	NY, NNew Jersey, Long Island	Syracuse	Poughkeepsie, Newburgh, Middletown	Buffalo, Niagara Falls	State
Population		689,430	823,863	14,849,240	514,504	511,909	894,357	
Overall Rank	2012	58	71	100	101	102	122	30
	2011	101	29	124	129	118	106	34
Life Evaluation	2012	67	95	83	120	132	135	22
	2011	117	42	94	91	111	109	26
Emotional Health	2012	138	117	148	133	113	104	40
	2011	151	61	163	94	147	92	44
Physical Health	2012	101	87	52	153	11	157	22
	2011	102	46	54	153	86	84	28
Healthy Behavior	2012	67	107	71	103	76	52	17
	2011	69	60	80	90	58	155	19
Work Environment	2012	74	77	160	81	169	166	45
	2011	128	53	166	155	154	93	48
Basic Access	2012	42	21	92	54	47	49	24
	2011	31	19	94	98	70	48	26

\*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

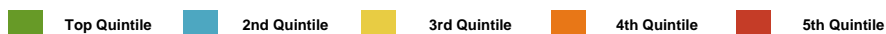
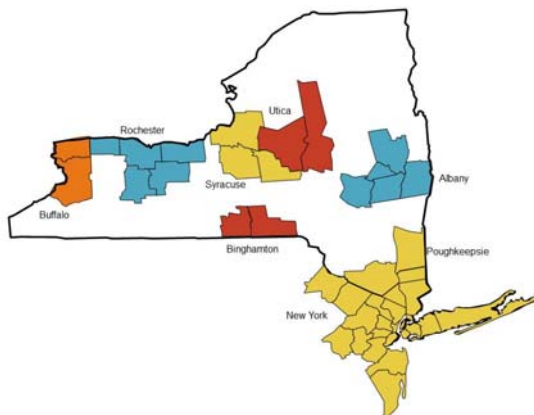


# New York MSA Rankings

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

		Binghamton	Utica, Rome	State
Population		197,343	233,445	
Overall Rank	2012	176	179	30
	2011	180	183	34
Life Evaluation	2012	179	183	22
	2011	179	180	26
Emotional Health	2012	153	161	40
	2011	161	134	44
Physical Health	2012	181	147	22
	2011	175	185	28
Healthy Behavior	2012	65	160	17
	2011	117	74	19
Work Environment	2012	175	168	45
	2011	160	184	48
Basic Access	2012	141	120	24
	2011	144	123	26

\*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

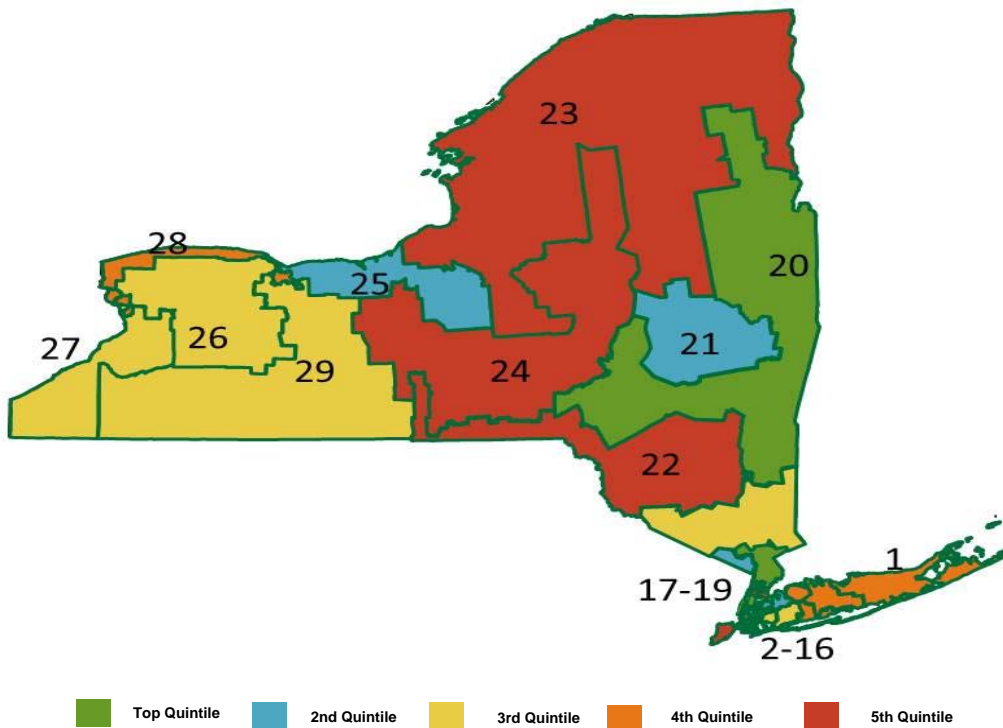


# New York Congressional District Rankings

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

		NY-01	NY-02	NY-03	NY-04	NY-05	State
Overall Rank	2012	303	275	316	239	122	30
	2011	137	251	355	287	381	34
Life Evaluation	2012	275	157	350	187	64	22
	2011	247	89	331	164	381	26
Emotional Health	2012	385	413	418	368	115	40
	2011	219	182	375	316	398	44
Physical Health	2012	84	276	275	174	21	22
	2011	86	278	235	55	74	28
Healthy Behavior	2012	159	131	315	163	154	17
	2011	144	177	255	73	220	19
Work Environment	2012	416	398	308	381	331	45
	2011	168	417	422	426	421	48
Basic Access	2012	152	213	73	155	253	24
	2011	118	162	75	234	249	26

\*Ranking of 436 Congressional Districts  
\*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492

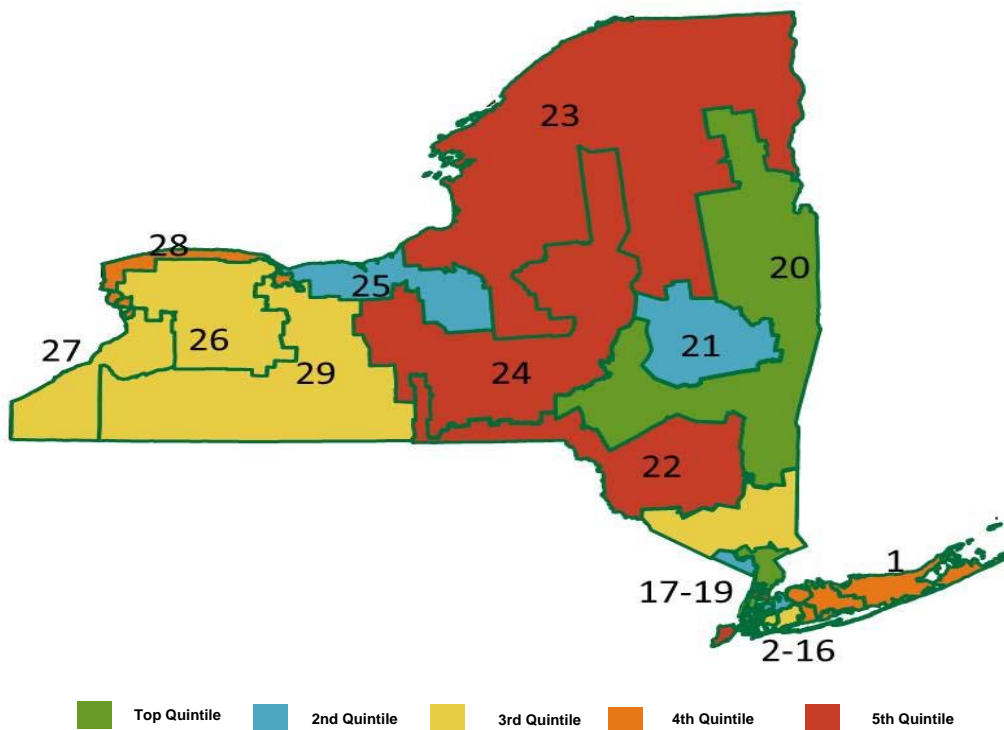


# New York Congressional District Rankings

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

		NY-06	NY-07	NY-08	NY-09	NY-10	State
Overall Rank	2012	200	423	46	251	258	30
	2011	408	420	21	281	419	34
Life Evaluation	2012	216	296	12	115	133	22
	2011	402	371	18	343	169	26
Emotional Health	2012	392	434	190	379	395	40
	2011	378	422	258	413	426	44
Physical Health	2012	124	297	26	233	216	22
	2011	181	280	27	266	427	28
Healthy Behavior	2012	174	331	94	220	298	17
	2011	334	317	31	131	272	19
Work Environment	2012	123	429	382	408	291	45
	2011	411	423	146	318	427	48
Basic Access	2012	272	380	25	147	321	24
	2011	379	381	34	103	387	26

\*Ranking of 436 Congressional Districts  
\*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492

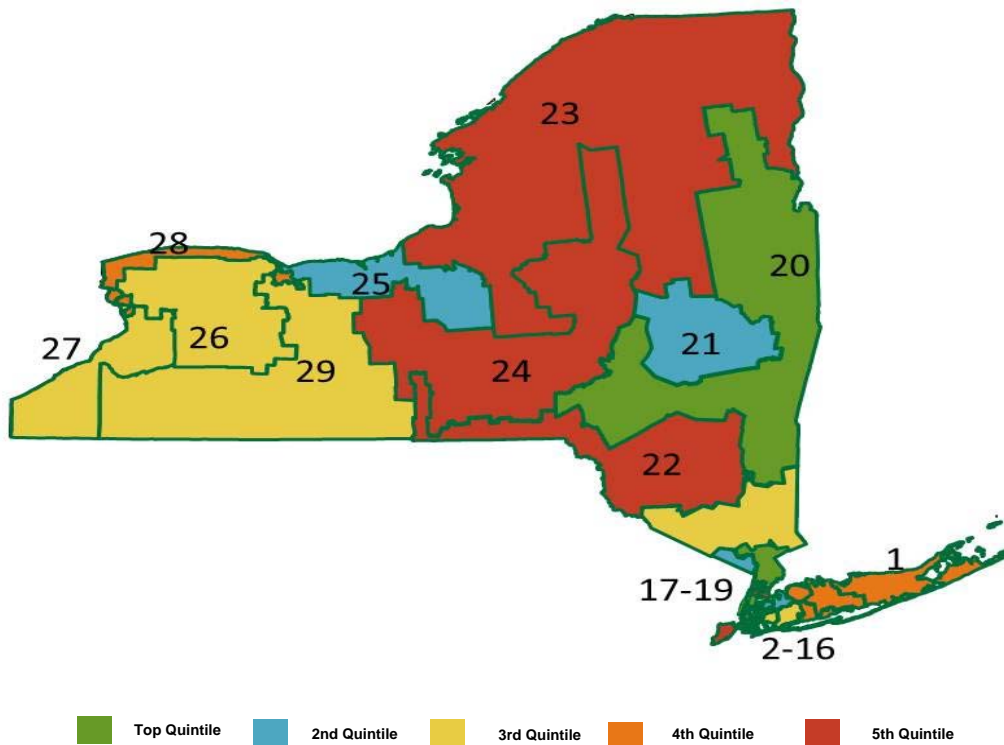


# New York Congressional District Rankings

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

		NY-11	NY-12	NY-13	NY-14	NY-15	State
Overall Rank	2012	336	400	383	44	255	30
	2011	217	379	360	43	362	34
Life Evaluation	2012	67	314	394	10	73	22
	2011	134	422	176	15	253	26
Emotional Health	2012	398	427	394	360	389	40
	2011	203	405	428	397	412	44
Physical Health	2012	113	234	246	3	151	22
	2011	104	398	401	1	335	28
Healthy Behavior	2012	275	336	228	114	242	17
	2011	117	246	359	34	184	19
Work Environment	2012	430	418	419	366	377	45
	2011	383	105	370	337	384	48
Basic Access	2012	331	325	166	22	326	24
	2011	294	359	201	38	347	26

\*Ranking of 436 Congressional Districts  
\*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492

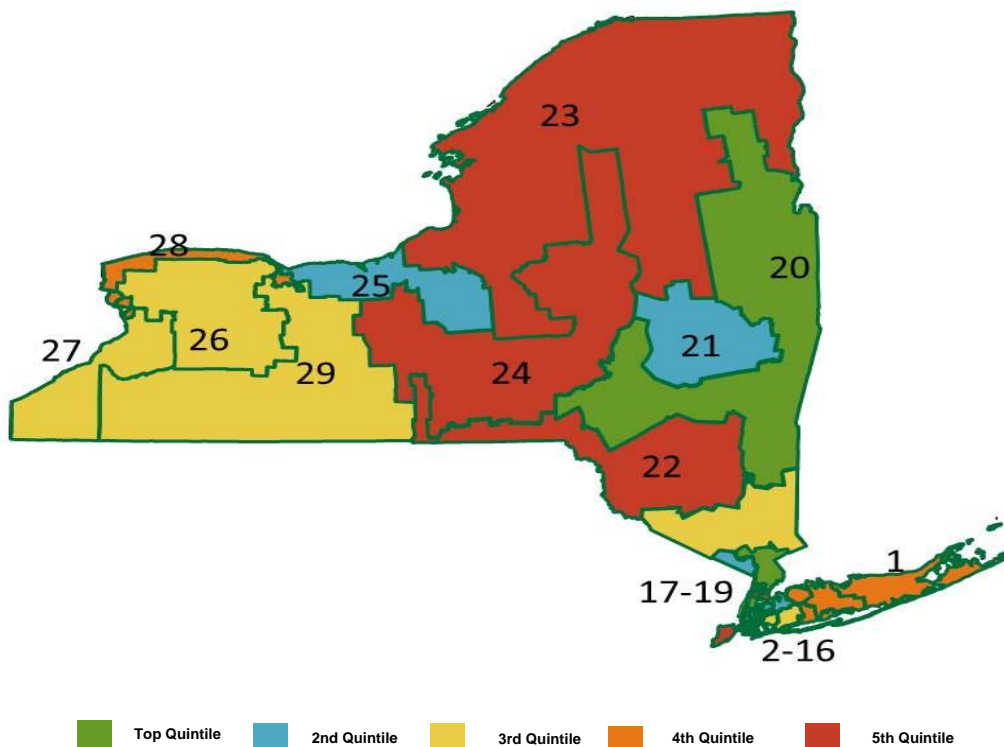


# New York Congressional District Rankings

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

		NY-16	NY-17	NY-18	NY-19	NY-20	State
Overall Rank	2012	433	151	37	217	86	30
	2011	433	245	63	230	186	34
Life Evaluation	2012	409	32	18	257	308	22
	2011	324	119	132	149	356	26
Emotional Health	2012	343	314	175	191	82	40
	2011	435	269	161	277	151	44
Physical Health	2012	428	19	12	64	93	22
	2011	394	127	65	157	255	28
Healthy Behavior	2012	280	93	21	113	106	17
	2011	340	103	89	183	78	19
Work Environment	2012	433	413	384	404	53	45
	2011	429	403	108	407	212	48
Basic Access	2012	433	226	27	100	43	24
	2011	434	297	71	96	72	26

\*Ranking of 436 Congressional Districts  
\*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492

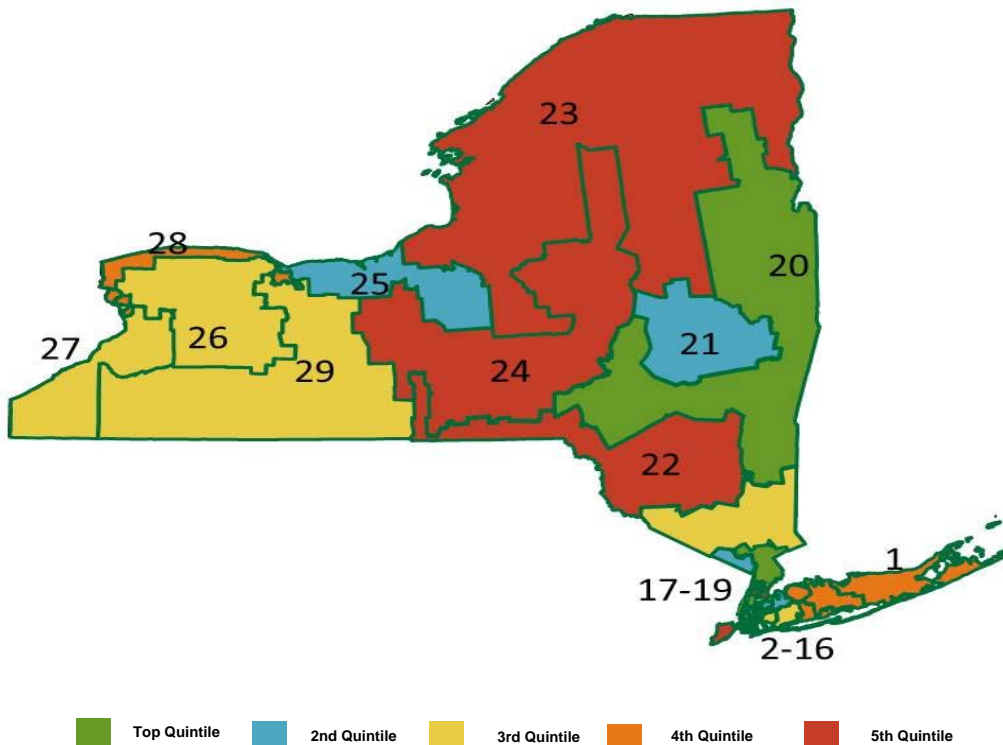


# New York Congressional District Rankings

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

		NY-21	NY-22	NY-23	NY-24	NY-25	State
Overall Rank	2012	166	357	353	360	155	30
	2011	249	309	308	384	140	34
Life Evaluation	2012	145	417	421	429	81	22
	2011	318	341	329	409	97	26
Emotional Health	2012	377	335	312	318	200	40
	2011	364	370	257	353	54	44
Physical Health	2012	304	251	326	373	274	22
	2011	237	297	311	351	250	28
Healthy Behavior	2012	120	181	312	197	263	17
	2011	173	147	200	119	85	19
Work Environment	2012	96	344	207	210	290	45
	2011	215	298	341	415	365	48
Basic Access	2012	214	244	238	248	60	24
	2011	165	257	220	211	97	26

\*Ranking of 436 Congressional Districts  
\*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



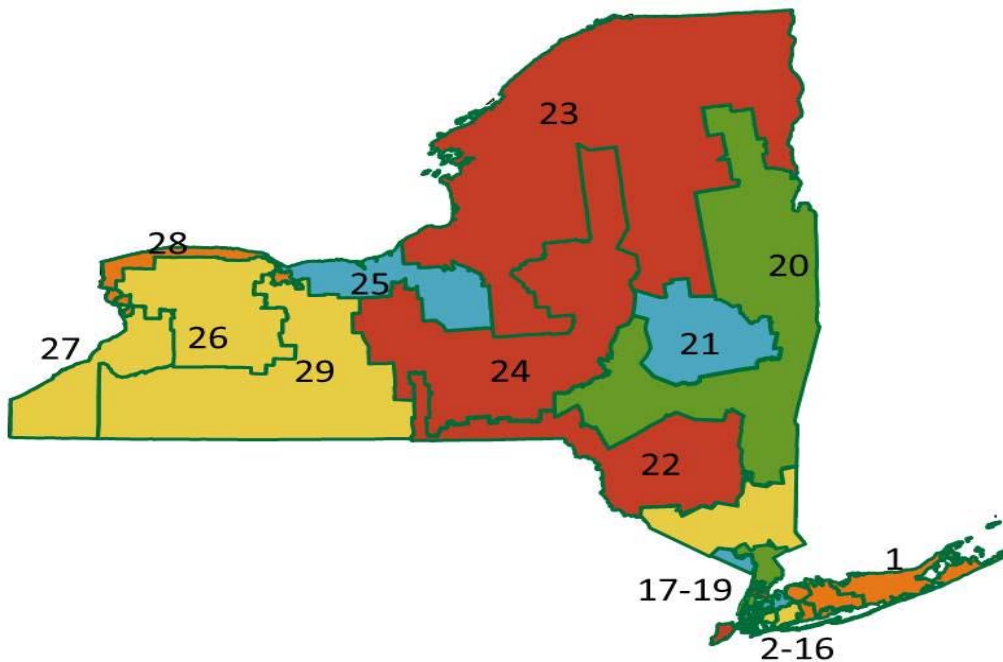
# New York Congressional District Rankings

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

		NY-26	NY-27	NY-28	NY-29
Overall Rank	2012	196	228	320	204
	2011	65	312	354	155
Life Evaluation	2012	215	266	267	346
	2011	79	362	248	367
Emotional Health	2012	309	135	236	217
	2011	181	175	329	66
Physical Health	2012	202	295	363	371
	2011	143	292	301	213
Healthy Behavior	2012	100	143	287	167
	2011	264	325	300	140
Work Environment	2012	354	352	345	78
	2011	69	292	412	80
Basic Access	2012	51	102	236	116
	2011	23	186	223	114

State
30
34
22
26
40
44
22
28
17
19
45
48
24
26

\*Ranking of 436 Congressional Districts  
\*Source: Gallup-Healthways Index Survey 2012 n = 353,564 and 2011 n = 353,492



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## State Congressional District Definitions

### Congressional District #1

**Counties:** Suffolk County

**Cities:** Bay Shore, Bellport, Blue Point, Brookhaven, Calverton, Center Moriches, Centereach, Commack, Coram, Cutchogue, East Hampton, East Marion, East Moriches, East Quogue, East Setauket, Eastport, Farmingville, Fishers Island, Greenport, Hampton Bays, Hauppauge, Holbrook, Holtsville, Kings Park, Lake Grove, Laurel, Manorville, Mastic, Mastic Beach, Mattituck, Medford, Middle Island, Miller Place, Montauk, Moriches, Mount Sinai, Nesconset, Northport, Orient, Patchogue, Peconic, Port Jefferson, Port Jefferson Station, Ridge, Riverhead, Rocky Point, Ronkonkoma, Sag Harbor, Saint James, Sayville, Selden, Shelter Island, Shelter Island Heights, Shirley, Shoreham, Smithtown, Sound Beach, Southampton, Southold, Stony Brook, Wading River, Water Mill, Westhampton, Westhampton Beach, Yaphank

### Congressional District #2

**Counties:** Nassau County, Suffolk County

**Cities:** Amityville, Babylon, Bay Shore, Bayport, Bohemia, Brentwood, Brightwaters, Centerport, Central Islip, Cold Spring Harbor, Commack, Copiague, Deer Park, East Islip, East Northport, Farmingdale, Greenlawn, Hauppauge, Hicksville, Holbrook, Holtsville, Huntington, Huntington Station, Islip, Islip Terrace, Jericho, Kings Park, Lindenhurst, Melville, North Babylon, Northport, Oakdale, Ocean Beach, Old Bethpage, Patchogue, Plainview, Ronkonkoma, Sayville, Smithtown, Syosset, West Babylon, West Islip, West Sayville, Woodbury, Wyandanch

### Congressional District #3

**Counties:** Nassau County, Suffolk County

**Cities:** Amityville, Babylon, Baldwin, Bay Shore, Bayville, Bellmore, Bethpage, Brightwaters, Copiague, East Islip, East Norwich, Farmingdale, Freeport, Glen Cove, Glen Head, Greenvale, Hewlett, Hicksville, Island Park, Islip, Jericho, Levittown, Lindenhurst, Locust Valley, Long Beach, Massapequa, Massapequa Park, Merrick, Mill Neck, North Babylon, Oceanside, Old Bethpage, Old Westbury, Oyster Bay, Plainview, Port Washington, Roosevelt, Roslyn, Sea Cliff, Seaford, Syosset, Wantagh, West Babylon, West Islip, Westbury, Woodbury

## State Congressional District Definitions

### Congressional District #4

**Counties:** Nassau County

**Cities:** Atlantic Beach, Baldwin, Bellmore, Carle Place, Cedarhurst, East Meadow, East Rockaway, Elmont, Floral Park, Franklin Square, Freeport, Garden City, Hempstead, Hewlett, Hicksville, Inwood, Lawrence, Long Beach, Lynbrook, Malverne, Merrick, Mineola, New Hyde Park, Oceanside, Old Westbury, Rockville Centre, Roosevelt, Roslyn Heights, Uniondale, Valley Stream, Wantagh, West Hempstead, Westbury, Williston Park, Woodmere

### Congressional District #5

**Counties:** Nassau County, Queens County

**Cities:** Albertson, Bayside, Bellerose, College Point, Corona, East Elmhurst, Elmhurst, Floral Park, Flushing, Forest Hills, Fresh Meadows, Glen Oaks, Great Neck, Greenvale, Hollis, Jackson Heights, Jamaica, Little Neck, Manhasset, New Hyde Park, Oakland Gardens, Old Westbury, Port Washington, Queens Village, Roslyn, Roslyn Heights, Whitestone, Williston Park

### Congressional District #6

**Counties:** Nassau County, Queens County

**Cities:** Arverne, Bellerose, Cambria Heights, Far Rockaway, Floral Park, Glen Oaks, Hollis, Howard Beach, Jamaica, Kew Gardens, New Hyde Park, Ozone Park, Queens Village, Richmond Hill, Rosedale, Saint Albans, South Ozone Park, South Richmond Hill, Springfield Gardens

## State Congressional District Definitions

### Congressional District #7

**Counties:** Bronx County, Queens County

**Cities:** Astoria, Bronx, College Point, Corona, East Elmhurst, Elmhurst, Flushing, Jackson Heights, Long Island City, Maspeth, Sunnyside, Whitestone, Woodside

### Congressional District #8

**Counties:** Kings County, New York County

**Cities:** Brooklyn, New York

### Congressional District #9

**Counties:** Kings County, Queens County

**Cities:** Bayside, Breezy Point, Brooklyn, Elmhurst, Far Rockaway, Flushing, Forest Hills, Fresh Meadows, Howard Beach, Jamaica, Kew Gardens, Maspeth, Middle Village, Oakland Gardens, Ozone Park, Rego Park, Richmond Hill, Ridgewood, Rockaway Park, Woodhaven

## State Congressional District Definitions

### Congressional District #10

**Counties:** Kings County

**Cities:** Brooklyn

### Congressional District #11

**Counties:** Kings County

**Cities:** Brooklyn

### Congressional District #12

**Counties:** Kings County, New York County, Queens County

**Cities:** Brooklyn, Long Island City, Maspeth, New York, Ozone Park, Ridgewood, Sunnyside, Woodhaven, Woodside

## State Congressional District Definitions

### Congressional District #13

**Counties:** Kings County, New York County, Richmond County

**Cities:** Brooklyn, New York, Staten Island

### Congressional District #14

**Counties:** New York County, Queens County

**Cities:** Astoria, East Elmhurst, Long Island City, New York, Sunnyside, Woodside

### Congressional District #15

**Counties:** Bronx County, New York County, Queens County

**Cities:** Astoria, Bronx, East Elmhurst, New York

## State Congressional District Definitions

### Congressional District #16

**Counties:** Bronx County

**Cities:** Bronx

### Congressional District #17

**Counties:** Bronx County, Rockland County, Westchester County

**Cities:** Blauvelt, Bronx, Bronxville, Congers, Dobbs Ferry, Hastings on Hudson, Hillburn, Irvington, Monsey, Mount Vernon, Nanuet, New City, Nyack, Orangeburg, Palisades, Pearl River, Pelham, Piermont, Pomona, Sloatsburg, Sparkill, Spring Valley, Suffern, Tappan, Tarrytown, Valley Cottage, West Nyack, Yonkers

### Congressional District #18

**Counties:** Rockland County, Westchester County

**Cities:** Ardsley, Armonk, Bedford, Briarcliff Manor, Bronxville, Chappaqua, Congers, Croton on Hudson, Dobbs Ferry, Eastchester, Elmsford, Garnerville, Harrison, Hartsdale, Hastings on Hudson, Haverstraw, Hawthorne, Irvington, Larchmont, Mamaroneck, Millwood, Mount Kisco, Mount Vernon, New City, New Rochelle, Ossining, Pelham, Pleasantville, Port Chester, Pound Ridge, Purchase, Rye, Scarsdale, Stony Point, Tarrytown, Thornwood, Tuckahoe, Valhalla, Valley Cottage, West Harrison, West Haverstraw, West Nyack, White Plains, Yonkers

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## State Congressional District Definitions

### Congressional District #19

**Counties:** Dutchess County, Orange County, Putnam County, Rockland County, Westchester County

**Cities:** Amawalk, Armonk, Beacon, Bedford, Bedford Hills, Brewster, Buchanan, Campbell Hall, Carmel, Central Valley, Chappaqua, Chester, Cold Spring, Cornwall, Cornwall on Hudson, Cortland Manor, Cross River, Croton on Hudson, Cuddebackville, Dover Plains, Fishkill, Florida, Garnerville, Garrison, Goldens Bridge, Goshen, Granite Springs, Greenwood Lake, Harriman, Highland Falls, Highland Mills, Holmes, Hopewell Junction, Huguenot, Jefferson Valley, Katonah, Lagrangeville, Lake Peekskill, Mahopac, Maybrook, Middletown, Millwood, Mohegan Lake, Monroe, Montgomery, Montrose, Mount Kisco, New Hampton, New Windsor, North Salem, Ossining, Otisville, Patterson, Pawling, Peekskill, Pine Island, Pomona, Port Jervis, Poughkeepsie, Poughquag, Pound Ridge, Purdys, Putnam Valley, Rock Tavern, Salisbury Mills, Shrub Oak, Slate Hill, Sloatsburg, Somers, South Salem, Southfields, Sparrow Bush, Stony Point, Stormville, Suffern, Thiells, Tomkins Cove, Tuxedo Park, Waccabuc, Wappingers Falls, Warwick, Washingtonville, Wassaic, West Point, Westtown, Wingdale, Yorktown Heights

### Congressional District #20

**Counties:** Albany County, Broome County, Chenango County, Columbia County, Delaware County, Dutchess County, Essex County, Franklin County, Fulton County, Greene County, Montgomery County, Otsego County, Rensselaer County, Saratoga County, Schenectady County, Schoharie County, Sullivan County, Ulster County, Warren County, Washington County

**Cities:** Acra, Adirondack, Amenia, Amsterdam, Ancram, Ancramdale, Andes, Argyle, Arkville, Athens, Athol, Austerlitz, Averill Park, Bainbridge, Ballston Lake, Ballston Spa, Barrytown, Berlin, Bloomville, Bolton Landing, Bovina Center, Brant Lake, Broadalbin, Burnt Hills, Buskirk, Cairo, Cambridge, Canaan, Castleton on Hudson, Catskill, Chatham, Cherry Valley, Chestertown, Claverack, Clemons, Clifton Park, Climax, Clinton Corners, Coeymans Hollow, Comstock, Cooperstown, Copake, Copake Falls, Corinth, Cornwallville, Cossayuna, Coxsackie, Craryville, Cropseyville, Crown Point, Davenport, Delancey, Delhi, Denver, Deposit, Diamond Point, Dover Plains, Downsville, Durham, Eagle Bridge, Earlington, East Branch, East Chatham, East Durham, East Greenbush, East Jewett, East Meredith, East Nassau, East Worcester, Elizabethtown, Elizaville, Elka Park, Fleischmanns, Fort Ann, Fort Edward, Franklin, Freehold, Galway, Gansevoort, Germantown, Ghent, Glens Falls, Granville, Greenfield Center, Greenville, Greenwich, Hadley, Hagaman, Hague, Hamden, Hampton, Hannacroix, Harpersfield, Hartford, Hensonville, Hillsdale, Hobart, Hoosick Falls, Hopewell Junction, Hudson, Hudson Falls, Hunter, Hyde Park, Jefferson, Jewett, Johnsbury, Johnsonville, Kattskill Bay, Keene, Keene Valley, Kinderhook, Lagrangeville, Lake George, Lake Luzerne, Lake Placid, Lanesville, Leeds, Malden Bridge, Maplecrest, Margaretville, Maryland, Masonville, Mechanicville, Medusa, Melrose, Middle Granville, Middle Grove, Milford, Millbrook, Millerton, Moriah, Mount Vision, Nassau, New Lebanon, New Russia, Niverville, North Creek, North Hudson, Northville, Oak Hill, Old Chatham, Olmstedville, Oneonta, Otego, Palenville, Paradox, Petersburg, Pine Plains, Pleasant Valley, Poestenkill, Porter Corners, Portlandville, Pottersville, Poughkeepsie, Poughquag, Prattsville, Preston Hollow, Purling, Putnam Station, Queensbury, Ravena, Red Hook, Rexford, Rhinebeck, Rock City Falls, Roscoe, Roseboom, Round Lake, Round Top, Roxbury, Salem, Salt Point, Sand Lake, Saranac Lake, Saratoga Springs, Schaghticoke, Schenectady, Schenectady, Schenectady, Schodack Landing, Schroon Lake, Schuylerville, Shandaken, Shushan, Sidney, Sidney Center, South Cairo, South Glens Falls, South Kortright, Spencertown, Staatsburg, Stamford, Stanfordville, Stephentown, Stillwater, Stony Creek, Stuyvesant, Surprise, Tannersville, Ticonderoga, Tivoli, Treadwell, Troy, Unadilla, Upper Jay, Valatie, Valley Falls, Verbank, Walton, Wappingers Falls, Warrensburg, Wassaic, Waterford, Wells Bridge, West Coxsackie, West Kill, West Sand Lake, Wevertown, Whitehall, Windham, Wingdale, Worcester, Wynantskill

### Congressional District #21

**Counties:** Albany County, Delaware County, Fulton County, Greene County, Montgomery County, Otsego County, Rensselaer County, Saratoga County, Schenectady County, Schoharie County

**Cities:** Albany, Alplaus, Altamont, Amsterdam, Averill Park, Ballston Lake, Berne, Burnt Hills, Canajoharie, Carlisle, Castleton on Hudson, Central Bridge, Charlotteville, Clarksville, Cobleskill, Coeymans Hollow, Cohoes, Delanson, Delmar, Duaneburg, East Berne, East Greenbush, East Worcester, Esperance, Feura Bush, Fonda, Fort Johnson, Fort Plain, Fultonham, Fultonville, Gilboa, Glenmont, Gloversville, Greenville, Guilderland, Hagaman, Hannacroix, Howes Cave, Jefferson, Johnstown, Latham, Mayfield, Medusa, Middleburgh, Nassau, North Blenheim, Palatine Bridge, Pattersonville, Preston Hollow, Ravena, Rensselaer, Rensselaerville, Richmondville, Rotterdam Junction, Saint Johnsville, Schenectady, Schodack Landing, Schoharie, Selkirk, Sharon Springs, Slingerlands, Sloansville, Sprakers, Stamford, Summit, Troy, Voorheesville, Warnerville, Waterford, Watervliet, West Fulton, West Sand Lake, Westerlo, Wynantskill

## State Congressional District Definitions

### Congressional District #22

**Counties:** Broome County, Chenango County, Delaware County, Dutchess County, Orange County, Sullivan County, Tioga County, Tompkins County, Ulster County

**Cities:** Accord, Afton, Apalachin, Arkville, Barryville, Barton, Bearsville, Bethel, Big Indian, Binghamton, Bloomingburg, Bloomington, Boiceville, Brooktondale, Callicoon, Campbell Hall, Candor, Chichester, Circleville, Claryville, Clintondale, Cochecton, Cochecton Center, Conklin, Cottekill, Cuddebackville, Deposit, East Branch, Eldred, Ellenville, Endicott, Fallsburg, Ferndale, Forestburgh, Fremont Center, Gardiner, Glen Spey, Glen Wild, Glenford, Grahamsville, Greenfield Park, Hancock, Hankins, Harpursville, Harris, High Falls, Highland, Highland Lake, Hurley, Hurleyville, Ithaca, Jeffersonville, Johnson City, Kerhonkson, Kiamesha Lake, Kingston, Kirkwood, Lake Hill, Lake Huntington, Lake Katrine, Liberty, Livingston Manor, Loch Sheldrake, Lockwood, Long Eddy, Margaretville, Marlboro, Masonville, Maybrook, Middletown, Milton, Modena, Mongaup Valley, Montgomery, Monticello, Mount Marion, Mount Tremper, Mountain Dale, Napanoch, Narrowsburg, Neversink, New Paltz, New Windsor, Newburgh, Newfield, Nichols, Nineveh, North Branch, Olivebridge, Owego, Parksville, Phoenicia, Pine Bush, Pond Eddy, Port Ewen, Poughkeepsie, Rock Hill, Rock Tavern, Roscoe, Rosendale, Saugerties, Shandaken, Shokan, Sidney Center, South Fallsburg, Sparrow Bush, Spencer, Stone Ridge, Swan Lake, Thompson Ridge, Tillson, Ulster Park, Vestal, Walden, Walkill, Walton, Waverly, West Hurley, West Shokan, White Lake, White Sulphur Springs, Willow, Willseyville, Windsor, Woodbourne, Woodridge, Woodstock, Wurtsboro, Youngsville, Yulan

### Congressional District #23

**Counties:** Cayuga County, Clinton County, Essex County, Franklin County, Fulton County, Hamilton County, Herkimer County, Jefferson County, Lewis County, Madison County, Montgomery County, Oneida County, Onondaga County, Oswego County, St. Lawrence County

**Cities:** Adams, Adams Center, Alder Creek, Alexandria Bay, Altmar, Altona, Amsterdam, Antwerp, Au Sable Forks, Ava, Bernhards Bay, Black River, Bloomingdale, Blossvale, Blue Mountain Lake, Bombay, Boonville, Bouckville, Brasher Falls, Bridgeport, Brier Hill, Broadalbin, Brookfield, Brushton, Burke, Cadyville, Calcium, Camden, Canastota, Canton, Cape Vincent, Caroga Lake, Carthage, Castorland, Cazenovia, Central Square, Champlain, Chase Mills, Chateaugay, Chaumont, Chazy, Childwold, Chittenango, Churubusco, Clayton, Cleveland, Colton, Constable, Constableville, Constantia, Copenhagen, Croghan, Crown Point, De Kalb Junction, De Peyster, De Ruyter, Dexter, Dickinson Center, Dolgeville, Durhamville, Earlville, Eaton, Edwards, Elizabethtown, Ellenburg Center, Ellenburg Depot, Erieville, Essex, Evans Mills, Felts Mills, Fine, Forestport, Fort Covington, Fort Drum, Fort Johnson, Fort Plain, Fulton, Georgetown, Glenfield, Gloversville, Gouverneur, Hamilton, Hammond, Hannibal, Harrisville, Hastings, Henderson, Hermon, Heuvelton, Hoffmeister, Hogansburg, Hubbardsville, Indian Lake, Inlet, Jay, Johnstown, Keeseville, Kirkville, La Fargeville, Lacona, Lake Clear, Lake Placid, Lake Pleasant, Lee Center, Lewis, Lisbon, Long Lake, Lorraine, Lowville, Lyon Mountain, Lyons Falls, Madison, Madrid, Malone, Manlius, Mannsville, Martville, Massena, Mayfield, Mexico, Minerva, Mineville, Moira, Mooers, Mooers Forks, Moriah, Moriah Center, Morrisonville, Morrisville, Munnsville, Natural Bridge, New Russia, New Woodstock, Newcomb, Nicholville, Norfolk, North Bangor, North Brookfield, North Hudson, North Lawrence, Northville, Norwood, Ogdensburg, Olmstedville, Oneida, Oriskany Falls, Oswegatchie, Oswego, Owls Head, Paradox, Parish, Parishville, Paul Smiths, Pennellville, Peru, Philadelphia, Phoenix, Piseco, Plattsburgh, Plessis, Port Henry, Port Leyden, Potsdam, Pulaski, Raquette Lake, Redfield, Redwood, Remsen, Rensselaer Falls, Richland, Richville, Rodman, Rome, Rouses Point, Russell, Sackets Harbor, Saint Johnsville, Saint Regis Falls, Sandy Creek, Saranac, Saranac Lake, Schuylers Falls, South Colton, Speculator, Star Lake, Stratford, Taberg, Theresa, Three Mile Bay, Ticonderoga, Tupper Lake, Turin, Upper Jay, Vermontville, Waddington, Watertown, Wellesley Island, Wells, West Chazy, West Edmeston, West Leyden, West Monroe, West Winfield, Westdale, Westport, Williamstown, Willsboro, Winthrop

### Congressional District #24

**Counties:** Broome County, Cayuga County, Chenango County, Cortland County, Delaware County, Fulton County, Herkimer County, Lewis County, Madison County, Montgomery County, Oneida County, Onondaga County, Ontario County, Otsego County, Seneca County, Tioga County, Tompkins County, Wayne County

**Cities:** Afton, Alder Creek, Auburn, Aurora, Ava, Bainbridge, Barneveld, Barton, Berkshire, Binghamton, Blossvale, Boonville, Brooktondale, Burlington Flats, Candor, Cassville, Castle Creek, Cato, Cayuga, Chadwicks, Chenango Forks, Cherry Valley, Cincinnatus, Clayville, Clinton, Clyde, Cold Brook, Cooperstown, Cortland, De Ruyter, Deansboro, Dolgeville, Dryden, Durhamville, Eagle Bay, Earlville, East Springfield, Edmeston, Endicott, Fly Creek, Forestport, Fort Plain, Frankfort, Freeville, Garrattsville, Geneva, Genoa, Georgetown, Gilbertsville, Glen Aubrey, Greene, Groton, Guilford, Harpursville, Hartwick, Herkimer, Holland Patent, Homer, Ilion, Interlaken, Ithaca, Johnson City, Jordan, Jordanville, King Ferry, Lansing, Laurens, Lee Center, Lisle, Little Falls, Locke, Lodi, Lowville, Lyons, MC Donough, MC Graw, Madison, Maine, Marathon, Marcy, Middleville, Milford, Mohawk, Moravia, Morris, Mount Upton, Mount Vision, New Berlin, New Hartford, New York Mills, Newark Valley, Newfield, Newport, Nichols, Nineveh, North Pitcher, Norwich, Old Forge, Oneida, Oneonta, Oriskany, Oriskany Falls, Otego, Ovid, Owego, Oxford, Phelps, Pitcher, Plymouth, Poland, Port Byron, Port Crane, Preble, Remsen, Richfield Springs, Richford, Rome, Romulus, Salisbury Center, Sauquoit, Scipio Center, Seneca Falls, Sherburne, Sherrill, Sidney, Skaneateles, Slaterville Springs, Smithville Flats, Smyrna, South New Berlin, South Otselic, South Plymouth, Spencer, Springfield Center, Stittville, Stratford, Trumansburg, Truxton, Tully, Unadilla, Union Springs, Utica, Van Hornesville, Vernon, Vernon Center, Verona, Waterloo, Waterville, Weedsport, Wells Bridge, West Edmeston, West Oneonta, West Winfield, Westernville, Westmoreland, Whitesboro, Whitney Point, Willet, Willseyville, Windsor, Yorkville

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## State Congressional District Definitions

### Congressional District #25

**Counties:** Cayuga County, Cortland County, Madison County, Monroe County, Onondaga County, Oswego County, Wayne County

**Cities:** Auburn, Baldwinsville, Brewerton, Bridgeport, Camillus, Cato, Cazenovia, Central Square, Chittenango, Cicero, Clay, Clyde, De Ruyter, East Syracuse, Elbridge, Fabius, Fairport, Fayetteville, Homer, Jamesville, Jordan, Kirkville, La Fayette, Liverpool, Lyons, Macedon, Manlius, Marcellus, Marietta, Marion, Martville, Memphis, Minoa, Nedrow, New Woodstock, Newark, North Rose, Ontario, Oswego, Palmyra, Penfield, Phoenix, Port Byron, Preble, Red Creek, Rochester, Savannah, Skaneateles, Sodus, Sodus Point, Sterling, Syracuse, Truxton, Tully, Walworth, Warners, Webster, Weedsport, Williamson, Wolcott

### Congressional District #26

**Counties:** Allegany County, Erie County, Genesee County, Livingston County, Monroe County, Niagara County, Ontario County, Orleans County, Steuben County, Wyoming County

**Cities:** Akron, Albion, Alden, Alexander, Appleton, Arcade, Attica, Avon, Barker, Basom, Batavia, Bergen, Bliss, Bowmansville, Brockport, Buffalo, Byron, Caledonia, Canaseraga, Castile, Chaffee, Churchville, Clarence, Clarence Center, Conesus, Corfu, Cowlesville, Dale, Dalton, Dansville, Darien Center, Depew, East Amherst, East Bethany, Elba, Elma, Gainesville, Gasport, Geneseo, Getzville, Groveland, Hamlin, Hemlock, Hilton, Holley, Honeoye Falls, Hunt, Java Center, Java Village, Kent, Lakeville, Lancaster, Le Roy, Leicester, Lima, Livonia, Lockport, Lyndonville, Medina, Middleport, Mount Morris, Naples, Niagara Falls, North Chili, North Java, North Tonawanda, Nunda, Oakfield, Pavilion, Perry, Piffard, Portageville, Ransomville, Rochester, Sanborn, Scottsburg, Scottsville, Silver Springs, Spencerport, Springwater, Stafford, Strykersville, Tonawanda, Varysburg, Warsaw, Waterport, Wayland, Wyoming

### Congressional District #27

**Counties:** Cattaraugus County, Chautauqua County, Erie County, Wyoming County

**Cities:** Alden, Angola, Ashville, Bemus Point, Boston, Bowmansville, Brocton, Buffalo, Cassadaga, Chaffee, Cherry Creek, Clymer, Colden, Collins, Conewango Valley, Depew, Derby, Dewittville, Dunkirk, East Aurora, East Concord, Eden, Elma, Falconer, Findley Lake, Forestville, Fredonia, Frewsburg, Gerry, Glenwood, Gowanda, Hamburg, Holland, Irving, Jamestown, Kennedy, Lake View, Lakewood, Lancaster, Lawtons, Marilla, Mayville, North Collins, Orchard Park, Panama, Portland, Ripley, Sardinia, Sherman, Silver Creek, Sinclairville, South Dayton, South Wales, Springville, Stockton, Strykersville, Tonawanda, West Falls, Westfield

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## State Congressional District Definitions

### Congressional District #28

**Counties:** Erie County, Monroe County, Niagara County, Orleans County

**Cities:** Albion, Appleton, Barker, Brockport, Buffalo, Burt, East Rochester, Fairport, Grand Island, Hamlin, Hilton, Holley, Kendall, Kent, Lewiston, Lockport, Lyndonville, Newfane, Niagara Falls, Penfield, Pittsford, Ransomville, Rochester, Sanborn, Tonawanda, Waterport, Wilson, Youngstown

### Congressional District #29

**Counties:** Allegany County, Cattaraugus County, Chautauqua County, Chemung County, Erie County, Livingston County, Monroe County, Ontario County, Schuyler County, Steuben County, Tioga County, Tompkins County, Wayne County, Wyoming County, Yates County

**Cities:** Addison, Alfred, Alfred Station, Allegany, Alma, Almond, Alpine, Andover, Angelica, Arcade, Arkport, Atlanta, Avoca, Avon, Bath, Beaver Dams, Belfast, Bellona, Belmont, Big Flats, Black Creek, Bliss, Bloomfield, Bolivar, Bradford, Branchport, Breesport, Burdett, Cameron, Cameron Mills, Campbell, Canandaigua, Canaseraga, Caneadea, Canisteo, Cattaraugus, Cayuta, Ceres, Chaffee, Chemung, Churchville, Clifton Springs, Cohocton, Conewango Valley, Corning, Cuba, Dalton, Dansville, Delevan, Dresden, Dundee, East Otto, East Rochester, Ellicottville, Elmira, Erin, Fairport, Farmersville Station, Farmington, Fillmore, Franklinville, Freedom, Frewsburg, Friendship, Geneva, Gowanda, Great Valley, Greenwood, Hammondsport, Hector, Hemlock, Henrietta, Himrod, Hinsdale, Honeoye, Honeoye Falls, Hornell, Horseheads, Houghton, Hunt, Ionia, Irving, Jasper, Kennedy, Keuka Park, Kill Buck, Lima, Limestone, Lindley, Little Genesee, Little Valley, Livonia, Lockwood, Lowman, Lyons, Macedon, Machias, Manchester, Mendon, Middlesex, Millport, Montour Falls, Naples, Newark, North Chili, Odessa, Olean, Painted Post, Palmyra, Penfield, Penn Yan, Perrysburg, Phelps, Pine City, Pine Valley, Pittsford, Portageville, Portville, Prattsburgh, Pulteney, Randolph, Rexville, Rochester, Rock Stream, Rush, Rushford, Rushville, Salamanca, Savona, Scio, Scottsville, Shortsville, South Dayton, Springville, Springwater, Stanley, Swain, Troupsburg, Trumansburg, Van Etten, Victor, Watkins Glen, Waverly, Wayland, Wellsburg, Wellsville, West Henrietta, West Valley, Whitesville, Woodhull

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## **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.

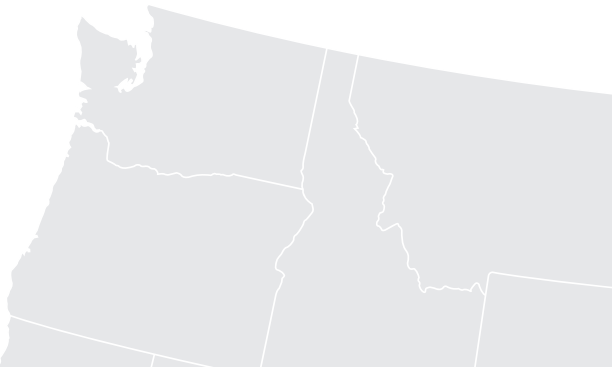
**Position Scale:**

For detailed descriptions of the domains, visit the methodology section of [www.well-beingindex.com](http://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

[www.well-beingindex.com](http://www.well-beingindex.com)

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