The Gallup-Sharecare Wellbeing Index includes more than 2.5 million surveys, and aims to capture how Americans feel about their daily lives, how wellbeing varies by state, and which states lead (and lag) across the five essential elements of wellbeing. This week, Gallup-Sharecare released their 2017 Wellbeing Index rankings. While South Dakota claimed the top spot, with a wellbeing score of 64.1 (out of 100 possible points), Minnesota came in at #4 (up for #9 in 2016).

The five elements are:
• **Purpose (formerly Career**): liking what you do each day and being motivated to achieve your goals
• **Social**: having supportive relationships in your life
• **Financial**: effectively managing your economic life to reduce stress and increase security
• **Physical**: having good health and enough energy to get things done on a daily basis
• **Communit**y: liking where you live, feeling safe, having pride and being engaged in your community

This year, SWWC refocused their wellness initiatives around these five essential elements of wellbeing, and the program has been renamed Live Well. This program provides school districts (and CCOGAs) monies to be used to incorporate the five essential elements of wellbeing into their districts employee wellness programs. We also tied the individual employee incentive program to the districts employer-sponsored wellbeing activities. Under this model, employees (on the district-sponsored health plan) are eligible to receive a $250 incentive (as a contribution to a VEBA or HSA) for participation in those wellbeing activities. For more information, or to participate in the future, please contact Kari Bailey, Regional Wellness Specialist, at kari.bailey@swsc.org or 507-537-2292.

Wellbeing Scores in US States 2017
Highest Wellbeing States

1.	South Dakota	64.10
2.	Vermont	64.09
3.	Hawaii	63.39
4.	Minnesota	63.12
5.	North Dakota	63.06
6.	Colorado	62.87
7.	New Hampshire	62.80
8.	Idaho	62.79
9.	Utah	62.75
10.	Montana	62.56

Read the full report to learn more!