

Which House member has the most contented constituents? That would be California Democrat Anna Eshoo.

The most optimistic? California Republican John Campbell.

The happiest? Georgia Republican Tom Price.

Those findings are just a few of the interesting tidbits tucked into the [Gallup-Healthways Index AHIP Congressional Report](#)

. Conducted by Gallup for Healthways, a Nashville-based health care manager, the report combines data from each of the roughly 1,000 surveys the polling firm conducts daily to create a composite index of well-being for each of the 435 congressional districts based on five categories.

California led the way in the more positive categories. Not only did Eshoo's 14th Congressional District rank tops in terms of overall well-being, it also finished first on the survey's work environment index, which tracks job satisfaction.

In addition to California, districts in Utah and Hawaii also finished consistently higher than those of other states when it comes to well-being and livability.

Among the other five indexes (life evaluation, emotional health, physical health, healthy behavior and basic access), two other California districts earned top billing.

Campbell's constituents in California's 48th District finished on top of the life evaluation index, which combines data on which rung of the social ladder the district's residents see themselves and where they think they will be in five years.

Meanwhile, Democrat Sam Farr, who represents California's 17th, can lay claim to the best-intentioned title, as his district topped the health behavior index, a measure of smoking, eating and exercise habits.

"California does very well as a state," said Amy Neftzger, the director of surveys for Healthways. "Almost all of California is in the top 25 percent."

The one exception for the state is Rep. Lucille Roybal-Allard (D), whose Los Angeles-area 34th District ranks as both the saddest and the angriest.

According to census data, residents of the district have an average household income that's nearly \$15,000 lower than the national average. In addition, the district ranks significantly lower in the number of residents without a high school or college education and reports a high level of unemployment.

Other districts with bragging rights:

- Hawaii's 1st District, home of Democratic Rep. Neil Abercrombie, and Georgia's 6th, represented by Price, ranked highest in emotional and physical health.
- Republican Rep. Rodney Frelinghuysen's 11th District of New Jersey led in basic access to resources the survey deemed necessary to well-being.
- Price's Georgia district also stood out as the happiest, with 93.5 percent of respondents saying they experienced happiness during the previous day, compared with 87.8 percent nationally.
- Democrat Silvestre Reyes can lay claim to representing the fittest district, as 64.6 percent of those residing in Texas' 16th District exercise for at least 30 minutes three or more times a week, nearly 15 percentage points higher than the national average.

Though the data reflected well on several districts, wellness numbers around the country are down across the board. "It's dropped significantly for both men and women," said Neftzger. "If you track people's daily moods, you see a sharp decline corresponding to when the economy dropped off."

While some districts have reason to cheer, those ranking at the bottom of some categories are looking at some troubling statistics. In Louisiana's 2nd, for example, only 36.6 percent of Republican Rep. Anh "Joseph" Cao's constituents feel safe walking home at night, which is the lowest proportion in the nation.

Overall, Republican Rep. Hal Rogers' 5th District of Kentucky ranked at the bottom of the well-being index. Rogers' district also finished with the second-highest percentage of smokers, getting edged only by Republican Edward Whitfield's 1st District of Kentucky, where just over a third of the constituents smoke.

The two Kentucky districts are joined by a slew of other Appalachian districts ranking toward the bottom in many categories, though each state had only a smattering of poorly performing areas.

"The states themselves aren't doing well or doing poorly," Neftzger said. "There are pockets within each state, so you get a wide range of results."

One of the worst-performing districts in addition to Rogers' belongs to Democratic Rep. Ruben Hinojosa: Texas' 15th. That district has the highest percentage of obesity — 12.7 percentage points higher than the national average — as well as the lowest percentage of those without health insurance. Nearly 54 percent of those polled in the district say they have health coverage, almost 30 percentage points off the national average of 84.7 and 44.1 percentage points behind Massachusetts' 7th District, the nation's leader.

The most stressed district in the nation may come as little surprise to Obama administration officials who work in the West Wing of the White House: It's Illinois' 5th, formerly represented

White House chief of staff Rahm Emanuel.

Correction: An earlier version of this story misstated the percentage of Republican Rep. Anh “Joseph” Cao’s constituents who feel safe walking home at night.