

The state of vitality in America 2024

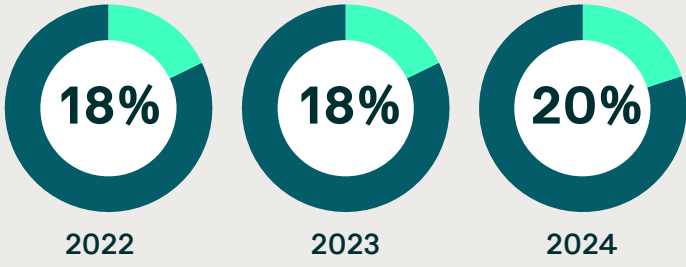


Health and vitality trends

Average vitality scores remain consistent, around

67 out of 100

But more people report high vitality:



Women's perception of health remains below their male counterparts:

Excellent/very good overall health



Positive shift emerges with Gen Z adults:



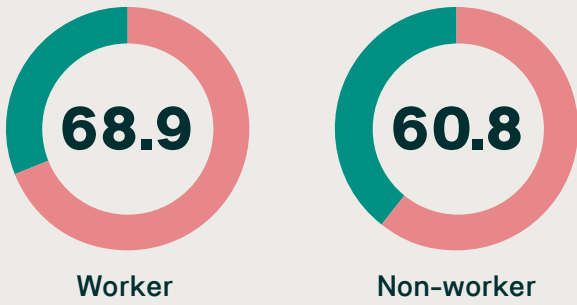
Sleep quality highly correlates with vitality:

Wake up feeling well rested



Workforce vitality

Worker vs. non-worker vitality scores:



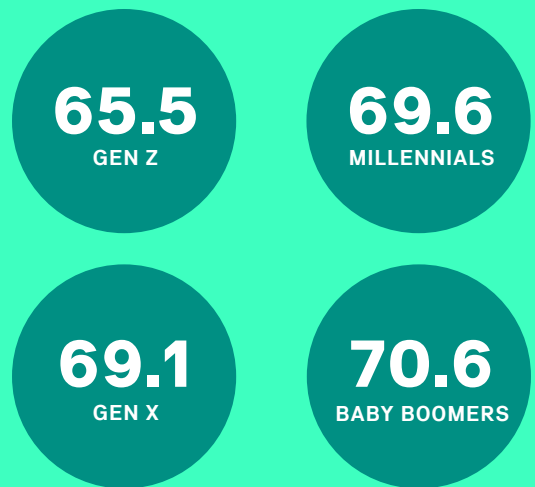
High vitality linked to higher job satisfaction and performance:



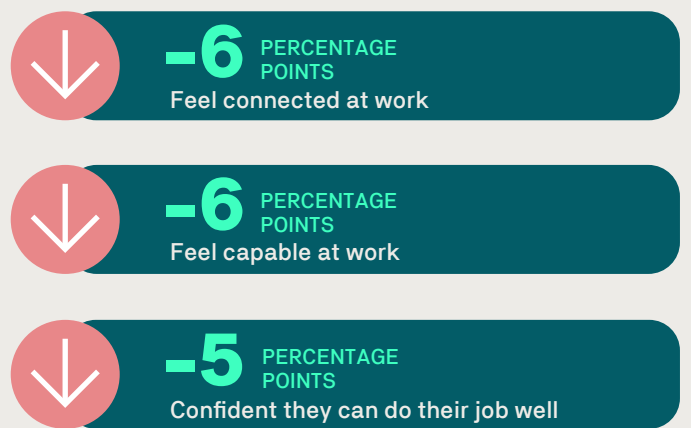
Influencers of work vitality:



Gen Z adults in the workforce have the lowest vitality



Women have experienced a decline in workforce vitality since 2022:



Gain a deeper understanding of the challenges and opportunities for improving health outcomes and quality of life.

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