Well-being Assessment (Adult - 12 items) - 100 Million Healthier Lives

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100 Million Healthier Lives, convened by the Institute for Healthcare Improvement

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Thank you for participating in the 100 Million Healthier Lives initiative. Please circle the answer that best represents your response to the questions below.

For the first three questions please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the **best possible life for you** and the bottom of the ladder represents the **worst possible life for you**.

1. **On which step of the ladder would you say you personally feel you stand at this time?**

   - Worst possible
   - Best possible

   0 1 2 3 4 5 6 7 8 9 10

2. **On which step do you think you will stand about five years from now?**

   - Worst possible
   - Best possible

   0 1 2 3 4 5 6 7 8 9 10

3. **Now imagine the top of the ladder represents the best possible financial situation for you, and the bottom of the ladder represents the worst possible financial situation for you. Please indicate where on the ladder you stand right now.**

   - Worst possible
   - Best possible

   0 1 2 3 4 5 6 7 8 9 10

4. **In general, how would you rate your physical health?**

   - Poor
   - Excellent

   0 1 2 3 4 5 6 7 8 9 10

5. **How would you rate your overall mental health?**

   - Poor
   - Excellent

   0 1 2 3 4 5 6 7 8 9 10

6. **For at least the past 6 months, to what extent have you been limited because of a health problem in activities people usually do?**

   - Not limited at all
   - Severely limited

   0 1 2 3 4 5 6 7 8 9 10
7. I have a sense of direction and purpose in life.
   | Strongly disagree |...| Strongly agree |
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

8. How often do you feel lonely?
   | Never |...| Always |
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

9. How would you describe your sense of belonging to your local community?
   | Very weak |...| Very strong |
   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

10. If you were in trouble, do you have relatives or friends you can count on to help you whenever you need them, or not?
    | Never |...| Always |
    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

11. During the past two weeks, how often have you experienced positive emotions such as joy, affection, or hope?
    | Never |...| Always |
    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

12. During the past two weeks, how often have you experienced negative emotions such as sadness, worry, or despair?
    | Never |...| Always |
    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
Name (optional) ________________________________
Month ___ ___ Day ___ ___ Year ___ ___ ___ ___

Optional Sociodemographic Items

S1. What is your gender?
- Man
- Woman
- Transgender Man
- Transgender Woman
- Nonbinary
- Other ___________
- Prefer Not to Identify

S2. What is your age? ________ years

Please answer the question about Hispanic, Latino, and/or Spanish origin, the question about Middle Eastern and/or North African origin, AND the question about race. For this survey, Hispanic, Latino, and/or Spanish origins and Middle Eastern and/or North African origins are not races.

S3. Are you of Hispanic, Latino, and/or Spanish origin?
- No, not of Hispanic, Latino, or Spanish origin
- Yes, of Hispanic, Latino, and/or Spanish origin

S4. Are you of Middle Eastern and/or North African origin?
- No, not of Middle Eastern or North African origin
- Yes, of Middle Eastern and/or North African origin

S5. Which one or more of the following would you say is your race (select all that apply)?
- American Indian or Alaska Native
- Asian
- Black or African American
- Pacific Islander
- White
- Other
S6 What is the highest grade or level of education you completed?
- Never attended school or only attended kindergarten
- Grades 1-8
- Some high school
- High school degree or GED
- Some college or technical school
- College degree
- Some postgraduate
- Postgraduate degree

S7. What is the ZIP Code where you live? ____________