Well-being Assessment (Youth) - 100 Million Healthier Lives
Authors

Matthew C. Stiefel, MPA, MS: Senior Director, Center for Population Health, Kaiser Permanente

Carley L. Riley, MD, MPP, MHS, FAAP: Assistant Professor, University of Cincinnati Department of Pediatrics; Attending Physician, Cincinnati Children’s Hospital

Brita Roy, MD, MPH, MHS: Assistant Professor, Yale Schools of Medicine and Public Health; Director of Population Health, Yale Medicine

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

Citation:


This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License. To view a copy of the license, visit https://creativecommons.org/licenses/by-sa/4.0/

Attribute to:

Matthew C. Stiefel, MPA, MS: Senior Director, Center for Population Health, Kaiser Permanente
Carley L. Riley, MD, MPP, MHS, FAAP: Assistant Professor, University of Cincinnati Department of Pediatrics; Attending Physician, Cincinnati Children’s Hospital
Brita Roy, MD, MPH, MHS: Assistant Professor, Yale Schools of Medicine and Public Health; Director of Population Health, Yale Medicine

100 Million Healthier Lives, convened by the Institute for Healthcare Improvement
Well-being Assessment (Youth) - 100 Million Healthier Lives

For the first 11 questions, select the answer that best applies to you. There are no right or wrong answers.

1. 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. Indicate on which step of the ladder you feel you personally stand right now.

   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?

   0 1 2 3 4 5 6 7 8 9 10

3. If something interests me, I try to learn more about it.

   Strongly Agree  Somewhat Agree  Neither Agree Nor Disagree  Somewhat Disagree  Strongly Disagree

4. My life will make a difference in the world.

   Strongly Agree  Somewhat Agree  Neither Agree Nor Disagree  Somewhat Disagree  Strongly Disagree

5. I feel I am an important part of my community.

   Strongly Agree  Somewhat Agree  Neither Agree Nor Disagree  Somewhat Disagree  Strongly Disagree

6. I like coming up with new ways to solve problems.

   Exactly Like Me  A Lot Like Me  Somewhat Like Me  A Little Like Me  Not At All Like Me

7. If I set goals, I take action to reach them.

   Exactly Like Me  A Lot Like Me  Somewhat Like Me  A Little Like Me  Not At All Like Me

8. Setbacks don’t discourage me.

   Exactly Like Me  A Lot Like Me  Somewhat Like Me  A Little Like Me  Not At All Like Me
9. I have:

- A friend who I can count on to be there for me.  
  - Yes  
  - No
- A family member who I can count on to be there for me.  
  - Yes  
  - No
- An adult in my life who cares about my future.  
  - Yes  
  - No
- At least one teacher who makes me excited about the future.  
  - Yes  
  - No

10. In general, how would you rate your emotional health?

- Excellent  
- Very Good  
- Good  
- Fair  
- Poor

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

- Excellent  
- Very Good  
- Good  
- Fair  
- Poor

For the final 7 questions please provide demographic information about yourself.

12. What is your age? __________ years

13. What is your gender?  
- Male  
- Female  
- Transgender  
- Other

14. Which one or more of the following would you say is your race/ethnicity?  
(select all that apply)

- White  
- Black or African American  
- American Indian or Alaska Native  
- Asian  
- Pacific Islander  
- Middle Eastern or North African  
- Hispanic or Latino/a  
- Other

15. Are you currently in school?  

- Yes
- No

16. If you are currently in school, in what grade are you now?  

- 6th Grade  
- 7th Grade  
- 8th Grade  
- 9th Grade  
- 10th Grade  
- 11th Grade  
- 12th Grade  
- Ungraded or other grade  
- Enrolled in GED classes  
- College classes
17. If you are not currently in school, what is the highest level of education you have completed?

- No schooling completed
- Nursery school
- Kindergarten
- 1st Grade
- 2nd Grade
- 3rd Grade
- 4th Grade
- 5th Grade
- 6th Grade
- 7th Grade
- 8th Grade
- 9th Grade
- 10th Grade
- 11th Grade
- 12th Grade
- GED or Alternative Credential
- Some College
- Associate’s Degree (e.g., AA, AS)
- Bachelor’s Degree (e.g., BA, BS)
- Master’s Degree (e.g., MA, MS, MEng, MEd, MSW, MBA)
- Professional Degree beyond a Bachelor’s Degree (e.g., MD, DDS, DVM, LLB, JD)
- Doctorate Degree (e.g., PhD, EdD)

18. What is the ZIP code where you live? ___________