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

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

Suggested citation:
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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.

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Somewhat Agree</th>
<th>Neither Agree Nor Disagree</th>
<th>Somewhat Disagree</th>
<th>Strongly Disagree</th>
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4. My life will make a difference in the world.

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

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

<table>
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<tr>
<th>Exactly Like Me</th>
<th>A Lot Like Me</th>
<th>Somewhat Like Me</th>
<th>A Little Like Me</th>
<th>Not At All Like Me</th>
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7. If I set goals, I take action to reach them.

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8. Setbacks don’t discourage me.

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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 □ Ungraded or other grade
    □ 7th Grade □ Enrolled in GED classes
    □ 8th Grade □ College classes
    □ 9th Grade
    □ 10th Grade
    □ 11th Grade
    □ 12th Grade
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? ______________