

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



100 Million  
Healthier Lives

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Healthcare  
Improvement

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

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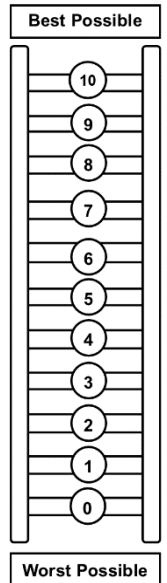
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## Well-being Assessment (Youth) - 100 Million Healthier Lives

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

Strongly Agree	Somewhat Agree	Neither Agree Nor Disagree	Somewhat Disagree	Strongly Disagree
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5. **I feel I am an important part of my community.**

Strongly Agree	Somewhat Agree	Neither Agree Nor Disagree	Somewhat Disagree	Strongly Disagree
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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
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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
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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
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**9. I have:**

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

- 6<sup>th</sup> Grade
- 7<sup>th</sup> Grade
- 8<sup>th</sup> Grade
- 9<sup>th</sup> Grade
- 10<sup>th</sup> Grade
- 11<sup>th</sup> Grade
- 12<sup>th</sup> 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
- 1<sup>st</sup> Grade
- 2<sup>nd</sup> Grade
- 3<sup>rd</sup> Grade
- 4<sup>th</sup> Grade
- 5<sup>th</sup> Grade
- 6<sup>th</sup> Grade
- 7<sup>th</sup> Grade
- 8<sup>th</sup> Grade
- 9<sup>th</sup> Grade
- 10<sup>th</sup> Grade
- 11<sup>th</sup> Grade
- 12<sup>th</sup> 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? \_\_\_\_\_**