

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



CONVENED BY  Institute for
Healthcare
Improvement

Support
provided by



Robert Wood Johnson
Foundation

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

Tasha Straszewski, PhD, MA: Data Analyst Graduate Intern, Center for Population Health, Kaiser Permanente

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

Citation:

Stiefel MC, Riley CL, Roy B, Straszewski T. *Well-being Assessment (Adult – 12 Items) – 100 Million Healthier Lives*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2020. (Available at www.ihl.org/100MLives)



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

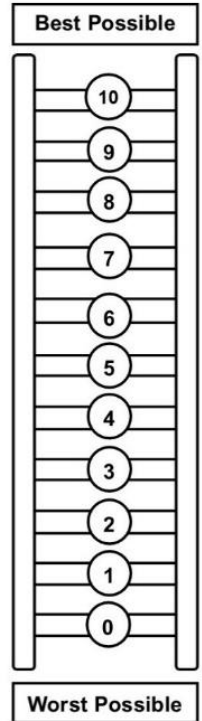
Brita Roy, MD, MPH, MHS, Assistant Professor, Yale Schools of Medicine and Public Health; Director of Population Health, Yale Medicine

Tasha Straszewski, PhD, MA, Data Analyst Graduate Intern, Center for Population Health, Kaiser Permanente. 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement

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

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

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? _____