

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

Adult Well-Being Assessment

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**.

Best Possible	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	
Worst Possible	

1. Indicate where on 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. 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.

0 1 2 3 4 5 6 7 8 9 10

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

Excellent Very Good Good Fair Poor

5. In general, how would you rate your mental health, including your mood and your ability to think?

Excellent Very Good Good Fair Poor

6. How often do you get the social and emotional support you need?

Always Usually Sometimes Rarely Never

7. How strongly do you agree with this statement? “I lead a purposeful and meaningful life.”

Strongly Agree	Agree	Slightly Agree	Neither Agree nor Disagree	Slightly Disagree	Disagree	Strongly Disagree
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8. What is your age? _____ years**9. What is your gender?** Male Female Transgender Other**10. Are you of Hispanic, Latino/a, or Spanish origin?** Yes No**a. If YES, are you? (select all that apply)**

Mexican, Mexican American, Chicano/a	Puerto Rican	Cuban	Another Hispanic, Latino/a, or Spanish Origin
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11. Which one or more of the following would you say is your race? (select all that apply)

White	Black or African American	American Indian or Alaska Native	Asian: • Asian Indian • Chinese • Filipino • Japanese • Korean • Vietnamese • Other Asian	Pacific Islander: • Native Hawaiian • Guamanian or Chamorro • Samoan • Other Pacific Islander	Other
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12. What is the highest grade or year of school you completed?

Never attended school or only attended kindergarten	Grades 1-8 (Elementary- middle school)	Grades 9-11 (Some high school)	Grade 12 or GED (High school graduate)	College 1 year to 3 years (Some college or technical school)	College 4 years or more (College graduate)
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13. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in the National Guard or Reserves? Yes No**14. What is the ZIP code where you live? _____****Administrative Use Only**

1. ID number: _____

2. Event or location completed: _____

3. How was this assessment completed?

Independently by
respondent

With assistance

Other

