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**.

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.”

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Slightly Agree</th>
<th>Neither Agree nor Disagree</th>
<th>Slightly Disagree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
</table>

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?  

   a. If YES, are you? (select all that apply)

   Mexican, Mexican American, Chicano/a  
   Puerto Rican  
   Cuban  
   Another Hispanic, Latino/a, or Spanish Origin

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

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)

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  
   ____________________________  
   ____________________________