

## GALLUP-HEALTHWAYS WELL-BEING SURVEY

### *Question List Sorted by Index*

#### Evaluation Index

Please imagine a ladder with steps numbered from 0 at the bottom to 10 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. On which step of the ladder would you say you personally feel you stand at this time?

On which step do you think you will stand about five years from now?

#### Physical Health Index

Now, please think about yesterday, from the morning until the end of the day. Think about where you were,



what you were doing, who you were with and how you felt. Did you feel well-rested yesterday?

Were you sick with any of the following yesterday? The flu, a cold, a headache, allergies.

Do you have any health problems that prevent you from doing any of the things people your age normally can do?

During the past 30 days, for about how many days did poor health keep you from doing your usual activities?

Have you ever been told by a doctor or nurse that you have any of the following, or not? How about high blood pressure; high cholesterol; diabetes; depression; heart attack; asthma; cancer.

In the last 12 months, have you had any of the following, or not? Neck or back condition that caused recurring pain; knee or leg condition that caused recurring pain; other condition that caused recurring pain.

Do you have other health problems or conditions?

How many other health problems do you have?

#### Emotional Health Index

Now, please think about yesterday, from the morning until the end of the day. Think about where you were, what you were doing, who you were with and how you felt. Were you treated with respect all day yesterday? Did you smile or laugh a lot yesterday? Did you learn or do something interesting yesterday?

Did you have enough energy to get things done yesterday?

Did you experience the following feelings during A LOT OF THE DAY yesterday? How about enjoyment, physical pain, worry, sadness, stress, anger, happiness?

## Healthy Behavior Index

Do you smoke?

In the last seven days, on how many days did you exercise for 30 minutes or more?

Did you eat healthy all day yesterday?

In the last seven days, on how many days did you have five or more servings of fruit and vegetables?

## Work Environment Index

Are you satisfied or dissatisfied with your job or the work you do?

At work, do you get to use your strengths to do what you do best every day, or not?

Does your supervisor at work treat you more like he or she is your boss or your partner?

Does your supervisor always create an environment that is trusting and open, or not?

## Basic Access Index

Are you satisfied or dissatisfied with the city or area where you live?

Is the city or area where you live getting better or getting worse as a place to live?

In the city or area where you live, is it easy or not easy to get ... ? Clean and safe water, affordable fresh fruit and vegetables, medicine, a safe place to exercise.

Do you feel safe walking alone at night in the city or area where you live?

Do you have a personal doctor?

Have you visited a dentist in the last 12 months?

Do you have health insurance coverage?

Have there been times in the past 12 months when you did not have enough money to buy food that you or your family needed?

Have there been times in the past 12 months when you did not have enough money to provide adequate shelter or housing for you and your family?

Have there been times in the past 12 months when you did not have enough money to pay for healthcare and/or medicines that you or your family needed?

