RWJF Culture of Health Survey

March, 2015

- Questionnaire -

**Introduction**

Thank you for participating in the **Survey on National Health Attitudes**. In this survey, you will be asked some questions about your perspectives on health. You will be asked questions about your health and well-being but also questions about what you think is important for communities in general in the United States. There are no right or wrong answers.

The survey will take about 15-20 minutes to complete. Your responses are confidential and will not be linked to you as an individual. Your answers will be combined with those of other respondents. This survey is completely voluntary. You can skip any questions that you do not wish to answer, and can stop taking the survey at any time.

**These first questions are about what you think influences health.**

**Q1.** Here is a list of some things that may affect people’s health and well-being. Please rate each on a scale from 1 to 5 where 1 means it has no effect on health and 5 means it has a very strong effect.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | No Effect  1 | 2 | 3 | 4 | Very Strong Effect  5 |
| Access to affordable health care |  |  |  |  |  |
| Having a job |  |  |  |  |  |
| Stress |  |  |  |  |  |
| Knowledge about health |  |  |  |  |  |
| Neighborhood options for healthy food and exercise |  |  |  |  |  |
| Having health insurance |  |  |  |  |  |
| Smoking |  |  |  |  |  |
| Amount of social support |  |  |  |  |  |
| Personal health practices (other than smoking) |  |  |  |  |  |
| Physical environment such as clear air or water |  |  |  |  |  |
| Genetic makeup inherited from parents |  |  |  |  |  |
| Income |  |  |  |  |  |
| Community safety |  |  |  |  |  |
| Housing quality |  |  |  |  |  |
| Education |  |  |  |  |  |
| Where a person lives |  |  |  |  |  |
| Personal religion/spirituality |  |  |  |  |  |
| Race/ethnicity |  |  |  |  |  |
| Examples set by people around you |  |  |  |  |  |

SOURCE: Robert and Booske, 2011; revised by NORC.

**Q2.** Sometimes different people in your life affect your decisions or behaviors. For each of the items below, rate how much the behavior of each type of individual would influence or affect the decisions you make about your health. You can answer (Not at all, a little, some, a lot)

How much would each of these influence your own decisions about health?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | A little | Some | A lot |
| **A close friend** who engages in physical activity regularly |  |  |  |  |
| **A close friend** who eats fast food weekly |  |  |  |  |
| **A close friend** who smokes |  |  |  |  |
| **A close friend** who manages stress well |  |  |  |  |
| **A close friend** who only sees doctor when sick |  |  |  |  |
|  |  |  |  |  |
| **A family member** who engages in physical activity regularly |  |  |  |  |
| **A family member** who eats fast food weekly |  |  |  |  |
| **A family member** who smokes |  |  |  |  |
| **A family member** who manages stress well |  |  |  |  |
| **A family member** who only sees doctor when sick |  |  |  |  |
|  |  |  |  |  |
| **A co-worker** who engages in physical activity regularly |  |  |  |  |
| **A co-worker** who eats fast food weekly |  |  |  |  |
| **A co-worker** who smokes |  |  |  |  |
| **A co-worker** who manages stress well |  |  |  |  |
| **A co-worker** who only sees doctor when sick |  |  |  |  |
|  |  |  |  |  |
| **A neighbor** who engages in physical activity regularly |  |  |  |  |
| **A neighbor** who eats fast food weekly |  |  |  |  |
| **A neighbor** who smokes |  |  |  |  |
| **A neighbor** who manages stress well |  |  |  |  |
| **A neighbor** who only sees doctor when sick |  |  |  |  |

SOURCE: Newly developed by NORC and RAND.

**Q3.** How much would you say that the place where you live affects your own personal health?

* A lot
* Some
* Not much
* Not at all

SOURCE: Developed by NORC.

**Q4.** Overall, would you say that you live in a healthy community, an unhealthy one, or one that is somewhere in between?

* Healthy
* Unhealthy
* In-between

SOURCE: Developed by NORC.

**Now we will ask some questions on where you think the U.S. and communities in general should invest resources.**

**Q5.** When it comes to U.S. government spending on health and health care, if you had to balance that spending between helping people get and stay healthy and taking care of people when they get sick, how would you do it?

* More on getting and keeping people healthy
* More on taking care of people when they get sick
* Equal between the two

SOURCE: Harvard School of Public Health, 2011; revised by NORC and the RAND team.

**Q5a.** How much do you think increased spending in helping people get and stay healthy (i.e., prevention) would save the U.S. in the long run in health care costs?

* Not much savings
* A little savings
* Some or modest savings
* Significant savings

SOURCE: Harvard School of Public Health, 2011; revised by NORC and the RAND team.

**Q6\_1.** For the pair of statements below, indicate whether the FIRST statement or the SECOND statement comes closer to your own views — even if neither is exactly right.

* The biggest reason people in America become unhealthy is because they make poor choices that affect their health.
* The biggest reason people in America become unhealthy is because things outside of their control affect their health.

SOURCE: Pew Research Center, 2012; revised by the RAND team to reflect health.

**Q6\_2.** For the pair of statements below, indicate whether the FIRST statement or the SECOND statement comes closer to your own views — even if neither is exactly right.

* The government should do more to make sure that Americans are healthier, even if it means going deeper into debt.
* The government today can't afford to do much more to help Americans be healthier.

SOURCE: Pew Research Center, 2012; revised by the RAND team to reflect health.

**In the following section, we list goals that some people think are important for communities in the U.S. For each, indicate whether you think it should be a top priority, important but not a top priority, or not a priority at all for communities. In these statements, when we refer to ‘communities’, we mean all communities not just your own.**

**Q7.** Should the following be a top priority, important but not a top priority, or not a priority at all for communities?

Making sure that the disadvantaged have an equal opportunity to be healthy.

* Top priority
* Important but not top
* Not a priority at all

SOURCE: NORC, 2015.

**Q8.** Should the following be a top priority, important but not a top priority, or not a priority at all for communities?

Making sure that healthy foods are for sale at affordable prices in communities where they are not. (Choose one).

* Top priority
* Important but not top
* Not a priority at all

SOURCE: NORC, 2015.

Should the following be a top priority, important but not a top priority, or not a priority at all for communities?

**Q9.** Making sure that there are safe, outdoor places to walk and be physically active in communities where there aren’t any.

* Top priority
* Important but not top
* Not a priority at all

SOURCE: NORC, 2015.

Should the following be a top priority, important but not a top priority, or not a priority at all for communities?

**Q10.** Making sure that there is decent housing available for everyone who needs it.

* Top priority
* Important but not top
* Not a priority at all

SOURCE: NORC, 2015.

Should the following be a top priority, important but not a top priority, or not a priority at all for communities?

**Q11.** Making sure that there are bike lanes, sidewalks for walking and public transportation available so that people do not have to always rely on cars.

* Top priority
* Important but not top
* Not a priority at all

SOURCE: Newly developed by the RAND team.

**Q12.** Here are some more statements. Please indicate how much you agree or disagree with each statement.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly Agree |
| Our society should do whatever is necessary to make sure that everyone has an equal opportunity **to succeed** |  |  |  |  |  |
| Our society should do whatever is necessary to make sure that everyone has an equal opportunity **to be healthy** |  |  |  |  |  |
| It is best for society if people are as concerned about the needs of others as they are about their own needs |  |  |  |  |  |
| It would be unjust if some people had more of an opportunity to be healthy than other people |  |  |  |  |  |

SOURCE: Feldman, 1988, is the source for the survey instrument that was last fielded in ANES, 2009, 2013.

**The next questions are about your neighborhood or community and your social support.**

**Q13.** The following statements about community refer to **your neighborhood**. How well do each of the following statements represent how you feel about **this community**? – not at all, somewhat, mostly, or completely.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | Somewhat | Mostly | Completely |
| 1. I can trust people in this community. |  |  |  |  |
| 1. I can recognize most of the members of this community. |  |  |  |  |
| 1. Most community members know me. |  |  |  |  |
| 1. This community has symbols and expressions of membership such as clothes, signs, art, architecture, logos, landmarks, and flags that people can recognize. |  |  |  |  |
| 1. I put a lot of time and effort into being part of this community. |  |  |  |  |
| 1. Being a member of this community is a part of my identity. |  |  |  |  |
| 1. It is very important to me to be a part of this community. |  |  |  |  |
| 1. I am with other community members a lot and enjoy being with them. |  |  |  |  |
| 1. I expect to be a part of this community for a long time. |  |  |  |  |
| 1. Members of this community have shared important events together, such as holidays, celebrations, or disasters. |  |  |  |  |
| 1. I feel hopeful about the future of this community. |  |  |  |  |
| 1. Members of this community care about each other. |  |  |  |  |
| 1. My community can work together to improve its health. |  |  |  |  |
| 1. My community has the resources to improve its health. |  |  |  |  |
| 1. My community works together to make positive change for health. |  |  |  |  |
| 1. I know my neighbors will help me stay healthy. |  |  |  |  |

SOURCE: Items A-L Chavis, Lee, and Acosta, 2008. Items M-P Developed for this survey.

**Q23.** Which of these statements do you agree with most?

[Note this survey was numbered out of order respondents did not see the question number]

* If people in the community worked together it would be easy to make it a healthier place to live
* If people in the community worked together it would not be easy, but it would be possible to make it a healthier place to live
* Even if people in the community worked together, it would be impossible to make it a heathier place to live

SOURCE: NORC, 2015.

**Q14.** How often do you get the social and emotional support you need?

* Always
* Usually
* Sometimes
* Rarely
* Never

SOURCE: BRFSS, 2009, Section 22.

**Q14a.** How often do you get the social and emotional support you need from:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Usually | Sometimes | Rarely | Never |
| Close friends |  |  |  |  |  |
| Family members |  |  |  |  |  |
| Co-workers |  |  |  |  |  |
| Neighbors |  |  |  |  |  |

SOURCE: NORC, 2014, which the RAND team revised to map to other health-interdependence items.

**Sometimes people take care of others who are ailing or who have health needs. For example, these may include elderly relatives, family members with disabilities or chronic disease, friends, or neighbors. In this section, we ask a few questions about that experience. (Please don’t include those who you take care of for pay)**

**Q15.** In a typical month, how often, if ever, do you help others who are ailing or who have health needs, with their daily activities?

* Daily
* Several times a week
* About once a week
* 2-3 times a month
* Once a month
* Never

SOURCE: U.S. Bureau of Labor Statistics, 2014, which the RAND team adapted.

**Q16.** In a typical month, how much do you spend of your own money, if any, helping others who are ailing or who have health needs, with their daily activities?

* $1- $250
* $251 - $500
* $501 - $1,0004
* $1,001 - $2,000
* $2,001 - $3,000
* $3,001 - $5,000
* $5,001 - $10,000
* More than $10,000
* None 1

SOURCE: Newly developed by the RAND team.

[Note: next two questions only asked if respondent reported any amount of care or spending]

**Q17.** What impact, if any, has being a caregiver had on you **financially**?

* Mostly positive
* Somewhat positive
* Equally positive and negative
* Somewhat negative
* Mostly negative
* No impact

 SOURCE: National Alliance for Caregiving and United Healthcare, 2009, which the RAND team modified.

**Q18.** What impact, if any, has being a caregiver had on you **emotionally**?

* Mostly positive
* Somewhat positive
* Equally positive and negative
* Somewhat negative
* Mostly negative
* No impact

 SOURCE: National Alliance for Caregiving and United Healthcare, 2009, which the RAND team modified.

**The next questions are just a few items about you.**

**Q19.** For each of the following statements, please indicate how much you agree or disagree with each statement.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly Agree |
| Most days I feel a sense of accomplishment from what I do |  |  |  |  |  |
| In the past week I felt calm and peaceful |  |  |  |  |  |
| I love learning new things |  |  |  |  |  |
| I generally feel that what I do in my life is valuable and worthwhile |  |  |  |  |  |
| I am always optimistic about my future |  |  |  |  |  |
| Taking all things together, I am generally happy |  |  |  |  |  |
| There are people in my life who really care about me |  |  |  |  |  |
| When things go wrong in my life it generally takes me a long time to get back to normal |  |  |  |  |  |
| In general, I feel very positive about myself |  |  |  |  |  |
| In the past week I had a lot of energy |  |  |  |  |  |

SOURCES: ESS, 2014; Huppert et al., 2009.

**Q20.** Please indicate how much you agree or disagree with each statement.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly Agree |
| I can keep up my daily routine |  |  |  |  |  |
| Health problems stop me carrying out my usual tasks |  |  |  |  |  |
| I do not have any diagnosed health problems |  |  |  |  |  |
| I feel full of energy |  |  |  |  |  |
| My life is in balance |  |  |  |  |  |
| I have a lot of get up and go |  |  |  |  |  |
| I feel physically and emotionally strong |  |  |  |  |  |
| I am confident I can have a positive effect on my health |  |  |  |  |  |
| I have not been able to meet the goals I set for myself to improve my health |  |  |  |  |  |
| I am actively working to improve my health |  |  |  |  |  |
| I reflect about my health a lot. |  |  |  |  |  |
| I'm not very self-conscious about my health. |  |  |  |  |  |
| A strong sense of spirituality has nothing to do with my health |  |  |  |  |  |

SOURCES: Bishop and Yardley, 2010; Lee et al., 2008; Gould, 1988, 1990; Snell et al., 1991; revised by the RAND team.

**Q20\_1.** Please indicate how much you agree or disagree with the following statement:

*I think even if I get involved, I really can’t make a difference on behalf of health in my community.*

* Strongly disagree
* Somewhat disagree
* Neither agree nor disagree
* Somewhat agree
* Strongly agree

SOURCE: Newly developed by the RAND team.

**Q21.** There are many activities that a person could do to influence government decisions about health issues. During the past year have you…?

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Voted for or against a candidate for public office because of his/her position on a health problem or issue |  |  |
| Contributed time or money to an organization working to prevent or cure a specific disease like cancer or HIV/AIDS |  |  |
| Contributed time or money to an organization working to make the community a healthier place to live |  |  |
| Contributed time or money to an organization working to pass a government health law or policy |  |  |
| Volunteered for a group/board/committee/council that addresses health-related issues and activities for my community |  |  |
| Written an email, letter or signed a petition on some health problem or issue |  |  |

SOURCE: Harvard School of Public Health, 2011, which the RAND team revised.