

Health and Well-Being Survey

Age _____ Gender Male Female (circle one)

Height: _____ Weight _____ lbs.

Would you say that in general your health is
Excellent Very good Good Fair Poor (circle one)

Thinking about your physical health, which includes physical illness and injury, for
how many days during the past 30 days was your physical health not good?
_____ days.

Thinking about your mental health, which includes stress, depression and problems with
emotions, for how many days during the past 30 days was your mental
health not good? _____ days.

During the past 30 days for about how many days did poor physical or mental health
keep you from doing your usual activities, such as self-care, work or
recreation? _____ days.

During the past month, did you participate in any physical activities or exercise, such as
running, a sport, gardening or walking for exercise? YES NO

How many servings of fruit or vegetables do you eat each day?
NONE or almost none 1-2 3-4 5 or more

Do you have unmet dental needs, such as decay, pain, need for dentures or other dental
need? YES NO

Do you smoke? YES NO

Have you ever been told by your doctor or health professional that you have

Diabetes _____

Stroke _____

Asthma _____

High cholesterol _____

Angina or coronary artery disease _____

High Blood Pressure _____

Heart Attack _____

PLEASE SEE OTHER SIDE FOR QUESTIONS ABOUT YOUR HEALTH
PROVIDERS

Do you have one person you think of as your personal medical doctor or health care provider to whom you go for problems with your physical health? YES NO

In the last 12 months, about how many times did you see your medical doctor or health provider in an office or outpatient setting for a physical health problem? _____

In the last 12 months, about how many times did you use an emergency room for physical health problems? _____

Was there a time in the past 12 months when you needed medical care but could not get it? YES NO

Have you given permission (e.g. signed release forms) for your mental health provider and your physical health provider to talk to each other or share records? YES NO Would having your physical health provider and mental health provider share information be useful in promoting your overall health? YES NO

Do you talk with your physical health provider about mental health issues? Yes NO

If No, why not (check all that apply)

- Fear of stigma
- Don't see physical health provider often enough
- Physical Health provider doesn't understand MH issues
- Other -----

If your mental and physical health care were integrated, would you prefer

- One location addresses both issues
- Systems separate but Mental Health provider is aware of and supportive of physical health issues
- Systems separate but Physical Health provider aware of and supportive of mental health issues

OTHER QUESTIONS YOU THINK WE SHOULD ASK/COMMENTS

