

**Part B, Attachment 1 – Sources of Survey Items**

Domain/Survey Item	Source	National Survey of Beneficiaries		Wellness Program Participant Surveys		
		Baseline	6- and 12- Month Followup	Baseline	6- Month Followup	12- Month Followup
<b>Health Status</b>						
General Health Status	SF-36	Q.1-11d	Q.1-11d	Q.1-11d	Q.1-11d	Q.1-11d
Vision	Adapted <sup>1</sup> from MCBS	Q.12	N/A	Q.12	N/A	N/A
Hearing		Q.13		Q.13		
Height		Q.14		Q.14		
Weight		Q.15		Q.15		
Arthritis		Q.16		Q.16		
Diabetes	CHIS	Q.17		Q.17		
Pre-diabetes		Q.18		Q.18		
Smoking	Adapted from MCBS	Q.19-20				
Flu Shot	MCAHPS	Q.21	N/A	Q.21	N/A	N/A
Healthy foods	Adapted from TTM	Q. 22	N/A	N/A	N/A	N/A
Weight management		Q. 23		N/A		
Regular exercise		Q. 24		N/A		
Preventing falls		Q. 25		N/A		
Managing chronic conditions		Q. 26		N/A		
Recommendation by provider	Newly Developed	Q. 27		Q.22		
Awareness of wellness programs		Q. 28	Q.23			
<b>Lifestyle Modification</b>						
Participation in wellness programs	Newly Developed	Q.29-33	Q.22	Q.24-25	Q. 22-23b	Q. 22-23b

<sup>1</sup> Question items that were modified from the source are identified as being “adapted.”

**Part B, Attachment 1 – Sources of Survey Items (cont.)**

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		Baseline	6- and 12- Month Followup	Baseline	6- Month Followup	12- Month Followup
<b><i>Making Healthcare Decisions and Self-Efficacy</i></b>						
Getting medical care	MCBS	Q.34	N/A	Q.26	N/A	N/A
Medication review		Q.35		Q.27		
Self-efficacy	Chen	Q.36-43		Q.28-35		
<b><i>Depression</i></b>						
Emotional Well-Being	PHQ-2	Q.44a-b	N/A	Q.36a-b	N/A	N/A
<b><i>Physical Activity</i></b>						
Activity Intensity	RAPA	Q45a-h	Q. 12a-h	Q.37a-h	Q.12a-h	Q. 12a-h
<b><i>Falls and Balance</i></b>						
Falls History	Adapted from HOS	Q46a	Q. 13	Q.38a	Q.13	Q. 13
Falls Injury History	Adapted from BRFSS	Q46b	Q. 14	Q.38b	Q.14	Q. 14
Problem with Balance & Walking	HOS	Q.47	Q. 15	Q.39	Q.15	Q. 15
Doctor's recommendation on fall prevention	HOS	Q.48	N/A	Q.40	N/A	N/A
Fear Of Falls	Da Costa	Q. 49	Q. 16	Q.41	Q.16	Q. 16
Balance Confidence	ABC	Q.50a-f	Q.17a-f	Q.42a-f	Q.17a-f	Q. 17a-f
<b><i>Medications</i></b>						
Medication Adherence	CDSMP	Q.51-54	Q.18-21	Q.43-46	Q.18-21	Q.18-21
<b><i>Getting Help From Others</i></b>						
Social Supports	RAND MOS	Q.55a-d	N/A	Q.47a-d	N/A	N/A

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		Baseline	6- and 12- Month Followup	Baseline	6- Month Followup	12- Month Followup
<b>Demographics</b>						
Gender	HOS	Q.56	N/A	Q.48	N/A	N/A
Ethnicity		Q.57		Q.49		
Race		Q.58		Q.50		
Birth Date		Q.59		Q.51		
English Proficiency		Q.60		Q.52		
Marital Status		Q.61		Q.53		
Education		Q.62		Q.54		
Living Arrangement	Adapted from HOS	Q.63		Q.55		
Living Alone	HOS	Q.64		Q.56		
Employment Status		Q.65		Q.57		
Health Insurance		Q.66		Q.58		
Caregiver Status		Q67-68		Q.59-60		
Transportation Access		Q.69		Q.61		
Survey Completion Person		Q.70		Q.62		
Income Category		Q.71	Q.63			
Personal Verification	Newly Developed	N/A	Q.64a-b			

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		Baseline	6- and 12- Month Followup	Baseline	6- Month Followup	12- Month Followup
<b>Miscellaneous</b>						
Survey Completion Date	Newly Developed	Q.72	Q. 23	Q.65	Q.26	Q.24
Willingness to pay for program	Newly Developed	N/A	N/A	N/A	Q.24	N/A
Best Thing about Program					Q. 25	
Flags for current participation & noncompleter					Q. 27-28	
Ill Health					Q.29	
Unmet health needs Flag					Q.30a-30b	
Reasons for Leaving Program					Q.31a-m	
Other Reasons for Leaving					Q. 32	
Program Improvements					Q.33	

**Legend:**

- ABC: Activities-Specific Balance Confidence (ABC) Scales ([Activities-specific-Balance-Confidence-Scale.rtf](#))
- BRFSS: Behavioral Risk Factor Surveillance System (<http://www.cdc.gov/brfss/>)
- CDSMP: Stanford Chronic Disease Self-Management Program (<http://patienteducation.stanford.edu/research/>)
- Chen: Chen, G., Gully, S. M., & Eden, D. (2001). Validation of a new general self-efficacy scale. *Organizational Research Methods*, 4(1), 62-83. (<http://orm.sagepub.com/content/4/1/62.abstract>)
- CHIS: California Health Interview Survey (<http://healthpolicy.ucla.edu/chis/Pages/default.aspx>)
- da Costa: da Costa, E. M., Pepersack, T., Godin, I., Bantuelle, M., Petit, B., & Levêque, A. (2012). Fear of falling and associated activity restriction in older people. results of a cross-sectional study conducted in a Belgian town. *Archives of public health*, 70(1), 1. (<http://www.ncbi.nlm.nih.gov/pubmed/22958732>)

HOS:	Medicare Health Outcome Survey ( <a href="http://www.hosonline.org/Content/Default.aspx">http://www.hosonline.org/Content/Default.aspx</a> )
MCBS:	Medicare Current Beneficiary Survey ( <a href="http://www.cms.gov/Research-Statistics-Data-and-Systems/Research/MCBS/index.html?redirect=/MCBS">http://www.cms.gov/Research-Statistics-Data-and-Systems/Research/MCBS/index.html?redirect=/MCBS</a> )
MCAHPS:	Medicare Consumer Assessment of Healthcare Providers and Systems ( <a href="http://www.ma-pdpcahps.org/content/homepage.aspx">http://www.ma-pdpcahps.org/content/homepage.aspx</a> )
MEPS:	Medical Expenditure Panel Survey ( <a href="http://meps.ahrq.gov/mepsweb/">http://meps.ahrq.gov/mepsweb/</a> )
N/A:	Not applicable
PHQ-8:	Patient Health Questionnaires ( <a href="http://www.phqscreeners.com/">http://www.phqscreeners.com/</a> )
RAND MOS:	Medical Outcomes Study ( <a href="http://www.rand.org/health/surveys_tools/mos.html">http://www.rand.org/health/surveys_tools/mos.html</a> )
RAPA:	Rapid Assessment of Physical Activity ( <a href="http://depts.washington.edu/hprc/rapa">http://depts.washington.edu/hprc/rapa</a> )
SF-36:	Short Form 36 Health Survey ( <a href="http://www.sf-36.org/">http://www.sf-36.org/</a> )
TTM:	Transtheoretical Model of Behavior Change ( <a href="http://www.umbc.edu/psyc/habits/content/the_model/">http://www.umbc.edu/psyc/habits/content/the_model/</a> )