

BRFSS - Healthy Days Core Module (CDC HRQOL-4)

The CDC HRQOL questions have undergone cognitive testing and demonstrated criterion validity with the Short-Form 36, content and construct validity, predictive validity, internal consistency, test-retest reliability, and measurement invariance in persons with and without disability. The HRQOL measures have been mapped or cross-walked to other scales and can be used to estimate health-preference scores for cost-utility analyses. Validation studies can be accessed at: http://www.cdc.gov/hrqol/publications_topic.htm.

In 2001, a review of quality of life (QOL) indices identified 14 criteria for determining the validity and usefulness of QOL indices for public policy (Hagerty et al 2001). The review rated the CDC HRQOL index favorably as a measure of QOL for the health domain (Hagerty et al 2001).

References:

Hagerty, M.R., Cummins, R.A., Ferriss, A.L., Land, K., Michalos, A.C., Peterson, M., Sharpe, A., Sirgy, J., & Vogel, J. (2001). Quality of life indexes for national policy: review and agenda for research. *Social Indicators Research*, 55, 1-96.

- The CDC Healthy Days measures have been a part of the core BRFSS survey (asked of all respondents) since 1993.
- Access to data: [BRFSS Survey Data \(Year Index\)](#)

Questions:

1. Would you say that in general your health is excellent, very good, good, fair, or poor?
2. Now 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?
3. Now 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?
4. 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?