CHAPTER 18

Health-Related Quality of Life and Well-Being (HRQOL/WB)

Lead Agency
Centers for Disease Control and Prevention

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Goal: Improve health-related quality of life and well-being for all individuals.

This chapter includes objectives that monitor the proportion of adults who self-report good or better physical health and mental health. The Reader’s Guide provides a step-by-step explanation of the content of this chapter, including criteria for highlighting objectives in the Selected Findings.

Status of Objectives

Figure 18–1. Midcourse Status of the Health-Related Quality of Life and Well-Being Objectives

The two objectives in the Health-Related Quality of Life and Well-Being Topic Area were measurable (Figure 18–1, Table 18–1). Both these objectives had baseline data only (Table 18–2).

Selected Findings

- In 2010, the age-adjusted proportion of adults who self-reported good or better physical health (HRQOL/WB-1.1) was 78.8%. Only baseline data were available for this objective, so progress toward the 2020 target could not be assessed (Table 18–2).
  - In 2010, there were statistically significant disparities by sex, race and ethnicity, education, family income, and geographic location in the age-adjusted proportion of adults who self-reported good or better physical health (Table 18–3, HRQOL/WB-1.1).

- In 2010, the age-adjusted proportion of adults who self-reported good or better mental health (HRQOL/WB-1.2) was 79.1%. Only baseline data were available for this objective, so progress toward the 2020 target could not be assessed (Table 18–2).
  - In 2010, there were statistically significant disparities by sex, race and ethnicity, education, family income, and geographic location in the age-adjusted proportion of adults who self-reported good or better mental health (Table 18–3, HRQOL/WB-1.2).

More Information

The two objectives in this chapter are measured by eight questions from the Patient Reported Outcomes Measurement Information System (PROMIS) Global Health Measure, which assesses global physical, mental, and social health-related quality of life. Objective HRQOL/WB-1.1 uses data from a summary of responses to four questions which cover overall self-rated physical health, activities of daily living, fatigue, and pain. Objective HRQOL/WB-1.2 uses data from a summary of responses to four questions which cover overall quality of life, self-rated mental health, satisfaction with
social activities and relationships, and recent emotional problems. For each objective, responses to four questions are combined and the data are divided into two main categories: good or better health vs. fair or poor health.

Readers interested in more detailed information about the objectives in this topic area are invited to visit the HealthyPeople.gov website, where extensive substantive and technical information is available:

- For the background and importance of the topic area, see: http://www.healthypeople.gov/2020/topics-objectives/topic/health-related-quality-of-life-well-being

- For data details for each objective, including definitions, numerators, denominators, calculations, and data limitations, see: http://www.healthypeople.gov/2020/topics-objectives/topic/health-related-quality-of-life-well-being/objectives
  Select an objective, then click on the “Data Details” icon.

- For objective data by population group (e.g., sex, race and ethnicity, or family income), including rates, percentages, or counts for multiple years, see: http://www.healthypeople.gov/2020/topics-objectives/topic/health-related-quality-of-life-well-being/objectives
  Select an objective, then click on the “Data2020” icon.

Data for the measurable objectives in this chapter were from the following data source:

- National Health Interview Survey:
  http://www.cdc.gov/nchs/nhis.htm

**Footnotes**

1. The Technical Notes provide more information on Healthy People 2020 statistical methods and issues.

2. Measurable objectives had a national baseline value.

3. Baseline only—The objective only had one data point, so progress toward target attainment could not be assessed.


**Suggested Citation**

### Table 18–1. Health-Related Quality of Life and Well-Being Objectives

<table>
<thead>
<tr>
<th>Objective Number</th>
<th>Objective Statement</th>
<th>Data Sources</th>
<th>Midcourse Data Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>HRQOL/WB-1.1</td>
<td>Increase the proportion of adults who self-report good or better physical health</td>
<td>National Health Interview Survey (NHIS), CDC/NCHS</td>
<td>![Green Light](Green Light) ![Yellow Light](Yellow Light)</td>
</tr>
<tr>
<td>HRQOL/WB-1.2</td>
<td>Increase the proportion of adults who self-report good or better mental health</td>
<td>National Health Interview Survey (NHIS), CDC/NCHS</td>
<td>![Green Light](Green Light) ![Yellow Light](Yellow Light)</td>
</tr>
</tbody>
</table>

**LEGEND**

- ![Green Light](Green Light): Data for this objective are available in this chapter’s Midcourse Progress Table.
- ![Yellow Light](Yellow Light): Disparities data for this objective are available, and this chapter includes a Midcourse Health Disparities Table.
- ![Blue Light](Blue Light): A state or county level map for this objective is available at the end of the chapter.
- ![Red Light](Red Light): Midcourse data availability is not applicable for developmental and archived objectives. **Developmental** objectives did not have a national baseline value. **Archived** objectives are no longer being monitored due to lack of data source, changes in science, or replacement with other objectives.

Not Applicable

Midcourse data availability is not applicable for developmental and archived objectives. Developmental objectives did not have a national baseline value. Archived objectives are no longer being monitored due to lack of data source, changes in science, or replacement with other objectives.
## Table 18–2. Midcourse Progress for Measurable Health-Related Quality of Life and Well-Being Objectives

<table>
<thead>
<tr>
<th>Objective Description</th>
<th>Baseline Value (Year)</th>
<th>Midcourse Value (Year)</th>
<th>Target</th>
<th>Movement Toward Target</th>
<th>Movement Away From Baseline</th>
<th>Movement Statistically Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>HRQOL/WB-1.1 Adults self-reporting good or better physical health (age-adjusted, percent, ≥18 years)</td>
<td>78.8% (2010)</td>
<td>79.8%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HRQOL/WB-1.2 Adults self-reporting good or better mental health (age-adjusted, percent, ≥18 years)</td>
<td>79.1% (2010)</td>
<td>80.1%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTES**

See [HealthyPeople.gov](http://HealthyPeople.gov) for all Healthy People 2020 data. The Technical Notes provide more information on the measures of progress.

**FOOTNOTES**

1. *Measurable* objectives had a national baseline value.
2. Target met or exceeded:
   - At baseline the target was not met or exceeded and the midcourse value was equal to or exceeded the target. (The percentage of targeted change achieved was equal to or greater than 100%.)
   - The baseline and midcourse values were equal to or exceeded the target. (The percentage of targeted change achieved was not assessed.)
3. Improving:
   - Movement was toward the target, standard errors were available, and the objective had achieved 10% or more of the targeted change.
   - Movement was toward the target, standard errors were not available, and the objective had achieved 10% or more of the targeted change.
4. Little or no detectable change:
   - Movement was toward the target, standard errors were available, and the percentage change relative to the baseline was not statistically significant.
   - Movement was away from the baseline and target, standard errors were not available, and the percentage change relative to the baseline was not statistically significant.
5. Getting worse:
   - Movement was away from the baseline and target, standard errors were available, and the percentage change relative to the baseline was statistically significant.
6. Baseline only: The objective only had one data point, so progress toward target attainment could not be assessed.
7. Informational: A target was not set for this objective, so progress toward target attainment could not be assessed.
8. For objectives that moved toward their targets, movement toward the target was measured as the percentage of targeted change achieved (unless the target was already met or exceeded at baseline):
   \[
   \text{Percentage of targeted change achieved} = \frac{\text{Midcourse value} - \text{Baseline value}}{\text{HP2020 target} - \text{Baseline value}} \times 100
   \]
9. For objectives that moved away from their baselines and targets, movement away from the baseline was measured as the magnitude of the percentage change from baseline:
   \[
   \text{Magnitude of percentage change from baseline} = \frac{|\text{Midcourse value} - \text{Baseline value}|}{\text{Baseline value}} \times 100
   \]
10. Statistical significance was tested when the objective had a target and at least two data points, standard errors of the data were available, and a normal distribution could be assumed. Statistical significance of the percentage of targeted change achieved or the magnitude of the percentage change from baseline was assessed at the 0.05 level using a normal one-sided test.

**DATA SOURCES**

- HRQOL/WB-1.1: National Health Interview Survey (NHIS), CDC/NCHS
- HRQOL/WB-1.2: National Health Interview Survey (NHIS), CDC/NCHS
### Table 18–3. Midcourse Health Disparities for Population-based Health-Related Quality of Life and Well-Being Objectives

Most favorable (least adverse) and least favorable (most adverse) group rates and summary disparity ratios for selected characteristics at the midcourse data point.

<table>
<thead>
<tr>
<th>Characteristics and Groups</th>
<th>Sex</th>
<th>Race and Ethnicity</th>
<th>Education</th>
<th>Family Income</th>
<th>Disability</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
<td>American Indian or Alaska Native</td>
<td>Asian</td>
<td>Native Hawaiian or other Pacific Islander</td>
<td>Two or more races</td>
</tr>
<tr>
<td>HRQOL/WB-1.1 Adults self-reporting good or better physical health (age-adjusted, percent, ≥18 years) (2010)</td>
<td>1.064*</td>
<td>1.154*</td>
<td>1.094*</td>
<td>1.153*</td>
<td>1.156*</td>
<td>1.186*</td>
</tr>
<tr>
<td>HRQOL/WB-1.2 Adults self-reporting good or better mental health (age-adjusted, percent, ≥18 years) (2010)</td>
<td>1.064*</td>
<td>1.154*</td>
<td>1.094*</td>
<td>1.153*</td>
<td>1.156*</td>
<td>1.186*</td>
</tr>
</tbody>
</table>

#### NOTES

See HealthyPeople.gov for all Healthy People 2020 data. The Technical Notes provide more information on the measures of disparities.

#### FOOTNOTES

1 Health disparities were assessed among population groups within specified demographic characteristics (sex, race and ethnicity, educational attainment, etc.). This assessment did not include objectives that were not population-based, such as those based on states, worksites, or those monitoring the number of events.

2 When there were only two groups (e.g., male and female), the summary disparity ratio was the ratio of the higher to the lower rate.

3 When there were three or more groups (e.g., white non-Hispanic, black non-Hispanic, Hispanic) and the most favorable rate (Rb) was the highest rate, the summary disparity ratio was calculated as Rb/Ra, where Ra = the average of the rates for all other groups. When there were three or more groups and the most favorable rate was the lowest rate, the summary disparity ratio was calculated as Ra/Rb.

4 Unless otherwise footnoted, data do not include persons under age 25 years.

5 Unless otherwise footnoted, the poor, near-poor, middle, near-high, and high income groups are for persons whose family incomes were less than 100%, 100%–199%, 200%–399%, 400%–599%, and at or above 600% of the poverty threshold, respectively.

The summary disparity ratio was significantly greater than 1.00. Statistical significance was assessed at the 0.05 level using a normal one-sided test on the natural logarithm scale.

#### DATA SOURCES

- HRQOL/WB-1.1 National Health Interview Survey (NHIS), CDC/NCHS
- HRQOL/WB-1.2 National Health Interview Survey (NHIS), CDC/NCHS