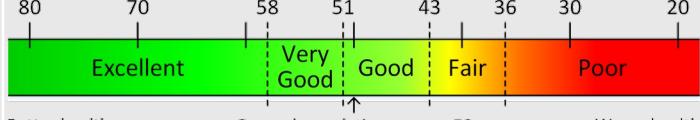
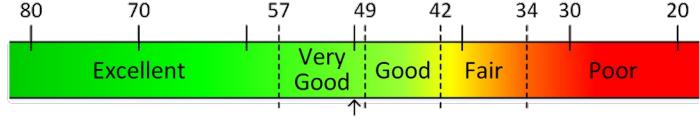
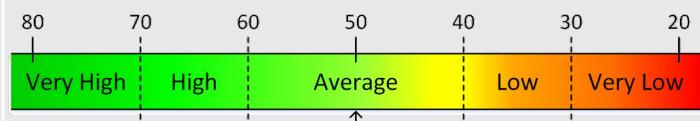
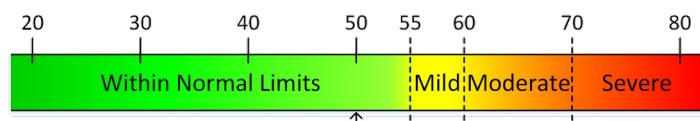
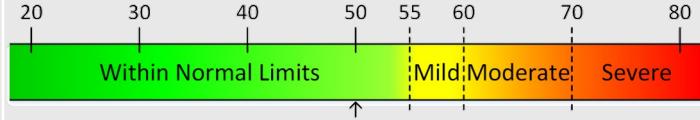
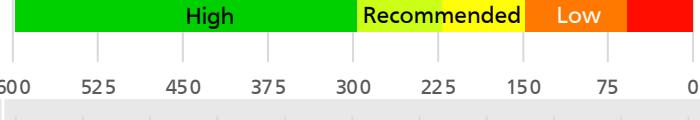
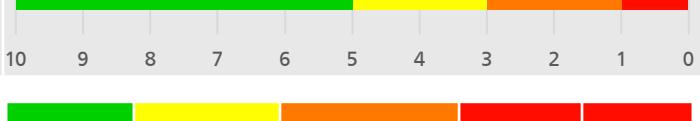


The Whole Health Assessment

Domain	Interpretation
Physical health Overall, how you are doing physically. Includes how much you can walk, work, and function despite any pain or fatigue you may have.	 <p>80 70 58 51 43 36 30 20 Excellent Very Good Good Fair Poor Better health General population mean = 50 Worse health</p>
Mental health Overall, how you are doing mentally. This includes how much you are affected by your mood, emotions, stress, and anxiety.	 <p>80 70 57 49 42 34 30 20 Excellent Very Good Good Fair Poor Better health General population mean = 50 Worse health</p>
Self-efficacy How confident you feel in managing challenges in your life and finding solutions to move forward with what matters most to you.	 <p>80 70 60 50 40 30 20 Very High High Average Low Very Low Better health General population mean = 50 Worse health</p>
Sleep disturbance How you feel about your sleep quality. This includes whether you find sleep refreshing and if you have a hard time falling asleep.	 <p>20 30 40 50 55 60 70 80 Within Normal Limits Mild Moderate Severe Better health General population + Worse health</p>
Fatigue How much a lack of energy or feeling tired affects your daily life.	 <p>20 30 40 50 55 60 70 80 Within Normal Limits Mild Moderate Severe Better health General population mean = 50 Worse health</p>
Diet quality How nutritious your food intake is overall.	 <p>0 2 4 6 8 10 12 14 16 Good Normal Poor Unhealthy</p>
Stress How unpredictable, out of control, or overwhelming you find life to be right now.	 <p>0 2 4 6 8 10 12 14 16 Low Normal Moderate High</p>
Physical activity minutes per week How often you engage in at least moderate physical activity like a brisk walk every week.	 <p>600 525 450 375 300 225 150 75 0 High Recommended Low</p>
Social connections per week How many days you see or talk to people that you care about and feel close to each week.	 <p>10 9 8 7 6 5 4 3 2 1 0 High Recommended Low</p>
Social support How often you get the social and emotional support that you need.	 <p>Always Usually Sometimes Rarely Never</p>
Social isolation How often you feel lonely or socially isolated.	 <p>Never Rarely Sometimes Often Always</p>