

Center for Disease Control and Prevention Health Days Measure

CDC HRQOL–14 “Healthy Days Measure”

Healthy Days Core Module (4 questions)

Activity Limitations Module (5 questions)

Healthy Days Symptoms Module (5 questions)

The standard 4-item set of Healthy Days core questions (CDC HRQOL– 4) has been in the State-based Behavioral Risk Factor Surveillance System (BRFSS) since 1993 (see [BRFSS website](#)). From 2000 to 2012, the CDC HRQOL– 4 has been in the National Health and Nutrition Examination Survey (NHANES) for persons aged 12 and older. Since 2003, the CDC HRQOL– 4 has been in the Medicare Health Outcome Survey (HOS)—a measure in the National Commission for Quality Assurance’s (NCQA) Healthcare Effectiveness Data and Information Set (HEDIS). Standard Activity Limitation and Healthy Days Symptoms modules have also been available since January 1995. When used together, these measures comprise the full CDC HRQOL–14 Measure. See the Health Related Quality of Life Measures in [Spanish](#).

Healthy Days Core Module (CDC HRQOL– 4)

1. Would you say that in general your health is

Please Read

a. Excellent	1
b. Very good	2
c. Good	3
d. Fair	4

or

e. Poor	5
---------	---

Do not read these responses

Don't know/Not sure	7
Refused	9

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?

a. Number of Days	--
b. None	88

Don't know/Not sure	77
Refused	99

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?

a. Number of Days	--	
b. None	88	If both Q2 AND Q3 = "None," skip next question

Don't know/Not sure	77
Refused	99

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?

a. Number of Days	--
b. None	88

Don't know/Not sure	77
Refused	99

Last Reviewed: October 31, 2018

Source: National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health