Physical health is a vital component of well-being. The Life Paths measure is adapted from the “Healthy Days Measure” used by the U.S. Centers for Disease Control and Prevention (CDC). The CDC measure includes 14 items across 3 modules. We selected items which broadly assess physical health: three from the Healthy Days Core module, one from the Activities Limitation module, and one from the Healthy Days Symptoms Module.

**Scoring:** Items were assigned a value between 5 and 1, and then summed, with higher scores indicating better health. Items 2, 3, and 4 are reverse coded.

**Reliability & validity:** In our rural, low-income sample, internal consistency was .81.


1. Would you say that, in general, your health is:
   - Excellent…………………………… 5
   - Very good…………………………. 4
   - Good……………………………… 3
   - Fair…………………………………. 2
   - Poor………………………………… 1

2. During the past 30 days, how many days was your physical health, which includes physical illness and injury, not good?
   - 0…………………………………….. 6
   - 1 week or less…………………….. 5
   - About 2 weeks………………….. 4
   - About 3 weeks………………….. 3
   - Almost every day……………….. 2
   - Every day…………………………. 1

3. 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, school/work, or recreation?
   - 0…………………………………….. 6
   - 1 week or less…………………….. 5
   - About 2 weeks………………….. 4
   - About 3 weeks………………….. 3
   - Almost every day……………….. 2
   - Every day…………………………. 1

4. During the past 30 days, for about how many days did PAIN make it hard for you to do your usual activities, such as self-care, school/work, or recreation?
   - 0…………………………………….. 6
   - 1 week or less…………………….. 5
   - About 2 weeks………………….. 4
   - About 3 weeks………………….. 3
   - Almost every day……………….. 2
   - Every day…………………………. 1

5. During the past 30 days, for about how many days have you felt VERY HEALTHY AND FULL OF ENERGY?
   - 0…………………………………….. 6
   - 1 week or less…………………….. 5
About 2 weeks………………… 4
About 3 weeks………………… 3
Almost every day……………… 2
Every day……………………… 1