**Poll Questions**

**Loneliness and Health**

Questions were answered by respondents age 50-80.

**Q1. In general, how would you rate your physical health?**
1. Excellent
2. Very Good
3. Good
4. Fair
5. Poor

**Q2. In general, how would you rate your mental health?**
1. Excellent
2. Very Good
3. Good
4. Fair
5. Poor

**Q3. How often do you do the following?**

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<th>Every day (Q3c = every night)</th>
<th>Several times a week</th>
<th>Once a week</th>
<th>Every 2-3 weeks</th>
<th>Once a month or less</th>
<th>Never</th>
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<tbody>
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<td>a. Eat a healthy diet</td>
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<td>b. Get exercise</td>
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<td>c. Get enough sleep</td>
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<td>d. Keep socially active</td>
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<td>e. Smoke or use tobacco</td>
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</table>
Poll Questions

Q4. Do you wear a hearing aid?
1. Yes
2. No

Q5. How would you rate your hearing (with a hearing aid, if Q4=1)?
1. Excellent
2. Very Good
3. Good
4. Fair
5. Poor

Q6. In the past year, how often have you felt a lack of companionship?
1. Hardly ever
2. Some of the time
3. Often

Q7. In the past year, how often have you felt isolated from others?
1. Hardly ever
2. Some of the time
3. Often

Q8. How often do you have contact with family, friends, or neighbors who do not live with you?
1. Every day
2. Several times a week
3. Once a week
4. Every 2-3 weeks
5. Once a month or less
6. Never