Poll Questions

March 2019

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?

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

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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

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