POLL QUESTIONS

The Intersection of Work, Health, and Well-Being

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INSTITUTE FOR HEALTHCARE
POLICY AND INNOVATION

**NATIONAL POLL
ON HEALTHY AGING**

UNIVERSITY OF MICHIGAN

Q1. Which of the following best describes your current employment status?

1. Working – as a paid employee
2. Working – self employed
3. Not working – on temporary layoff from a job
4. Not working – looking for work
5. Not working – retired
6. Not working – disabled
7. Not working – other

If Q1 = 1

Q2. Which of the following describes your current work situation?

1. Fully remote / telecommute (I do not work at an official worksite on any day)
2. Hybrid format (I do not work at an official worksite some days)
3. None of the above

If Q1 = 1 or 2

Q3. What impact does your work have on your…

	Very positive	Somewhat positive	Somewhat negative	Very negative
Mental / emotional health				
Physical health				
Overall well-being				

If Q1 = 1 or 2

Q4. Please rate your level of agreement or disagreement with the following...

	Strongly agree	Agree	Disagree	Strongly disagree	N/A
I am able to maintain a good work-life balance.					
I am able to take time off from work for health care appointments.					
I am able to take time off for vacations / personal time.					
I have control over my time at work.					
I am able to take time off for caregiving responsibilities.					

If Q1 = 1 or 2

Q5. Right now, how important to you are the following reasons for working?

	Very important	Somewhat important	Not very important	Not at all important
To have financial stability				
To save for retirement				
To get access to health insurance				
To support my family members financially				
To maximize my Social Security benefits				
To contribute to society				
To have a sense of purpose				

If Q1 = 1 or 2

Q6. Please rate your level of agreement or disagreement with the following statements about your work.

	Strongly agree	Agree	Disagree	Strongly disagree
It keeps my brain sharp.				
It helps me maintain social connections.				
It keeps me physically active.				
It helps me to stay focused.				
It gives me the opportunity to learn new skills.				

If Q1 = 1 or 2

Q7. Overall, how satisfied are you with your job?

1. Very satisfied
2. Somewhat satisfied
3. Somewhat dissatisfied
4. Very dissatisfied

If Q1 = 1

Q8. To what extent do you feel valued by your…

	A lot	Somewhat	Not too much	Not at all
Employer				
Supervisor				
Co-workers				

If Q1 = 1, 2, 3, 4, 6, 7

Q9. Do any of the following impact your ability to work?

	Yes	No	N/A
Poor health			
Disability / chronic illness (physical or mental health condition)			
Limited options for transportation			
Not having the necessary training, skills, or experience			
Caregiving for a child or grandchild			
Caregiving for an adult			
A prior conviction or legal action			

If Q1 = 3, 4, 5, 6, 7

Q10. Have you worked in the past five years?

1. Yes
2. No

If Q1 = 1 or 2 or Q11 = 1

Q11. Have you experienced any of the following related to your work in the past five years?

	Yes	No	Unsure
Age discrimination			
Pay too low to be worth my time			
Health insurance didn't cover my needs or cost too much			
Job is too physically demanding			
My skills are not being fully used			
No remote work / telecommute or hybrid options (ability to work from home)			

Data Source and Methods

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