

Promoting Health

Assessment & Advice

- 1) Who here at this place talks to you about the impact of healthy and non-healthy foods on your health?
- 2) Who here at this place talks to you about the importance of exercise or an active lifestyle?
- 3) Who here at this place talks to you about the impact of tobacco use on your health?
- 4) Who here at this place talks to you about alcohol or drug use or abuse?
- 5) Who here at this place talks to you about ways to handle family conflicts that may arise from time to time?
- 6) Who here at this place talks to you about prevention of accidents in the home (falls, burns from hot water) or at work?

Each of these 6 questions can have 1 or more of the following responses checked: My usual family doctor / A nurse / Someone else, please specify ___ / No one

In addition, questions 3, 4 and 5 can have the response: Does not apply to me.

For each of the 6 questions:
If 1 of more of My usual family doctor / A nurse / Someone else is chosen, talk_(1 to 6) = 1.
Else if No one is checked, talk_(1 to 6) = 0.
For questions 1, 2 & 6, if the question is not responded to, talk_(1,2 or 6) = 0.5.
For questions 3, 4 & 5, if the response is Does not apply to me, or the question is not responded to, talk_(3, 4 or 5) = missing.

If responses were given to 4 or more of these question:
Promotion = mean of (non-missing) talk_1 to talk_6.
If 3 or more of these questions were skipped, Promotion = missing.
Promotion has the potential range of 0 to 1.
This is converted to a 1 to 5 scale by:
Promotion5 = (Promotion * 4) + 1

Health Empowerment

- We refer to ALL the different types of people you checked in the previous question as the "healthcare team", even if you see just one person...
- 1) Does the healthcare team here give you a sense of control over your health?
 - 2) Does the healthcare team here help you feel confident about your ability to take care of your health?
 - 3) Does the healthcare team here help you feel that sticking with your treatment would make a difference?

Each of these 3 questions have the following potential responses: 1 No, not at all / 2 No, not really / 3 Yes to some extent / 4 Yes, definitely

In addition, the 3rd question has the response: 5 Does not apply to me. Set this response to missing.

If 2 or more of these 3 questions are non-missing,
Empower = mean of the non-missing items.
Empower has the potential range of 1 to 4.
This is converted to a 1 to 5 scale by:
Empower5 = (((Empower - 1) / 3)*4)+1

Education Empowerment

Were you encouraged to go to a specific group or class to help you manage your health concerns?

1 No, not at all / 2 Not, not really / 3 Maybe, not sure / 4 Yes, sometimes / 5 Yes, always / 6 This is not available in my area / 7 No, I haven't needed such support

Set responses 6 & 7 to missing.
Encourage_group = the response to this question (values 1 to 5).

Promoting_health_base_score created from Promotion5, Empower5 and Encourage_group as follows:
If all non-missing, Promoting_health_base_score = mean of Promotion5, Empower5 and Encourage_group
Else if response to Education Empowerment was 7 (No, I haven't needed such support), then Promoting_health_base_score = the mean of Promotion5 and Empower5 (otherwise, = missing)
Promoting_health_base_score, when non-missing, has the potential range of 1 to 5

Healthy Living Orientation

We refer to ALL the different types of people you checked in the previous question as the "healthcare team", even if you see just one person...

Does the healthcare team here help you feel that your everyday activities such as diet and lifestyle make a difference to your health?

No, not at all

Healthy_living_orientation_adjustment = -1

No, not really / Yes, not to some extent

Healthy_living_orientation_adjustment = 0

Yes, definitely

Healthy_living_orientation_adjustment = +1

Missing response

Healthy_living_orientation_adjustment = missing

Promoting_Health = Promoting_health_base_score + Healthy_living_orientation_adjustment

Normalize to a 1 – 10 scale: Promoting_Health_N = (((Promoting_Health) / 6) * 9) + 1