

## Self-Rated Health

*This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs.*

**Age:** Adult

**Duration:** < 3 minutes

**Reading Level:** 6th to 8th grade

**Number of items:** 1

**Answer Format:** 1 = excellent; 2 = very good; 3 = good; 4= fair; 5 = poor.

### **Scoring:**

To calculate the total score for each participant, use the response to the scale's single item.

### **Sources:**

Ware Jr, J. E., & Sherbourne, C. D. (1992). The MOS 36-item short-form health survey (SF-36): I. Conceptual framework and item selection. *Medical Care*, 473-483.

1. In general, would you say your physical health is poor, fair, good, very good or excellent?

Excellent

Very good

Good

Fair

Poor