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

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Very good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
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