

Assessing Overall Well-Being

Findings From a New Healthy People 2030 Measure

In 2021, the U.S. Department of Health and Human Services added questions to the National Health Interview Survey (NHIS) to understand well-being in the United States. Researchers collected population-level data on overall well-being using a measure of self-assessed overall life satisfaction. A subset of the population - selected to reflect the total U.S. adult population - was asked, "In general, how satisfied are you with your life? Would you say very satisfied, satisfied, dissatisfied, or very dissatisfied?"

KEY FINDINGS

In 2021:



95% of the total adult population responded that they were **satisfied or very satisfied** with their life.



Overall life satisfaction ranged between **90-97%** across **all population groups**, except people with disabilities.



79% of people with disabilities reported that they were satisfied or very satisfied with their life, compared with **96%** of people without disabilities.

About the Data

Data Collection. The initial data were collected in 2021 during the COVID-19 pandemic and in 2022. Data were also collected in 2023.

Data in Practice. This measure can help researchers and policymakers understand how individuals view their own lives and well-being in the midst of a global pandemic. As one of several Healthy People 2030 Overall Health and Well-Being Measures (OHMs), ongoing assessment of life satisfaction can help us understand recovery from the pandemic and the resilience of Americans over time.

Looking Ahead. Data on the remaining OHMs are anticipated to be released throughout 2024. When examined collectively, the OHMs reflect the summary effects of Healthy People 2030-driven interventions on the initiative's goals.

Healthy People 2030 Overall Health and Well-Being Measures (OHMs)

Overall well-being is part of the set of [OHMs](#) which are broad, global outcome measures that assess the [Healthy People 2030 vision](#).

The 8 OHMs are organized into 3 tiers: well-being, healthy life expectancy, and summary mortality and health.* To explore the OHMs' role in Healthy People and how they relate to the Objectives, visit [health.gov](https://www.health.gov).

* Madans, J.H. & Weeks, J.D. (2016). A Framework for Monitoring Progress Using Summary Measures of Health. *Journal of Aging and Health*, 28(7), 1299-1314.