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2005 – 2007 Cohort 8

**MEDICARE
ADVANTAGE
ORGANIZATION**

**PERFORMANCE
MEASUREMENT
DATA USER'S
GUIDE**

Updated September 11, 2009

MEDICARE HEALTH



**CENTERS
FOR MEDICARE
& MEDICAID
SERVICES**

**HEALTH
SERVICES
ADVISORY
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Preface

The Centers for Medicare & Medicaid Services (CMS) is committed to monitoring the quality of care provided by Medicare Advantage Organizations (MAOs). The Medicare Health Outcomes Survey (HOS) is the first patient-reported health outcomes measure for the Medicare population in managed care settings. The HOS design is based on a randomly selected sample of individuals from each participating MAO, and measures physical and mental health over a two-year period.

The *2005-2007 Cohort 8* Performance Measurement results were distributed to participating Quality Improvement Organizations (QIOs) via QualityNet in July 2008 and were made available to participating MAOs via CMS' Health Plan Management System (HPMS) in August 2008. These results describe change in health over time, which is characterized in terms of the direction and magnitude for all beneficiaries in a given MAO. The results from this survey describe the outcomes of a randomly selected set of members from each participating MAO between 2005 and 2007. As part of the survey implementation policy, MAOs will be notified in Fall 2008 that the beneficiary level data used to generate results for the *2005-2007 Cohort 8* Performance Measurement Report are available and will be forwarded to their MAO upon request.

This *2005-2007 Cohort 8* Performance Measurement **Data User's Guide** is designed to assist users with the beneficiary level *2005-2007 Cohort 8* Performance Measurement data file. The Data User's Guide includes a general overview of the survey background, instrument, and methodology, as well as a detailed listing of the fields included in the data file. These data are intended to support MAO and QIO quality improvement activities. CMS encourages QIOs to initiate quality improvement projects with Medicare Advantage Organizations using HOS data to explore potential programmatic interventions aimed at maintaining or improving health status.

TECHNICAL ASSISTANCE

The Medicare HOS Information and Technical Support Telephone Line (1-888-880-0077), as well as the HOS e-mail address (hos@azqio.sdps.org), are available to provide assistance with report questions and data interpretation. Additionally, the Medicare HOS Overview section on CMS' website provides general information on the program (www.cms.hhs.gov/hos). A full description of the HOS program may be found at www.hosonline.org.

Program Background

INTRODUCTION TO THE MEDICARE HEALTH OUTCOMES SURVEY

CMS and NCQA Collaboration

The first Medicare managed care outcomes measure in the Healthcare Effectiveness Data and Information Set (HEDIS[®])¹ was launched in 1998 by CMS in collaboration with the National Committee for Quality Assurance (NCQA). The measure includes the most recent advances in summarizing physical and mental health outcomes results and risk adjustment techniques.

HEDIS Measures

An “outcomes” measure was developed with the desire to capture performance across multiple aspects of care, in addition to the traditional “process” measures that assess interventions such as mammograms for older women and retinal eye exams for people with diabetes. Evidence existed in the scientific literature that tied measured processes or interventions to favorable patient outcomes.

Development of the HOS Instrument

CMS, NCQA, Health Assessment Lab (HAL), and performance measurement experts developed a measure that would assess the physical functioning and mental well being of Medicare beneficiaries over time. Additional items were included in the HOS instrument to allow for case mix adjustment, which is essential for meaningful and valid plan-to-plan comparisons of health outcomes. In 2003, Healthy Days Measures questions were added from the Centers for Disease Control and Prevention’s (CDC) Behavioral Risk Factor Surveillance System (BRFSS) and questions were added that comprise the NCQA HEDIS measure for *Management of Urinary Incontinence in Older Adults*. In 2005, questions were included that comprise the NCQA HEDIS measure for *Physical Activity in Older Adults*.

Medicare Health Outcomes Survey 2.0

In the spring of 2006, CMS implemented the Medicare HOS 2.0 for Medicare Advantage Organizations. The HOS 2.0 evaluates physical and mental health status using the Veterans RAND 12-Item Health Survey (VR-12).² The revised HOS instrument contains questions to gather information for case-mix and risk adjustment, and additional health assessment questions. Changes in the HOS 2.0 from the original HOS measure include a reduction in outcome items (from 36 items to 12 items), a reduction in other items (three questions removed), and the addition of HEDIS measures for *Osteoporosis Testing in Older Women* and *Fall Risk Management*. Weight and height questions were also added for the calculation of Body Mass Index (BMI). Use of the HOS 2.0 instrument reduces beneficiary burden while maintaining comparability of HOS results over time. The Medicare HOS 2.0 may be downloaded from the Survey Instrument section of the HOS website (www.hosonline.org).

¹ HEDIS[®] is a registered trademark of the National Committee for Quality Assurance.

² Kazis LE, Selim A, Rogers W, Ren XS, Lee A, Miller DR. *Veterans RAND 12-Item Health Survey (VR-12): A White Paper Summary*. Unpublished manuscript. Accessed August 15, 2008 at <http://www.hosonline.org/surveys/hos/hospublications.aspx>.

Partners and Technical Advisors

CMS currently contracts with Center for the Assessment of Pharmaceutical Practices (CAPP), formerly Health Outcomes Technologies Program (HOT), of the Boston University School of Public Health, Health Services Advisory Group (HSAG), National Committee for Quality Assurance (NCQA), and RTI International to implement and operationalize all aspects of the HOS measure. Additionally, NCQA previously convened a Technical Expert Panel (TEP) that provided input for developing the science of the Medicare HOS measure.

Legislation

Section 722 of the Medicare Prescription Drug, Improvement, and Modernization act of 2003 mandates the collection, analysis, and reporting of health outcomes information. This legislation also specifies that data collected on quality, outcomes, and beneficiary satisfaction to facilitate consumer choice and program administration must utilize the types of data collected prior to November 1, 2003. Collected since 1998, the Medicare HOS is the only outcomes measure in Medicare managed care and therefore remains a critical part of assessing health plan quality. In addition, CMS includes the HOS results as one component of their Medicare Advantage performance assessment program. CMS incorporates new survey components in HOS, as appropriate, in order to provide outcome measures that QIOs and MAOs can utilize in quality improvement initiatives.

HOS Reporting Requirements

All Medicare Advantage Organizations (MAOs) with contracts in place on or before January 1, 2004, and which administered the *Cohort 8 Baseline* survey in 2005, were required to administer the *Cohort 8 Follow Up* survey in 2007. Furthermore, all Medicare Advantage Organizations (MAOs), including local and regional preferred provider organizations (PPOs), and continuing cost contracts that held §1876 risk and cost contracts, with Medicare contracts in effect on or before January 1, 2006, and all Social HMOs (SHMOs), regardless of contract effective date, were required by CMS to administer the *Cohort 10 Baseline* survey in 2007. In addition, all Program of All-Inclusive Care for the Elderly (PACE) plans, Massachusetts Health Senior Care Options, Minnesota Senior Health Options, Minnesota Disability Health Options and Wisconsin Partnership Program plans, regardless of contract effective date, were required to administer the Health Outcomes Survey-Modified (HOS-M) in 2007.

MEDICARE HEALTH OUTCOMES SURVEY TIMELINE

HOS survey data are collected annually for a new sample of members (cohort), with a two-year follow up for each baseline cohort. The HOS 2007 survey administration was the eighth year of parallel data collection on two separate samples for MAOs (*Cohort 10 Baseline* and *Cohort 8 Follow Up*). The timeframe for administration of the survey and data analysis for baseline and follow up may be accessed from the Program Timeline section of the HOS website (www.hosonline.org).

MEDICARE HOS DATA COLLECTION 1998-2007

Data collection for *Cohort 1 Baseline* (Round 1) occurred in 1998 and for *Cohort 2 Baseline* (Round 2) in 1999. The Round 3 HOS survey administration in 2000 marked the first year that both baseline and follow up surveys were fielded (*Cohort 3 Baseline* and *Cohort 1 Follow Up*).

With the Round 10 survey administration in 2007, baseline and follow up data have been collected for eight complete HOS cohorts. Additional information about the Medicare HOS timeline for each of the cohorts can be found in the Program Overview section of the Medicare HOS website (www.hosonline.org/surveys/hos/hosoverview.aspx).

REPORTING MEDICARE HOS RESULTS

The goal of the HOS program is to gather valid and reliable health status data in Medicare managed care for use in quality improvement activities, public reporting, MAO accountability, and improving health outcomes. The Medicare HOS results are used to monitor the health of the Medicare population in managed care settings and to provide external performance measurement.³

The baseline report is designed to provide MAOs and QIOs with the measures of physical and mental health for Medicare beneficiaries at the baseline measurement. Results for a new baseline cohort are distributed by CMS in the spring following the data collection activities. Results from *Cohorts 1 – 10 Baseline* have been disseminated in cohort specific reports to QIOs and the MAOs that participated in the respective cohorts. The QIO baseline reports comprise all MAO reports in their respective state(s). After distribution of the baseline reports, the QIOs receive a state level baseline data set. The *Cohort 10 Baseline* data is due for distribution in October 2008.

The performance measurement report is designed to provide MAOs and QIOs with the measures of physical and mental health change for Medicare beneficiaries over the two-year period between baseline and follow up. HOS results are computed using a set of case mix/risk adjustment factors, adjusting for expected plan level differences. The differences between the baseline and the two-year follow up physical and mental health scores are presented in terms of the percentages of beneficiaries who were better, the same, or worse than expected. The resulting aggregation of these scores across beneficiaries within an MAO yields the HOS MAO level performance measurement results. These results are specific to each individual MAO. Please refer to the Case Mix Adjustment subsection on page 13 for additional information about the case mix analysis of physical and mental health scores.

Results for a combined baseline and two-year follow up cohort are distributed by CMS in the summer following the follow up data collection activities. Results from *Cohorts 1 - 8 Performance Measurement* have been disseminated in cohort specific reports to QIOs and the MAOs that participated in the respective cohorts. The QIO performance measurement reports comprise all MAO reports in their respective state(s). After distribution of performance

³ National Committee for Quality Assurance. *HEDIS® 2007, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2007.

measurement reports, the QIOs receive a state level merged data set while the MAOs receive an MAO specific merged data set of the baseline and follow up data upon request.

MEDICARE HOS INSTRUMENTS

The core HOS health status items were collected with different instruments for the *2005 Cohort 8 Baseline* and *2007 Cohort 8 Follow Up*. In 2005, the HOS 1.0 incorporated a 36-Item Health Survey, which was used for the *Cohort 8 Baseline* survey administration. In 2007, the HOS 2.0 incorporated the Veterans RAND 12-Item Health Survey (VR-12), which was used for the *Cohort 8 Follow Up* administration.

36-Item Health Survey

In 2005, the 36-item health survey assessed physical and mental health status for beneficiaries in the *2005 Cohort 8 Baseline*⁴ and was re-scored with 1990 norms to calculate performance measurement results. The physical component summary (PCS) and mental component summary (MCS) measures were standardized to the U.S. population and were 1990 norm-based so that scores have a direct interpretation in relation to the distribution of scores in the U.S. population with a mean of 50, and a standard deviation of 10. The survey yields an eight-scale profile of scores, as well as physical and mental health summary measures. It is a generic measure, as opposed to one that targets a specific age, disease, or treatment group. The 36-item survey asks respondents about their usual activities and how they would rate their health. The taxonomy of items and concepts underlying the construction of the 36-item survey scales and summary measures has three levels: (1) items; (2) eight scales that aggregate 2-10 items each; and (3) two summary measures that aggregate the scales. All but one of the 36 items (self-reported health transition) is used to score the eight scales. Each item is used in scoring only one scale. The eight scales form two distinct higher-ordered clusters that are the basis for scoring the PCS and MCS scores.⁵ These components account for 80%-85% of the reliable variance in the eight scales in the U.S. general population and in other countries, in both cross-sectional and longitudinal studies.⁶ The 2005 HOS instrument also included questions on demographics, chronic medical conditions, ADLs, depression, smoking, physical health symptoms, as well as other questions. The PCS and MCS scores were calculated using the Modified Regression Estimate (MRE). The MRE is a general method for obtaining scale scores in the context of missing data. Depending on the pattern of missing item responses, a different set of regression weights is required.^{7,2}

⁴ Ware JE, Kosinski M, Bayliss MS, McHorney CA, Rogers WH, Raczek A. Comparison of methods for the scoring and statistical analysis of SF-36 health profiles and summary measures: summary of results from the Medical Outcomes Study. *Medical Care*. 1995; 33:AS264-AS279.

⁵ Ware JE, Kosinski M, Keller SD. *SF-36 Physical and Mental Health Summary Scales: A User's Manual*. Boston, MA: The Health Institute, 1994.

⁶ Ware JE, Kosinski M, Gandek B, Aaronson NK, Apolone G, Beck P J, Bullinger M, Kaasa S, Lepke A, Prieto L, Sullivan M. The factor structure of the SF-36 Health Survey in 10 countries: results from the IQOLA Project. *Journal of Clinical Epidemiology*. 1998; 51(11):1159-1165.

⁷ Spiro A, Rogers WH, Qian S, Kazis L. Imputing physical and mental summary scores (PCS and MCS) for the Veterans SF-12 Health Survey in the context of missing data. Technical Report prepared by: The Health Outcomes Technologies Program, Health Services Department, Boston University School of Public Health, Boston, MA and The Institute for Health Outcomes and Policy, Center for Health Quality, Outcomes and Economic Research,

A higher PCS or MCS score reflects better health status. Concepts included in the 36-item measure are:

- Physical Functioning
- Role-Physical
- Role-Emotional
- Bodily Pain
- Social Functioning
- Mental Health
- Vitality
- General Health

An independent review of reliability and validity of the HOS 1.0 was conducted by the Delmarva Foundation for Medical Care and the University of Maryland, Baltimore County (UMBC), as part of an overall HOS program evaluation sponsored by CMS in 2003 - 2004. The reliability of the physical and mental health summary scores was found to be acceptable for group-level comparisons across the cohorts studied, with reliability coefficients greater than or equal to 0.90. In addition, the researchers found evidence of concurrent validity through correlation analyses, and found evidence of predictive validity through the analyses of two-year mortality rates across the first three cohorts. For further information on the Medicare Health Outcomes Survey Evaluation Final Report, please visit the Publications section of the HOS website (www.hosonline.org).

Veterans RAND 12-Item Health Survey (VR-12)

Physical and mental health status among living beneficiaries in the *2007 Cohort 8 Follow Up* HOS were measured with the VR-12 health survey, included in the HOS 2.0. The VR-12 was developed from the Veterans RAND 36-Item Health Survey (VR-36; formerly called the Veterans SF-36),² which was adapted from the RAND 36-Item Health Survey (RAND 36) at the RAND Corporation and the Medical Outcomes Study. The VR-12 includes items from the VR-36 that form the PCS and MCS scores. Use of the HOS 2.0 instrument reduces beneficiary burden while maintaining comparability of HOS results over time. The VR-12 has been administered in national Veterans Administration (VA) surveys since 1997. Since 2002, the VA has administered the VR-12 to over 400,000 patients annually as part of its quality management program.⁷

The VR-12 consists of selected items from each of the eight concepts of health in the earlier 36-item surveys. The VR-12 has undergone extensive testing and shown to be reliable and valid in ambulatory care patient populations.⁷ The taxonomy underlying the construction of the VR-12 scales and summary measures is comprised of a total of 14 items, eight scales that aggregate one or two items each, and the PCS and MCS scores. The VR-12 explains 90% of the reliable variance of the VR-36.⁷ PCS and MCS scores are standardized to the U.S. population and are 1990 norm-based so that scores have a direct interpretation in relation to the distribution of

Veterans Affairs Medical Center, Bedford, MA, 2004. Accessed May 16, 2007 at <http://www.hosonline.org/surveys/hos/hospublications.aspx>.

scores in the U.S. population with a mean of 50, and a standard deviation of 10. The PCS and MCS scores were calculated using the MRE. As described previously, the MRE is a general method for obtaining scale scores in the context of missing data. Depending on the pattern of missing item responses, a different set of regression weights is required.^{7,2}

The VR-12 items are a sampling of items from each of the eight domains of health from the VR-36. A higher PCS or MCS score reflects better health status. Concepts included in the measure are:

- Physical Functioning
- Role-Physical
- Role-Emotional
- Bodily Pain
- Social Functioning
- Mental Health
- Vitality
- General Health

The VR-12 and the 36-item health surveys measure the same health domains. Conversion formulas have been developed and validated for comparison of the VR-12 with the earlier 36-item survey that allow reliable comparisons of HOS 1.0 and HOS 2.0 results.^{3, 8, 9, 10, 11, 12, 13, 14}

⁸ Kazis LE, Selim A, Rogers W, Ren XS, Lee A, Miller DR. Dissemination of methods and results from the Veterans Health Study: final comments and implications for future monitoring strategies within and outside the Veterans Health Care System. *Journal of Ambulatory Care Management*. 2006; 29(4): 310-319.

⁹ Kazis LE, Miller DR, Skinner KM, Lee A, Ren XS, Clark JA, Rogers WH, Spiro III A, Selim A, Linzer M, Payne SM, Mansell D, Fincke BG. Applications of methodologies of the Veterans Health Study in the VA health care system: conclusions and summary. *Journal of Ambulatory Care Management*. 2006; 29(2): 182-188.

¹⁰ Kazis LE, Lee A, Spiro III A, Rogers W, Ren XS, Miller DR, Selim A, Hamed A, Haffer SC. Measurement comparisons of the Medical Outcomes Study and the Veterans SF-36 Health Survey. *Health Care Financing Review*. 2004; 25(4): 43-58.

¹¹ Kazis LE, Miller DR, Clark JA, Skinner KM, Lee A, Ren XS, Spiro III A, Rogers WH, Ware Jr JE. Improving the response choices on the Veterans SF-36 Health Survey role functioning scales: results from the Veterans Health Study. *Journal of Ambulatory Care Management*. 2004; 27(3): 263-280.

¹² Jones D, Kazis L, Lee A, Rogers W, Skinner K, Cassar L, Wilson N, Hendricks A. Health status assessments using the Veterans SF-36 and SF-12. Methods for evaluating outcomes in the Veterans Health Administration. *Journal of Ambulatory Care Management*. 2001; 24(3): 1-19.

¹³ Spiro A, Lee AF, Kazis LE, Miller DR, Ren XS, Zhang M. Final Report, HOS/VA Comparison Project, Part 1: Measurement Equivalence of Medicare HOS SF-36 & VA Veterans SF-36. Accessed May 23, 2008 at <http://www.hosonline.org/surveys/hos/hospublications.aspx>.

¹⁴ Kazis LE, Lee, AF, Spiro A, Miller DR, Rogers W, Ren XS, Zhang M. Final Report, HOS/VA Comparison Project, Part 2: Tests of Reliability and Validity at the Scale Level for the Medicare HOS SF-36 and the VA Veterans SF-36. Accessed May 23, 2008 at <http://www.hosonline.org/surveys/hos/hospublications.aspx>.

Additional Questions

The 2007 HOS instrument also included questions on demographics, chronic medical conditions, Activities of Daily Living (ADLs), depression, smoking, physical health symptoms, weight and height as well as other questions. A more detailed review of these questions follows.

Demographics

Demographics included questions on beneficiary age, gender, race, education, marital status, and annual household income.

Chronic Medical Conditions

Fourteen chronic medical conditions were included in the questionnaire. These conditions are: hypertension; angina pectoris or coronary artery disease; congestive heart failure; myocardial infarction or heart attack; other heart conditions, such as heart valve defects or arrhythmias; stroke; emphysema, asthma, or Chronic Obstructive Pulmonary Disease (COPD); inflammatory bowel disease, including Crohn's disease and ulcerative colitis; arthritis of the hip or knee; arthritis of the hand or wrist; osteoporosis, sciatica; diabetes, hyperglycemia, or glycosuria; and any cancer (other than skin cancer).

Activities of Daily Living (ADLs)

Six ADLs were included in the HOS survey to determine self-reported difficulty with performance of daily tasks. ADLs include bathing, dressing, eating, getting in or out of chairs, walking, and using the toilet.

Depression Screen

A respondent is considered to have a positive depression screen when he or she answers "yes" to any of the three questions that comprise a depression screen. These questions describe levels of depression that encompass feeling sad/blue for two weeks in the past year, depressed for much of the past year, or depressed for two years or more in life.

Healthy Days Measures

In 2003, three Healthy Days questions from the Centers for Disease Control and Prevention's (CDC's) Behavioral Risk Factor Surveillance System (BRFSS) were added to the HOS. The questions encompass the number of days in the past thirty days that physical health is not good, mental health is not good, and activities were limited due to poor physical or mental health.

NCQA HEDIS[®] Measures

The following four measures are a part of the Effectiveness of Care domain of HEDIS and were included in the 2007 HOS 2.0 instrument:

- In 2003, four questions were added to support the *Management of Urinary Incontinence in Older Adults (MUI)* measure.

- In 2005, two questions were added to support the *Physical Activity in Older Adults (PAO)* measure.
- In 2006, four questions were added to support the *Fall Risk Management (FRM)* measure and one question was added to support the *Osteoporosis Testing in Older Women (OTO)* measure.

For further information about these items and additional items on the Medicare HOS instrument, please refer to the HEDIS 2007, Volume 6, Specifications for the Medicare Health Outcomes Survey Manual, which may be purchased by calling the NCQA Customer Support Telephone Line at 1-888-272-7585 or via NCQA's Secure Online order Center (www.ncqa.org).³ The 2007 Medicare HOS 2.0 may be obtained from the Survey Instrument section of the HOS website (www.hosonline.org). Additionally, a glossary of terms related to the survey may be accessed from the Program Overview section of the Medicare HOS website (www.hosonline.org/surveys/hos/hosoverview.aspx).

Methodology and Design

SAMPLING METHODOLOGY

All continuing Medicare Advantage Organizations (formerly Medicare+Choice organizations) with contracts in place on or before January 1, 2004, and which administered the *Cohort 8 Baseline* Survey in 2005, were required to administer the *Cohort 8 Follow Up* Survey in 2007.

2005 Cohort 8 Baseline Sampling

For the *2005 Cohort 8 Baseline* sample, CMS identified beneficiaries who were eligible for sampling.

- For MAOs with Medicare populations of more than 1,000 members, a simple random sample of 1,000 members was selected for the baseline survey.
- In MAOs with 3,000 or more members, members who responded to the *2004 Cohort 7 Baseline* survey were excluded from the random sample of 1,000 for *2005 Cohort 8 Baseline*.
- For MAOs with populations of 1,000 members or less, all eligible members were included in the sample.
- Members were defined as eligible if they had been continuously enrolled for at least six months in the same MAO and did not have End Stage Renal Disease (ESRD).

2007 Cohort 8 Follow Up Sampling

For the *2007 Cohort 8 Follow Up* sample, CMS identified beneficiaries from the *2005 Cohort 8 Baseline* sample who were eligible for remeasurement.

- Members were eligible for remeasurement if they had sufficient data to derive physical health or mental health summary scores at baseline.
- Beneficiaries were excluded from *Cohort 8 Follow Up* if they disenrolled from their MAO subsequent to the *Cohort 8 Baseline* survey, or were deceased subsequent to the *Cohort 8 Baseline* survey. Although deceased beneficiaries were excluded from the *Cohort 8 Follow Up* sample, CMS includes deceased baseline respondents when calculating the HOS performance measurement results.³

The *Cohort 8 Baseline* and *Cohort 8 Follow Up* survey samples were comprised of beneficiaries who completed the HOS in English, Spanish, or Chinese language versions of the survey. Additional information about *Cohort 8* sampling and survey administration can be found in the HEDIS 2005 and 2007 Volume 6 manuals.^{3, 15}

¹⁵ National Committee for Quality Assurance. *HEDIS® 2005, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington, DC: NCQA Publication, 2005.

SURVEY ADMINISTRATION

MAOs must contract with an NCQA-Certified HOS vendor to administer the survey. For the 2007 Round 10 data collection, vendors followed the protocol contained in the HEDIS 2007, Volume 6 manual. The manual details the methods for mail, telephone and mixed methods of data collection.

- The mail component of the survey uses a standardized questionnaire, survey letters, and prenotification and reminder/thank you postcards.
- The telephone follow up (with at least six attempts) occurs when beneficiaries fail to respond after the second mail survey.
- Telephone follow up also occurs to obtain responses to missing questions for members who return an incomplete mail survey. Vendors use a standardized version of a Computer Assisted Telephone Interviewing (CATI) script to collect telephone interview data for the survey. Vendors perform preliminary data cleaning and editing, and follow up with survey respondents, as necessary.

For a more detailed discussion on sampling, data collection, and submission, please refer to the HEDIS 2007, Volume 6 manual.

DISTRIBUTION OF THE SAMPLE

The *2005 Cohort 8 Baseline* Medicare HOS included a random sample of 160,902 beneficiaries, including both the aged and disabled, from 162 managed care MAOs. Of the 160,902 individuals sampled, 66.2% (106,544) completed the baseline survey. Of the 106,544 respondents, 99,350 were seniors (age 65 or older) who returned a completed survey. A completed survey was defined as one that could be used to calculate a PCS or MCS score. During the two years between the *2005 Cohort 8 Baseline* survey and the *2007 Cohort 8 Follow Up* survey, a number of MAOs discontinued offering managed care to Medicare beneficiaries, or consolidated with other MAOs. As a result of these changes, 154 reporting units (MAOs), comprising 95,217 baseline respondents, remained in the HOS. For purposes of MAO comparisons, this group of 95,217 beneficiaries comprises the *Cohort 8 Performance Measurement analytic sample*.

At the time of follow up, 66,292 beneficiaries were seniors age 65 or older who had completed a baseline survey and were still alive and enrolled in their original MAO. These beneficiaries are referred to as the *Cohort 8 Follow Up eligible sample*. A total of 53,112 beneficiaries returned a survey that could be used to estimate a PCS or MCS score. These 53,112 beneficiaries comprise the *Cohort 8 Follow Up respondent sample*.

The performance measurement results are based on the analytic sample of 95,217 and not the entire population sampled at baseline and follow up. At the national level, 7,541 beneficiaries died between baseline and the two-year follow up. Another 21,384 beneficiaries voluntarily disenrolled from their MAOs during the same two-year period. Of the 66,292 individuals eligible for follow up, 53,112 beneficiaries responded; 11,829 beneficiaries did not respond to the follow up survey; and 1,351 beneficiaries were determined to be ineligible members at follow up.¹⁶ A PCS or MCS score could be generated for the 53,112 respondents, yielding a follow up response rate of 81.8%.

For further information on the distribution of the analytic sample at the MAO and state level, please refer to the Distribution of the Sample and Response Rates Section of the *2005-2007 Cohort 8 Performance Measurement Report*.

SUMMARY MEASURES

CMS calculates PCS and MCS scores as measures of physical and mental health.

- The PCS and MCS scores are calculated from the VR-12, using the Modified Regression Estimate (MRE) for imputation and scoring of missing data.² The MRE uses complete cases to estimate a regression equation where only those items that are present are used. Depending on the pattern of missing item responses, a different set of regression weights is required.⁷ With MRE it is possible to obtain scores for PCS alone, MCS alone, or for both scores; therefore a completed survey has been defined as one that could be used to calculate at least one of the scores.
- CMS uses norm-based algorithms with 1990 norms, which yield positively scored (i.e., higher is better) measures that have a mean of 50 and a standard deviation of 10 in the general U.S. population.
- For the physical health summary measure, very high scores (scale 0-100) indicate no physical limitations, disabilities or decline in well being; high energy level; and a rating of health as “excellent.”
- For the mental health summary measure, very high scores (scale 0-100) indicate frequent positive affect, absence of psychological distress, and no limitations in usual social and role activities due to emotional problems.

¹⁶ Ineligible members at *follow up* met one of the following criteria: not enrolled in the MAO; had an incorrect address and phone number; or had a language barrier.

CASE MIX ADJUSTMENT

The goal of the performance measurement analysis is to compare physical and mental health outcomes in MAOs in terms of percentages of beneficiaries who were better, the same, or worse than expected at the two-year follow up. The analysis consists of the classification of actual outcomes for each beneficiary, the calculation of expected outcomes for each beneficiary, the calculation of MAO level results, and tests of significance of MAO level differences.³

There were six main categories of actual outcomes: three physical health and three mental health categories. Each beneficiary is classified into only one of the three physical health categories: (1) alive and PCS better; (2) alive and PCS the same; or (3) dead or PCS worse. Each is classified into only one of the three mental health categories: (1) MCS better; (2) MCS the same; or (3) MCS worse.

Expected outcomes included: death; physical health the same or better; physical health better; mental health the same or better; and mental health better. In calculating expected outcomes, separate case mix models were warranted for death (which required extensive case mix control), and for PCS and MCS (which did not require much case mix control). A series of eight different death models, three different PCS models, and three different MCS models was used, since all beneficiaries did not have data for all of the independent variables that could be used to calculate an expected score. In other words, each expected outcome for a beneficiary was derived from the best-fit model, which was based on those variables for which the beneficiary had data. For example, if a beneficiary had all of the required independent variables for Model A (the model containing the highest number of independent variables), then their expected score was calculated using that model. If not, then Model B (the model containing the second highest number of independent variables) was used if all of the required independent variables for this model were available, and so on. One model was used for each beneficiary, and an expected score was calculated for every beneficiary in the *Cohort 8 Performance Measurement analytic sample*. Details about the variables included in each model are provided in Tables 1 and 2 on pages 15 and 16.

The differences between actual and expected outcomes were used to determine MAO level results. The primary outcomes for the analysis are “alive and physical health the same or better” and “mental health the same or better.” That is, the primary outcomes were specified a priori as measures that indicate whether an MAO was maintaining or improving the health of its members. However, expected outcomes for “physical health better” and “mental health better” were needed to calculate the percentages of beneficiaries who were better, the same, or worse than expected. The percentage of beneficiaries who were worse at follow up is calculated as one minus the percentage who were better or the same. An overall *F* test was used to test whether MAOs differed significantly on the outcome measures. If the overall *F* test was significant, then a *t* statistic was used to express the significance of each MAO difference from the overall national results.¹⁷

¹⁷ National Committee for Quality Assurance. *HEDIS® 2006, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2006.

For physical health (mortality and PCS) over the two-year follow up period, 35.3% of beneficiaries at the national level were worse (dead or PCS worse), 46.9% were the same (alive and PCS same), and 17.8% were better (alive and PCS better). The overall *F* tests showed that mortality and “PCS Better” differed significantly ($p < .001$ for death; $p = .0056$ for PCS better) across all MAOs; however, “PCS same or better” did not differ significantly at the MAO level ($p = .3548$). Given that “Death” and “PCS same or better,” which were specified *a priori* as the primary physical health outcome, did not differ significantly at the MAO level, an outlier MAO level analysis for PCS was not warranted. Based on the PCS findings, all plans fell into the “same as expected” designation.

Over the two-year follow up period for MCS, 21.3% of beneficiaries at the national level were worse, 58.0% were the same, and 20.7% were better. An overall *F* test showed that “MCS same or better” and “MCS better” differed significantly ($p < .0004$ for MCS same or better; $p = .0216$ for MCS better) across all MAOs. Given that “MCS same or better,” which was specified *a priori* as the main mental health outcome measure, differed significantly, an outlier MAO level analysis for MCS was warranted. The MCS outlier analysis was performed using a *t* test at the MAO level. In *Cohort 8 Performance Measurement*, there were nine MAOs identified as better than the national average and four MAOs identified as worse than the national average for MCS.

Additional technical documentation, including a detailed description of the case mix methodology and regression models used,^{2,18} may be obtained from the Publications section of the Medicare HOS website (www.hosonline.org/surveys/hos/hospublications.aspx).

¹⁸ Rogers, WH, Gandek, B, Sinclair, SJ. *Calculating Medicare Health Outcomes Survey Performance Measurement Results*. Prepared for the National Committee for Quality Assurance and sponsored by the Centers for Medicare & Medicaid Services; Baltimore, MD: February 2004; Contract No. 500-00-0055. Accessed September 25, 2008 at http://www.hosonline.org/surveys/hos/download/HOS_Calculating_PM_Results.pdf.

TABLE 1
COVARIATES USED IN ESTIMATION OF EXPECTED MORTALITY

	DEATH MODEL							
DEATH MODEL COVARIATES	A	B	C	D	E	F	G	H
<i>Demographic and Socioeconomic Variables</i>								
Age (linear), Age 75+, Age 85+	X	X	X	X	X	X	X	X
Gender	X	X	X	X	X	X	X	X
Age and Gender interaction	X	X	X	X	X	X	X	X
HOS Race/Ethnicity (Black/African-American, Hispanic, Asian/Pacific Islander)	X	X	X	X				
CMS Race/Ethnicity (Black/African-American, Hispanic, Asian/Pacific Islander)					X	X	X	X
On Medicaid or not on Medicaid	X	X	X	X	X	X	X	X
Home owner or non-home owner	X	X	X	X				
High school graduate or not high school graduate	X	X	X	X				
Married or not married (single, divorced, widowed, separated)	X	X	X	X				
Annual household income less than \$20,000 or annual household income of \$20,000 or greater	X		X					
<i>Chronic Medical Conditions</i>								
Presence or absence of each of 13 chronic medical conditions: hypertension, myocardial infarction, angina/coronary artery disease, congestive heart failure, other heart conditions, stroke, pulmonary disease, gastrointestinal disorders, arthritis of hip or knee, arthritis of hand or wrist, sciatica, diabetes, cancer other than skin cancer	X	X						
Treatment or non-treatment for 4 cancer types: colon/rectal, lung, breast, prostate	X	X						
Mean number of conditions in 4 groups with varying relations to death:			X	X	X	X		
1. Strong relationship (congestive heart failure, any cancer, pulmonary disease, lung cancer)								
2. Moderate relationship (colon/rectal cancer, diabetes, stroke)								
3. Weak relationship (myocardial infarction, other heart conditions)								
4. Negative relationship (hypertension, angina/coronary artery disease, gastrointestinal disorders, breast cancer, arthritis [both types], sciatica, prostate cancer)								
<i>Baseline Functional Status</i>								
Physical Functioning/Activities of Daily Living Index	X	X	X	X	X			
General Health scale	X	X	X	X	X			
Social Functioning scale	X	X	X	X	X			
One-item measure of General Health compared to others	X	X	X	X	X			
Baseline PCS and MCS						X	X	
<i>Survey Administration</i>								
Telephone or mail survey	X	X	X	X	X	X	X	

TABLE 2
COVARIATES USED IN ESTIMATION OF CHANGE IN PCS AND MCS SCORES

PCS/MCS MODEL COVARIATES	PCS MODEL			MCS MODEL		
	A	B	C	A	B	C
Age (linear), Age 75+, Age 85+	X	X	X	X	X	X
Gender	X	X	X	X	X	X
Age and Gender interaction	X	X	X	X	X	X
HOS Race/Ethnicity (Black/African-American, Hispanic, Asian/Pacific Islander)	X	X		X	X	
CMS Race/Ethnicity (Black/African-American, Hispanic, Asian/Pacific Islander)						X
On Medicaid or not on Medicaid	X	X	X	X	X	X
Home owner or non-home owner	X	X		X	X	
High school graduate or not high school graduate	X	X		X	X	
Married or not married (single, divorced, widowed, separated)	X	X		X	X	
Annual household income less than \$20,000 or annual household income of \$20,000 or greater	X			X		

Performance Measurement Data

File Characteristics

Each MAO level *2005-2007 Cohort 8 Performance Measurement* data file was derived from the *Cohort 8 Performance Measurement analytic sample* of 95,217. As discussed in the Methodology and Design section, the *2005-2007 Cohort 8 Performance Measurement* results are based on the analytic sample of 95,217 beneficiaries and not the entire population sampled at baseline and follow up. Disabled beneficiaries under the age of 65 were not included in the analytic sample, and therefore are not part of the *2005-2007 Cohort 8 Performance Measurement* data file. Data for disabled beneficiaries can be provided upon request.

Beneficiaries in the *Cohort 8 Performance Measurement analytic sample* were classified into a number of categories at the time of performance measurement. These categories include: respondents; non-respondents; ineligible members at follow up;¹⁹ those who died within two years of the baseline survey; and those who voluntarily disenrolled from their MAO prior to follow up. These beneficiaries were included in the QIO level *2005-2007 Cohort 8 Performance Measurement* data file.

Please note that beneficiaries who disenrolled from their MAO prior to the time of follow up were included in the Cohort 8 performance measurement analytic sample and in the calculation of certain MAO level performance measurement results. However, in accordance with CMS policy, data on those beneficiaries are not included in the MAO level 2005-2007 Cohort 8 performance measurement data files distributed to participating MAOs.

There are a total of 252 fields in the *2005-2007 Cohort 8 Performance Measurement* data file. A summary of data evaluation and file production processes is included in Appendix A. A detailed list of the fields and their position within the file is included in Appendix B.

This section describes the new, revised and excluded fields in the *2005-2007 Cohort 8 Performance Measurement* data file, as well as an overview of all the fields in the data file. Please note, in addition to the new and excluded fields specifically outlined below, the position and/or length may have been modified for some fields included in the *2005-2007 Cohort 8 Performance Measurement* data file, when compared to the same fields included in previous HOS data files. You may refer to Appendix B for detailed information regarding all field attributes contained in the *2005-2007 Cohort 8 Performance Measurement* data file.

¹⁹ Ineligible members at *follow up* met one of the following criteria: not enrolled in the MAO; had an incorrect address and phone number; or had a language barrier.

NEW AND REVISED FIELDS

The following survey fields are **new or revised** in the *2005-2007 Cohort 8 Performance Measurement data file*.

- Two questions were added to the baseline survey regarding discussion with a doctor about exercise and physical activity.
 - *In the last 12 months, did you talk with a doctor or other health provider about your level of exercise or physical activity?* (#97)
Note: the equivalent field in the follow up survey is (#172).
 - *In the last 12 months, did a doctor or other health provider advise you to start, increase or maintain your level of exercise or physical activity?* (#98)
Note: the equivalent field in the follow up survey is (#173).

EXCLUDED FIELDS

No survey fields were **excluded** in the *2005-2007 Cohort 8 Performance Measurement data file* compared with the *2004-2006 Cohort 7 file*.

FIELD OVERVIEW

The following is a general description of fields included in the *2005-2007 Cohort 8 Performance Measurement data file*. The fields are listed in the order they appear in the SAS^{®20} data file.

Plan Level Fields (Fields 1 - 7)

Data from this section are taken from the header record of the baseline and follow up data files, as well as information obtained from the August 2007 NCQA Plan Contract List and the April 2008 CMS Monthly Report of Managed Care Health Plans from the following CMS website: (www.cms.hhs.gov/MCRAdvPartDENrolData). These fields include the MAO contract number (#1), which was the plan level unit of analysis for the *2005-2007 Cohort 8 Performance Measurement Report*. Other fields in this section are the plan state (#6), which is the two letter state abbreviation, and CMS region code (#4). Typically, plan state and CMS region designations are determined at the MAO level and are assigned to the state and region in which an MAO is reported. This plan state field (#6) was the state level unit of analysis for the *2005-2007 Cohort 8 Performance Measurement Report*.

²⁰ SAS[®] is a registered trademark of the SAS Institute Inc., Cary, NC.

Survey Level Fields (Fields 8 - 194)

This section contains a randomly assigned, anonymous beneficiary identification number (#8), and survey information from the 59 questions comprising the HOS instrument at baseline and the 63 questions comprising the HOS instrument at follow up. The questions in this section exclude the name of the person responding to the survey, Q58 at baseline (#240) and Q62 at follow up (#249), which are included in the Beneficiary Level Fields section. Other than the anonymous beneficiary ID, the information presented in this section represents each beneficiary's actual answers to the specific questions. These data include beneficiary responses to questions pertaining to a 36-item health survey at baseline; a 12-item health survey at follow up; ADLs; health status indicators; chronic medical conditions; depression; Healthy Days Measures; NCQA HEDIS Measures; demographics; and who completed the survey, Q57 at baseline (#106) and Q61 at follow up (#193). Beneficiary responses to the two questions related to physical activity are also included for the follow up survey. The 36-item health survey portion that is available at baseline (questions one [Q1] and three [Q3] through eleven [Q11] in the HOS instrument) was used to obtain the baseline physical and mental health summary measures. At follow up, questions one (Q1) through seven (Q7) from the 12-item health survey were used to obtain the physical and mental health summary measures.

Survey Administration Fields (Fields 195 - 209)

The fields that are presented in this section include the mode of survey administration, which indicates whether or not the beneficiary completed a baseline or follow up survey by mail or telephone (#195, #196), the dates the surveys were completed (#197 - #200), and the language(s) in which the surveys were completed (#201, #202). The original baseline and follow up survey date fields (#197, #199, respectively) were included for all beneficiaries with reported survey dates. For beneficiaries with missing baseline survey dates, the mean survey date by vendor and mode of administration was imputed (#198). For beneficiaries with missing follow up survey dates, a date of May 16, 2007 was imputed (#200) to represent the mean date for the sampling. The imputed fields #198 and #200 are equal to the original survey dates except in those instances where survey dates have been imputed due to missing data. The imputed survey date field #198, in combination with date of birth, was utilized to derive the beneficiary's age at baseline. The survey vendors at baseline and follow up (#203, #204) were included in this section. The proxy status field (#205), which was assigned to members at follow up, identifies whether a member or a proxy completed the survey at baseline and at follow up. In addition, when a proxy is identified for both surveys, this field provides information about whether the proxy is the same or a different proxy when sufficient information is available. This section also includes the request to be excluded indicators (#206, #207) and Chinese protocol flags (#208, #209).

Physical and Mental Health Summary Measures (Fields 210 - 213)

The fields that are presented in this section include the unadjusted PCS and MCS summary measures at baseline and follow up (#210 - #213). As previously described, the PCS and MCS scores were standardized to the U.S. population using 1990 norms.

Analytic Fields (Fields 214 - 215)

Data from this section include the beneficiary's BMI (#214) and BMI categories (#215). The weight and height categories were used to calculate BMI. The BMI categories were then created using the beneficiary's calculated BMI.

Beneficiary Level Fields (Fields 216 - 252)

Data from this section are taken primarily from the member level record of the baseline and follow up data files. These data were obtained from the CMS Medicare Enrollment Database (EDB) at the baseline sampling and CMS' Medicare Advantage Prescription Drug (MARx) System, Common Working File (CWF), and Medicare Beneficiary Database (MBD) at the follow up sampling. The Health Insurance Claim (HIC) number (#216), which is a unique identifier used to identify each beneficiary, is included in this section. This HIC number is obtained from the member level record at baseline. Beneficiary addresses (mailing address, county, state, and ZIP code) from both baseline and follow up are included in this section. Beneficiary race, gender, date of birth, and reason for entitlement from both baseline and follow up are also included in this section. The beneficiary's baseline date of birth (#234) was utilized to derive the beneficiary's age at baseline (#251). This age field was used in the HOS performance measurement analysis. The performance measurement analytic sample distribution indicator (#252) identifies respondents, non-respondents, as well as ineligible, and deceased beneficiaries. Note that beneficiaries who disenrolled from the MAO subsequent to completing the baseline survey are not included in the MAO files; however, they are included in the calculation of the performance measurement results.

FIELD UTILIZATION NOTES

- ◆ The HOS questionnaire contains multiple skip patterns. Caution should be exercised when examining selected questions that involve skip pattern responses. Please refer to Appendix B for additional information.
- ◆ Some demographic fields (birth year, race, and gender) were obtained from CMS Medicare databases at the baseline sampling, and also from the data provided by the respondent at each survey. Inconsistencies between the CMS fields and the corresponding respondent survey data have been identified. Caution should be exercised when examining these fields.
- ◆ For the purpose of calculating performance measurement results, beneficiaries were considered dead if they died within two years of completing the baseline survey and did not complete a follow up survey. The performance measurement analytic sample distribution indicator (#252) can be used to identify the status of each beneficiary in this file.
- ◆ Some question numbers from the follow up survey differ from the baseline survey, as well as from previous performance measurement data files. Caution should be exercised when examining the data across multiple cohorts.
- ◆ The following questions are available from the *2007 Cohort 8 Follow Up* survey but are not available from the *2005 Cohort 8 Baseline* survey: four Fall Risk Management questions (#174, #175, #176, #177); one question about osteoporosis (#154); one question about Osteoporosis Testing (#178); one weight question (#179); and one height question (#180).

Appendix A

Data Quality Assurance

DATA RECEIPT

The *2005 Cohort 8 Baseline* data were transmitted to Health Services Advisory Group (HSAG) from the National Committee for Quality Assurance (NCQA) on September 12, 2005. The *2007 Cohort 8 Follow Up* data were transmitted to HSAG from NCQA on September 5, 2007. The data were received on CD-ROM containing individual ASCII flat files for each participating MAO. The ASCII files contained MAO, beneficiary, and survey information as specified in the HEDIS 2005, Volume 6 and HEDIS 2007, Volume 6 manuals.^{15,3}

DATA EVALUATION AND PROCESSING

After all of the individual files were imported using SAS[®] software and saved as unique SAS data sets, they were appended to form a single HOS data file.²⁰ The entire HOS data file is reviewed to verify the presence of unique beneficiaries. Additional reviews of the data are performed using the complete HOS data file and also subsets of the data, e.g., by mode of administration and vendor.

- Data consistency checks are performed to identify:
 - out of range dates
 - out of range response values
 - duplicate Medicare Health Insurance Claim (HIC) numbers and Social Security Numbers (SSN)
 - data shifts in value assignment
 - inconsistent data distributions among vendors
 - inconsistent assignment of survey fields (such as survey disposition, round number, and survey language)
- Response consistency checks between related items are performed to validate the integrity of the data.
- For performance measurement, the baseline and follow up data are evaluated and merged, and additional variables are calculated or obtained from other CMS data sources.

Throughout the data evaluation process, data issues were forwarded to NCQA on an ongoing basis for follow up and when appropriate, corrected data were incorporated into the data file. An additional consistency check was performed which examined skip pattern violations. In many records, beneficiaries failed to correctly follow the skip patterns contained within the survey; however, no changes were made to any of the responses. **Caution should be exercised when examining data that utilize a skip pattern.**

Upon completion of the HOS data editing and cleaning process, the final data set was produced which served as the source for fields used in the performance measurement analysis and report.

Appendix B

Performance Measurement Data File Specifications

DATA FILE LAYOUT BY POSITION

The following table describes the file layout by field position for the *2005-2007 Cohort 8* Performance Measurement data file. There are a total of 252 fields in the data file. The file is formatted as a fixed width ASCII file.

The table below displays the fields by field position in the ASCII file. In addition to the field number and field position, a field description and additional information (including valid values) are provided. For the survey level items, the exact text of each question can be obtained by referring to the HEDIS 2005, Volume 6 and HEDIS 2007, Volume 6 manuals.^{15, 3}

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
1.	Plan Contract Number for the <i>Cohort 8</i> Performance Measurement Reporting	1 – 5	Contract number representing the beneficiary's MAO assignment at the time of the <i>Cohort 8</i> Performance Measurement reporting in 2008. This was the MAO level unit of analysis for the <i>Cohort 8</i> Performance Measurement Report. (SPECIAL NOTE: This field contains a character string.)
2.	<i>Cohort 8 Baseline:</i> Plan Contract Number	6 – 10	Contract number representing the beneficiary's MAO assignment at the time of the <i>Cohort 8 Baseline</i> sampling in 2005 (SPECIAL NOTE: This field contains a character string.)
3.	<i>Cohort 8 Follow Up:</i> Plan Contract Number	11 – 15	Contract number representing the beneficiary's MAO assignment at the time of the <i>Cohort 8 Follow Up</i> sampling in 2007 (SPECIAL NOTE: This field contains a character string.)

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
4.	CMS Region Code	16 – 17	<p>CMS region code created from the CMS region field in the August 2007 NCQA Plan Contract List</p> <ul style="list-style-type: none"> 1 = Region 1 – Boston (serving Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont) 2 = Region 2 – New York (serving New York, New Jersey, Puerto Rico, and the Virgin Islands) 3 = Region 3 – Philadelphia (serving Delaware, Washington DC, Maryland, Pennsylvania, Virginia, and West Virginia) 4 = Region 4 – Atlanta (serving Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee) 5 = Region 5 – Chicago (serving Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin) 6 = Region 6 – Dallas (serving Arkansas, Louisiana, New Mexico, Oklahoma, and Texas) 7 = Region 7 – Kansas City (serving Iowa, Kansas, Missouri, and Nebraska) 8 = Region 8 – Denver (serving Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming) 9 = Region 9 – San Francisco (serving Arizona, California, Guam, Hawaii, and Nevada) 10 = Region 10 – Seattle (serving Alaska, Idaho, Oregon, and Washington)
5.	Plan Name	18 – 67	<p>Plan name from the April 2008 CMS Monthly Report of Managed Care Health Plans. (SPECIAL NOTE: This field contains a character string.)</p>
6.	Plan State	68 – 69	<p>Plan state designation from the August 2007 NCQA Plan Contract List and was the state level unit of analysis for the <i>Cohort 8</i> Performance Measurement Report. (SPECIAL NOTE: This field contains a character string.)</p>
7.	Plan Type	70 – 109	<p>Plan type from the April 2008 CMS Monthly Report of Managed Care Health Plans (SPECIAL NOTE: This field contains a character string.)</p>
8.	Anonymous Beneficiary ID	110 – 117	<p>Unique number assigned to each beneficiary in the <i>Cohort 8 Baseline</i> sample.</p>
9.	<i>Cohort 8 Baseline</i> Survey: General Health Question (Q1)	118	<p>Beneficiary’s response to Q1 from the <i>Cohort 8 Baseline</i> survey: <i>In general, would you say your health is:</i></p> <ul style="list-style-type: none"> 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
10.	<i>Cohort 8 Baseline Survey: Health Transition Question (Q2)</i>	119	Beneficiary's response to Q2 from the <i>Cohort 8 Baseline</i> survey: <i>Compared to one year ago, how would you rate your health in general now?</i> 1 = Much better now than one year ago 2 = Somewhat better now than one year ago 3 = About the same as one year ago 4 = Somewhat worse now than one year ago 5 = Much worse now than one year ago
11.	<i>Cohort 8 Baseline Survey: Vigorous Activities Question (Q3a)</i>	120	Beneficiary's response to Q3a from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
12.	<i>Cohort 8 Baseline Survey: Moderate Activities Question (Q3b)</i>	121	Beneficiary's response to Q3b from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
13.	<i>Cohort 8 Baseline Survey: Lifting Groceries Question (Q3c)</i>	122	Beneficiary's response to Q3c from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Lifting or carrying groceries</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
14.	<i>Cohort 8 Baseline Survey: Climbing Several Flights of Stairs Question (Q3d)</i>	123	Beneficiary's response to Q3d from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Climbing several flights of stairs</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
15.	<i>Cohort 8 Baseline Survey: Climbing One Flight of Stairs Question (Q3e)</i>	124	Beneficiary's response to Q3e from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Climbing one flight of stairs</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
16.	<i>Cohort 8 Baseline Survey: Bending, Kneeling, or Stooping Question (Q3f)</i>	125	Beneficiary's response to Q3f from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Bending, kneeling, or stooping</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
17.	<i>Cohort 8 Baseline Survey: Walking More than a Mile Question (Q3g)</i>	126	Beneficiary's response to Q3g from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Walking more than a mile</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
18.	<i>Cohort 8 Baseline Survey: Walking Several Blocks Question (Q3h)</i>	127	Beneficiary's response to Q3h from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Walking several blocks</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
19.	<i>Cohort 8 Baseline Survey: Walking One Block Question (Q3i)</i>	128	Beneficiary's response to Q3i from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Walking one block</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
20.	<i>Cohort 8 Baseline Survey: Bathing or Dressing Question (Q3j)</i>	129	Beneficiary's response to Q3j from the <i>Cohort 8 Baseline</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Bathing or dressing yourself</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
21.	<i>Cohort 8 Baseline Survey: Physical Health Limiting Time Spent on Activities Question (Q4a)</i>	130	Beneficiary's response to Q4a from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?</i> <u>Cut down on the amount of time you spent on work or other activities</u> 1 = Yes 2 = No
22.	<i>Cohort 8 Baseline Survey: Physical Health Limiting Amount Accomplished Question (Q4b)</i>	131	Beneficiary's response to Q4b from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?</i> <u>Accomplished less than you would like</u> 1 = Yes 2 = No
23.	<i>Cohort 8 Baseline Survey: Physical Health Limiting the Kind of Activities Question (Q4c)</i>	132	Beneficiary's response to Q4c from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?</i> <u>Were limited in the kind of work or other activities</u> 1 = Yes 2 = No
24.	<i>Cohort 8 Baseline Survey: Physical Health Causing Difficulty Performing Activities Question (Q4d)</i>	133	Beneficiary's response to Q4d from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?</i> <u>Had difficulty performing the work or other activities (for example, it took extra effort)</u> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
25.	<i>Cohort 8 Baseline Survey: Emotional Problems Limiting Time Spent on Activities Question (Q5a)</i>	134	Beneficiary's response to Q5a from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?</i> <u>Cut down on the amount of time you spent on work or other activities</u> 1 = Yes 2 = No
26.	<i>Cohort 8 Baseline Survey: Emotional Problems Limiting Amount Accomplished Question (Q5b)</i>	135	Beneficiary's response to Q5b from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?</i> <u>Accomplished less than you would like</u> 1 = Yes 2 = No
27.	<i>Cohort 8 Baseline Survey: Emotional Problems Limiting Carefulness Question (Q5c)</i>	136	Beneficiary's response to Q5c from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?</i> <u>Didn't do work or other activities as carefully as usual</u> 1 = Yes 2 = No
28.	<i>Cohort 8 Baseline Survey: Extent Health Interfering with Social Activities Question (Q6)</i>	137	Beneficiary's response to Q6 from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?</i> 1 = Not at all 2 = Slightly 3 = Moderately 4 = Quite a bit 5 = Extremely
29.	<i>Cohort 8 Baseline Survey: Bodily Pain Question (Q7)</i>	138	Beneficiary's response to Q7 from the <i>Cohort 8 Baseline</i> survey: <i>How much bodily pain have you had during the past 4 weeks?</i> 1 = None 2 = Very mild 3 = Mild 4 = Moderate 5 = Severe 6 = Very severe

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
30.	<i>Cohort 8 Baseline Survey: Pain Interfering with Work Question (Q8)</i>	139	Beneficiary's response to Q8 from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the homes and housework)?</i> 1 = Not at all 2 = A little bit 3 = Moderately 4 = Quite a bit 5 = Extremely
31.	<i>Cohort 8 Baseline Survey: Full of Pep Question (Q9a)</i>	140	Beneficiary's response to Q9a from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i> <u>Did you feel full of pep?</u> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time
32.	<i>Cohort 8 Baseline Survey: Nervous Question (Q9b)</i>	141	Beneficiary's response to Q9b from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i> <u>Have you been a very nervous person?</u> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time

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33.	Cohort 8 Baseline Survey: Down in the Dumps Question (Q9c)	142	<p>Beneficiary's response to Q9c from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i></p> <p><u>Have you felt so down in the dumps that nothing could cheer you up?</u></p> <p>1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time</p>
34.	Cohort 8 Baseline Survey: Calm and Peaceful Question (Q9d)	143	<p>Beneficiary's response to Q9d from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i></p> <p><u>Have you felt calm and peaceful?</u></p> <p>1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time</p>
35.	Cohort 8 Baseline Survey: Lots of Energy Question (Q9e)	144	<p>Beneficiary's response to Q9e from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i></p> <p><u>Did you have a lot of energy?</u></p> <p>1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time</p>

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36.	Cohort 8 Baseline Survey: Downhearted and Blue Question (Q9f)	145	<p>Beneficiary's response to Q9f from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i></p> <p><u>Have you felt downhearted and blue?</u></p> <ul style="list-style-type: none"> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time
37.	Cohort 8 Baseline Survey: Feeling Worn Out Question (Q9g)	146	<p>Beneficiary's response to Q9g from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i></p> <p><u>Did you feel worn out?</u></p> <ul style="list-style-type: none"> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time
38.	Cohort 8 Baseline Survey: Happy Question (Q9h)	147	<p>Beneficiary's response to Q9h from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i></p> <p><u>Have you been a happy person?</u></p> <ul style="list-style-type: none"> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
39.	<i>Cohort 8 Baseline Survey: Feeling Tired Question (Q9i)</i>	148	Beneficiary's response to Q9i from the <i>Cohort 8 Baseline</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i> <u>Did you feel tired?</u> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time
40.	<i>Cohort 8 Baseline Survey: Amount of Time Health Interfering with Social Activities Question (Q10)</i>	149	Beneficiary's response to Q10 from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?</i> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
41.	<i>Cohort 8 Baseline Survey: Sick Easier Question (Q11a)</i>	150	Beneficiary's response to Q11a from the <i>Cohort 8 Baseline</i> survey: <i>How TRUE or FALSE is each of the following statements for you?</i> <u>I seem to get sick a little easier than other people</u> 1 = Definitely true 2 = Mostly true 3 = Don't know 4 = Mostly false 5 = Definitely false
42.	<i>Cohort 8 Baseline Survey: As Healthy Question (Q11b)</i>	151	Beneficiary's response to Q11b from the <i>Cohort 8 Baseline</i> survey: <i>How TRUE or FALSE is each of the following statements for you?</i> <u>I am as healthy as anybody I know</u> 1 = Definitely true 2 = Mostly true 3 = Don't know 4 = Mostly false 5 = Definitely false

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
43.	<i>Cohort 8 Baseline Survey: Future Health Question (Q11c)</i>	152	Beneficiary's response to Q11c from the <i>Cohort 8 Baseline</i> survey: <i>How TRUE or FALSE is each of the following statements for you?</i> <u>I expect my health to get worse</u> 1 = Definitely true 2 = Mostly true 3 = Don't know 4 = Mostly false 5 = Definitely false
44.	<i>Cohort 8 Baseline Survey: Excellent Health Question (Q11d)</i>	153	Beneficiary's response to Q11d from the <i>Cohort 8 Baseline</i> survey: <i>How TRUE or FALSE is each of the following statements for you?</i> <u>My health is excellent</u> 1 = Definitely true 2 = Mostly true 3 = Don't know 4 = Mostly false 5 = Definitely false
45.	<i>Cohort 8 Baseline Survey: Bathing Question (Q12a)</i>	154	Beneficiary's response to Q12a from the <i>Cohort 8 Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities?(Please mark one response for each activity)</i> <u>Bathing</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty Note: The codes are reversed compared to the corresponding follow up field 122 (Q10a)
46.	<i>Cohort 8 Baseline Survey: Dressing Question (Q12b)</i>	155	Beneficiary's response to Q12b from the <i>Cohort 8 Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities? (Please mark one response for each activity)</i> <u>Dressing</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty Note: The codes are reversed compared to the corresponding follow up field 123 (Q10b)

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
47.	Cohort 8 Baseline Survey: Eating Question (Q12c)	156	<p>Beneficiary's response to Q12c from the <i>Cohort 8 Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities? (Please mark one response for each activity)</i></p> <p><u>Eating</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty</p> <p>Note: The codes are reversed compared to the corresponding follow up field 124 (Q10c)</p>
48.	Cohort 8 Baseline Survey: Getting In or Out of Chairs Question (Q12d)	157	<p>Beneficiary's response to Q12d from the <i>Cohort 8 Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities? (Please mark one response for each activity)</i></p> <p><u>Getting in or out of chairs</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty</p> <p>Note: The codes are reversed compared to the corresponding follow up field 125 (Q10d)</p>
49.	Cohort 8 Baseline Survey: Walking Question (Q12e)	158	<p>Beneficiary's response to Q12e from the <i>Cohort 8 Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities? (Please mark one response for each activity)</i></p> <p><u>Walking</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty</p> <p>Note: The codes are reversed compared to the corresponding follow up field 126 (Q10e)</p>
50.	Cohort 8 Baseline Survey: Using the Toilet Question (Q12f)	159	<p>Beneficiary's response to Q12f from the <i>Cohort 8 Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities? (Please mark one response for each activity)</i></p> <p><u>Using the toilet</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty</p> <p>Note: The codes are reversed compared to the corresponding follow up field 127 (Q10f)</p>

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
51.	<i>Cohort 8 Baseline Survey: Number of Days Physical Health Not Good Question (Q13)</i>	160 – 161	Beneficiary's response to Q13 from the <i>Cohort 8 Baseline</i> survey: <i>Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (Please enter a number between "0" and "30" days. If no days, please enter "0" days.)</i> Note: The actual number was entered for 31-99 days. A response of "88" indicates ≥ 100 days.
52.	<i>Cohort 8 Baseline Survey: Number of Days Mental Health Not Good Question (Q14)</i>	162 – 163	Beneficiary's response to Q14 from the <i>Cohort 8 Baseline</i> survey: <i>Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (Please enter a number between "0" and "30" days. If no days, please enter "0" days.)</i> Note: The actual number was entered for 31-99 days. A response of "88" indicates ≥ 100 days.
53.	<i>Cohort 8 Baseline Survey: Number of Days Health Interfered with Daily Activities Question (Q15)</i>	164 – 165	Beneficiary's response to Q15 from the <i>Cohort 8 Baseline</i> survey: <i>During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? (Please enter a number between "0" and "30" days. If no days, please enter "0" days.)</i> Note: The actual number was entered for 31-99 days. A response of "88" indicates ≥ 100 days.
54.	<i>Cohort 8 Baseline Survey: Chest Pain or Pressure During Exercise Question (Q16a)</i>	166	Beneficiary's response to Q16a from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how often have you had any of the following problems?</i> <u>Chest pain or pressure when you exercise</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
55.	<i>Cohort 8 Baseline Survey: Chest Pain or Pressure When Resting Question (Q16b)</i>	167	Beneficiary's response to Q16b from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how often have you had any of the following problems?</i> <u>Chest pain or pressure when resting</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
56.	<i>Cohort 8 Baseline Survey: Shortness of Breath When Lying Flat Question (Q17a)</i>	168	Beneficiary's response to Q17a from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When lying down flat</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
57.	<i>Cohort 8 Baseline Survey: Shortness of Breath When Sitting or Resting Question (Q17b)</i>	169	Beneficiary's response to Q17b from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When sitting or resting</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
58.	<i>Cohort 8 Baseline Survey: Shortness of Breath When Walking Less than One Block Question (Q17c)</i>	170	Beneficiary's response to Q17c from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When walking less than one block</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
59.	<i>Cohort 8 Baseline Survey: Shortness of Breath When Climbing One Flight of Stairs Question (Q17d)</i>	171	Beneficiary's response to Q17d from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When climbing one flight of stairs</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
60.	<i>Cohort 8 Baseline Survey: Numbness in Feet Question (Q18a)</i>	172	Beneficiary's response to Q18a from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Numbness or loss of feeling in your feet</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
61.	<i>Cohort 8 Baseline Survey: Tingling or Burning Sensation in Feet Question (Q18b)</i>	173	Beneficiary's response to Q18b from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Tingling or burning sensation in your feet especially at night</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
62.	<i>Cohort 8 Baseline Survey: Decreased Temperature Sensation in Feet Question (Q18c)</i>	174	Beneficiary's response to Q18c from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Decreased ability to feel hot or cold with your feet</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
63.	<i>Cohort 8 Baseline Survey: Sores or Wounds on Feet Question (Q18d)</i>	175	Beneficiary's response to Q18d from the <i>Cohort 8 Baseline</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Sores or wounds on your feet that did not heal</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
64.	<i>Cohort 8 Baseline Survey: Paralysis or Weakness Question (Q19a)</i>	176	Beneficiary's response to Q19a from the <i>Cohort 8 Baseline</i> survey: <i>Have you ever had paralysis or weakness on one side of the body?</i> 1 = Yes, I have it 2 = Yes, but it went away 3 = No
65.	<i>Cohort 8 Baseline Survey: Lost Ability to Talk Question (Q19b)</i>	177	Beneficiary's response to Q19b from the <i>Cohort 8 Baseline</i> survey: <i>Have you ever lost the ability to talk?</i> 1 = Yes, I have lost it 2 = Yes, but it returned 3 = No
66.	<i>Cohort 8 Baseline Survey: Vision Question (Q20)</i>	178	Beneficiary's response to Q20 from the <i>Cohort 8 Baseline</i> survey: <i>Can you see well enough to read newspaper print (with your glasses or contacts if that's how you see best)?</i> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
67.	<i>Cohort 8 Baseline Survey: Hearing Question (Q21)</i>	179	Beneficiary's response to Q21 from the <i>Cohort 8 Baseline</i> survey: <i>Can you hear most of the things people say (with a hearing aid if that's how you hear best)?</i> 1 = Yes 2 = No
68.	<i>Cohort 8 Baseline Survey: Difficulty Controlling Urination Question (Q22)</i>	180	Beneficiary's response to Q22 from the <i>Cohort 8 Baseline</i> survey: <i>Do you have difficulty controlling urination?</i> 1 = Yes 2 = No
69.	<i>Cohort 8 Baseline Survey: Hypertension Question (Q23)</i>	181	Beneficiary's response to Q23 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Hypertension or high blood pressure</u> 1 = Yes 2 = No
70.	<i>Cohort 8 Baseline Survey: Angina or Coronary Artery Disease Question (Q24)</i>	182	Beneficiary's response to Q24 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Angina pectoris or coronary artery disease</u> 1 = Yes 2 = No
71.	<i>Cohort 8 Baseline Survey: Congestive Heart Failure Question (Q25)</i>	183	Beneficiary's response to Q25 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Congestive heart failure</u> 1 = Yes 2 = No
72.	<i>Cohort 8 Baseline Survey: Myocardial Infarction Question (Q26)</i>	184	Beneficiary's response to Q26 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>A myocardial infarction or heart attack</u> 1 = Yes 2 = No
73.	<i>Cohort 8 Baseline Survey: Other Heart Conditions Question (Q27)</i>	185	Beneficiary's response to Q27 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Other heart conditions, such as problems with heart valves or the rhythm of your heartbeat</u> 1 = Yes 2 = No
74.	<i>Cohort 8 Baseline Survey: Stroke Question (Q28)</i>	186	Beneficiary's response to Q28 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>A stroke</u> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
75.	<i>Cohort 8 Baseline Survey: COPD Question (Q29)</i>	187	Beneficiary's response to Q29 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Emphysema, or asthma, or COPD (chronic obstructive pulmonary disease)</u> 1 = Yes 2 = No
76.	<i>Cohort 8 Baseline Survey: Inflammatory Bowel Disease Question (Q30)</i>	188	Beneficiary's response to Q30 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Crohn's disease, ulcerative colitis, or inflammatory bowel disease</u> 1 = Yes 2 = No
77.	<i>Cohort 8 Baseline Survey: Arthritis of Hip or Knee Question (Q31)</i>	189	Beneficiary's response to Q31 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Arthritis of the hip or knee</u> 1 = Yes 2 = No
78.	<i>Cohort 8 Baseline Survey: Arthritis of Hand or Wrist Question (Q32)</i>	190	Beneficiary's response to Q32 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Arthritis of the hand or wrist</u> 1 = Yes 2 = No
79.	<i>Cohort 8 Baseline Survey: Sciatica Question (Q33)</i>	191	Beneficiary's response to Q33 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Sciatica (pain or numbness that travels down your leg to below your knee)</u> 1 = Yes 2 = No
80.	<i>Cohort 8 Baseline Survey: Diabetes Question (Q34)</i>	192	Beneficiary's response to Q34 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Diabetes, high blood sugar, or sugar in the urine</u> 1 = Yes 2 = No
81.	<i>Cohort 8 Baseline Survey: Any Cancer Question (Q35)</i>	193	Beneficiary's response to Q35 from the <i>Cohort 8 Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Any cancer (other than skin cancer)</u> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
82.	<i>Cohort 8 Baseline Survey: Arthritis Pain Question (Q36)</i>	194	Beneficiary's response to Q36 from the <i>Cohort 8 Baseline</i> survey: <i>If you answered "yes" to questions 31 or 32 above (that you have arthritis),</i> <i>During the past 4 weeks, how would you describe the arthritis pain you usually had?</i> 1 = None 2 = Very mild 3 = Mild 4 = Moderate 5 = Severe
83.	<i>Cohort 8 Baseline Survey: Colorectal Cancer Treatment Question (Q37a)</i>	195	Beneficiary's response to Q37a from the <i>Cohort 8 Baseline</i> survey: <i>If you answered "yes" to question 35 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Colon or rectal cancer</u> 1 = Yes 2 = No
84.	<i>Cohort 8 Baseline Survey: Lung Cancer Treatment Question (Q37b)</i>	196	Beneficiary's response to Q37b from the <i>Cohort 8 Baseline</i> survey: <i>If you answered "yes" to question 35 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Lung cancer</u> 1 = Yes 2 = No
85.	<i>Cohort 8 Baseline Survey: Breast Cancer Treatment Question (Q37c)</i>	197	Beneficiary's response to Q37c from the <i>Cohort 8 Baseline</i> survey: <i>If you answered "yes" to question 35 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Breast cancer</u> 1 = Yes 2 = No
86.	<i>Cohort 8 Baseline Survey: Prostate Cancer Treatment Question (Q37d)</i>	198	Beneficiary's response to Q37d from the <i>Cohort 8 Baseline</i> survey: <i>If you answered "yes" to question 35 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Prostate cancer</u> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
87.	<i>Cohort 8 Baseline Survey: Low Back Pain Question (Q38)</i>	199	Beneficiary's response to Q38 from the <i>Cohort 8 Baseline</i> survey: <i>In the past 4 weeks, how often has low back pain interfered with your usual daily activities (work, school or housework)?</i> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
88.	<i>Cohort 8 Baseline Survey: Two Weeks of Depression Question (Q39)</i>	200	Beneficiary's response to Q39 from the <i>Cohort 8 Baseline</i> survey: <i>In the past year, have you had 2 weeks or more during which you felt sad, blue or depressed; or when you lost interest or pleasure in things that you usually cared about or enjoyed?</i> 1 = Yes 2 = No
89.	<i>Cohort 8 Baseline Survey: Depression Much of the Time Question (Q40)</i>	201	Beneficiary's response to Q40 from the <i>Cohort 8 Baseline</i> survey: <i>In the past year, have you felt depressed or sad much of the time?</i> 1 = Yes 2 = No
90.	<i>Cohort 8 Baseline Survey: Depression Most of the Time Question (Q41)</i>	202	Beneficiary's response to Q41 from the <i>Cohort 8 Baseline</i> survey: <i>Have you ever had 2 years or more in your life when you felt depressed or sad most days, even if you felt okay sometimes?</i> 1 = Yes 2 = No
91.	<i>Cohort 8 Baseline Survey: Comparative Health Question (Q42)</i>	203	Beneficiary's response to Q42 from the <i>Cohort 8 Baseline</i> survey: <i>In general, compared to other people your age, would you say that your health is:</i> 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor
92.	<i>Cohort 8 Baseline Survey: Current Smoker Question (Q43)</i>	204	Beneficiary's response to Q43 from the <i>Cohort 8 Baseline</i> survey: <i>Do you now smoke every day, some days, or not at all?</i> 1 = Every day 2 = Some days 3 = Not at all 4 = Don't know

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
93.	<i>Cohort 8 Baseline Survey: Urine Leakage Question (Q44)</i>	205	Beneficiary's response to Q44 from the <i>Cohort 8 Baseline</i> survey: <i>Many people experience problems with urinary incontinence, the leakage of urine. In the last 6 months, have you accidentally leaked urine?</i> 1 = Yes (Go to Q45) 2 = No (Go to Q48)
94.	<i>Cohort 8 Baseline Survey: Magnitude of Urine Leakage Problem Question (Q45)</i>	206	Beneficiary's response to Q45 from the <i>Cohort 8 Baseline</i> survey: <i>How much of a problem, if any, was the urine leakage for you?</i> 1 = A big problem (Go to Q46) 2 = A small problem (Go to Q46) 3 = Not a problem (Go to Q48)
95.	<i>Cohort 8 Baseline Survey: Talked with Doctor about Urine Leakage Question (Q46)</i>	207	Beneficiary's response to Q46 from the <i>Cohort 8 Baseline</i> survey: <i>Have you talked with your current doctor or other health provider about your current urine leakage problem?</i> 1 = Yes (Go to Q47) 2 = No (Go to Q48)
96.	<i>Cohort 8 Baseline Survey: Received Treatment for Urine Leakage Question (Q47)</i>	208	Beneficiary's response to Q47 from the <i>Cohort 8 Baseline</i> survey: <i>There are many ways to treat urinary incontinence including bladder training, exercises, medication and surgery. Have you received these or any other treatments for your current urine leakage problem?</i> 1 = Yes 2 = No
97.	<i>Cohort 8 Baseline Survey: Talked with Doctor about Level of Physical Activity Question (Q48)</i>	209	Beneficiary's response to Q48 from the <i>Cohort 8 Baseline</i> survey: <i>In the last 12 months, did you talk with a doctor or other health provider about your level of exercise or physical activity? For example, a doctor or other health provider may ask if you exercise regularly or take part in physical exercise.</i> 1 = Yes (Go to Q49) 2 = No (Go to Q49) 3 = I had no visits in the last 12 months (Go to Q50)
98.	<i>Cohort 8 Baseline Survey: Doctor Advised About Exercise Question (Q49)</i>	210	Beneficiary's response to Q49 from the <i>Cohort 8 Baseline</i> survey: <i>Did a doctor or other health provider advise you to start, increase, or maintain your level of exercise or physical activity? For example, in order to improve your health, your doctor or other health provider may advise you to start taking the stairs, increase walking from 10 to 20 minutes every day or to maintain your current exercise program.</i> 1 = Yes 2 = No

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99.	<i>Cohort 8 Baseline Survey: Survey Reported Year of Birth Question (Q50)</i>	211 – 214	Beneficiary's response to Q50 from the <i>Cohort 8 Baseline</i> survey: <i>In what year were you born? Please provide your year of birth only. For example, if your date of birth is January 1, 1935, please answer "1935."</i> (SPECIAL NOTE: This field contains a character string.)
100.	<i>Cohort 8 Baseline Survey: Survey Reported Gender Question (Q51)</i>	215	Beneficiary's response to Q51 from the <i>Cohort 8 Baseline</i> survey: <i>Are you male or female?</i> 1 = Male 2 = Female
101.	<i>Cohort 8 Baseline Survey: Hispanic Question (Q52)</i>	216	Beneficiary's response to Q52 from the <i>Cohort 8 Baseline</i> survey: <i>Are you of Hispanic or Spanish family background?</i> 1 = Yes 2 = No
102.	<i>Cohort 8 Baseline Survey: Survey Reported Race Question (Q53)</i>	217	Beneficiary's response to Q53 from the <i>Cohort 8 Baseline</i> survey: <i>How would you describe your race?</i> 1 = American Indian or Alaskan Native 2 = Asian or Pacific Islander 3 = Black or African American 4 = White 5 = Another race or multiracial
103.	<i>Cohort 8 Baseline Survey: Marital Status Question (Q54)</i>	218	Beneficiary's response to Q54 from the <i>Cohort 8 Baseline</i> survey: <i>What is your current marital status?</i> 1 = Married 2 = Divorced 3 = Separated 4 = Widowed 5 = Never married
104.	<i>Cohort 8 Baseline Survey: Education Question (Q55)</i>	219	Beneficiary's response to Q55 from the <i>Cohort 8 Baseline</i> survey: <i>What is the highest grade or level of school that you have completed?</i> 1 = 8 th grade or less 2 = Some high school, but did not graduate 3 = High school graduate or GED 4 = Some college or 2 year degree 5 = 4 year college graduate 6 = More than a 4 year college degree
105.	<i>Cohort 8 Baseline Survey: Housing Question (Q56)</i>	220	Beneficiary's response to Q56 from the <i>Cohort 8 Baseline</i> survey: <i>Is the house or apartment you currently live in:</i> 1 = Owned or being bought by you 2 = Owned or being bought by someone in your family other than you 3 = Rented for money 4 = Not owned and one in which you live without payment of rent 5 = None of the above

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106.	<i>Cohort 8 Baseline Survey: Who Completed this Survey Question (Q57)</i>	221	Beneficiary's response to Q57 from the <i>Cohort 8 Baseline</i> survey: <i>Who completed this survey form?</i> 1 = Person to whom survey was addressed (<i>Go to Q59</i>) 2 = Family member or relative of person to whom the survey was addressed 3 = Friend of person to whom the survey was addressed 4 = Professional caregiver of person to whom the survey was addressed
107.	<i>Cohort 8 Baseline Survey: Annual Household Income Question (Q59)</i>	222 – 223	Beneficiary's response to Q59 from the <i>Cohort 8 Baseline</i> survey: <i>Which of the following categories best represents the combined income for all family members in your household for the past 12 months?</i> 1 = Less than \$5,000 2 = \$5,000 - \$9,999 3 = \$10,000 - \$19,999 4 = \$20,000 - \$29,999 5 = \$30,000 - \$39,999 6 = \$40,000 - \$49,999 7 = \$50,000 - \$79,999 8 = \$80,000 - \$99,999 9 = \$100,000 or more 10 = Don't know
108.	<i>Cohort 8 Follow Up Survey: General Health Question (Q1)</i>	224	Beneficiary's response to Q1 from the <i>Cohort 8 Follow Up</i> survey: <i>In general, would you say your health is:</i> 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor
109.	<i>Cohort 8 Follow Up Survey: Moderate Activities Question (Q2a)</i>	225	Beneficiary's response to Q2a from the <i>Cohort 8 Follow Up</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
110.	<i>Cohort 8 Follow Up Survey: Climbing Several Flights of Stairs Question (Q2b)</i>	226	Beneficiary's response to Q2b from the <i>Cohort 8 Follow Up</i> survey: <i>The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?</i> <u>Climbing several flights of stairs</u> 1 = Yes, limited a lot 2 = Yes, limited a little 3 = No, not limited at all
111.	<i>Cohort 8 Follow Up Survey: Physical Health Limiting Amount Accomplished Question (Q3a)</i>	227	Beneficiary's response to Q3a from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?</i> <u>Accomplished less than you would like</u> 1 = No, none of the time 2 = Yes, a little of the time 3 = Yes, some of the time 4 = Yes, most of the time 5 = Yes, all of the time
112.	<i>Cohort 8 Follow Up Survey: Physical Health Limiting the Kind of Activities Question (Q3b)</i>	228	Beneficiary's response to Q3b from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?</i> <u>Were limited in the kind of work or other activities</u> 1 = No, none of the time 2 = Yes, a little of the time 3 = Yes, some of the time 4 = Yes, most of the time 5 = Yes, all of the time
113.	<i>Cohort 8 Follow Up Survey: Emotional Problems Limiting Amount Accomplished Question (Q4a)</i>	229	Beneficiary's response to Q4a from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?</i> <u>Accomplished less than you would like</u> 1 = No, none of the time 2 = Yes, a little of the time 3 = Yes, some of the time 4 = Yes, most of the time 5 = Yes, all of the time

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
114.	<i>Cohort 8 Follow Up Survey: Emotional Problems Limiting Carefulness Question (Q4b)</i>	230	Beneficiary's response to Q4b from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?</i> <u>Didn't do work or other activities as carefully as usual</u> 1 = No, none of the time 2 = Yes, a little of the time 3 = Yes, some of the time 4 = Yes, most of the time 5 = Yes, all of the time
115.	<i>Cohort 8 Follow Up Survey: Pain Interfering with Work Question (Q5)</i>	231	Beneficiary's response to Q5 from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?</i> 1 = Not at all 2 = A little bit 3 = Moderately 4 = Quite a bit 5 = Extremely
116.	<i>Cohort 8 Follow Up Survey: Calm and Peaceful Question (Q6a)</i>	232	Beneficiary's response to Q6a from the <i>Cohort 8 Follow Up</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i> <u>Have you felt calm and peaceful?</u> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time
117.	<i>Cohort 8 Follow Up Survey: Lots of Energy Question (Q6b)</i>	233	Beneficiary's response to Q6b from the <i>Cohort 8 Follow Up</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i> <u>Did you have a lot of energy?</u> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
118.	<i>Cohort 8 Follow Up Survey: Downhearted and Blue Question (Q6c)</i>	234	Beneficiary's response to Q6c from the <i>Cohort 8 Follow Up</i> survey: <i>These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...</i> <u>Have you felt downhearted and blue?</u> 1 = All of the time 2 = Most of the time 3 = A good bit of the time 4 = Some of the time 5 = A little of the time 6 = None of the time
119.	<i>Cohort 8 Follow Up Survey: Amount of Time Health Interfering with Social Activities Question (Q7)</i>	235	Beneficiary's response to Q7 from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?</i> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
120.	<i>Cohort 8 Follow Up Survey: Physical Health Compared to One Year Ago Question (Q8)</i>	236	Beneficiary's response to Q8 from the <i>Cohort 8 Follow Up</i> survey: <i>Compared to one year ago, how would you rate your physical health in general now?</i> 1 = Much better 2 = Slightly better 3 = About the same 4 = Slightly worse 5 = Much worse
121.	<i>Cohort 8 Follow Up Survey: Mental Health Compared to One Year Ago Question (Q9)</i>	237	Beneficiary's response to Q9 from the <i>Cohort 8 Follow Up</i> survey: <i>Compared to one year ago, how would you rate your emotional problems (such as feeling anxious, depressed or irritable) in general now?</i> 1 = Much better 2 = Slightly better 3 = About the same 4 = Slightly worse 5 = Much worse

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
122.	<i>Cohort 8 Follow Up Survey: Bathing Question (Q10a)</i>	238	<p>Beneficiary's response to Q10a from the <i>Cohort 8 Follow Up</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities without special equipment or help from another person?</i></p> <p><u>Bathing</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity</p> <p>Note: The codes are reversed compared to the corresponding baseline field 45 (Q12a)</p>
123.	<i>Cohort 8 Follow Up Survey: Dressing Question (Q10b)</i>	239	<p>Beneficiary's response to Q10b from the <i>Cohort 8 Follow Up</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities without special equipment or help from another person?</i></p> <p><u>Dressing</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity</p> <p>Note: The codes are reversed compared to the corresponding baseline field 46 (Q12b)</p>
124.	<i>Cohort 8 Follow Up Survey: Eating Question (Q10c)</i>	240	<p>Beneficiary's response to Q10c from the <i>Cohort 8 Follow Up</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities without special equipment or help from another person?</i></p> <p><u>Eating</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity</p> <p>Note: The codes are reversed compared to the corresponding baseline field 47 (Q12c)</p>
125.	<i>Cohort 8 Follow Up Survey: Getting In or Out of Chairs Question (Q10d)</i>	241	<p>Beneficiary's response to Q10d from the <i>Cohort 8 Follow Up</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities without special equipment or help from another person?</i></p> <p><u>Getting in or out of chairs</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity</p> <p>Note: The codes are reversed compared to the corresponding baseline field 48 (Q12d)</p>

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
126.	<i>Cohort 8 Follow Up Survey: Walking Question (Q10e)</i>	242	Beneficiary's response to Q10e from the <i>Cohort 8 Follow Up</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities without special equipment or help from another person?</i> <u>Walking</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity Note: The codes are reversed compared to the corresponding baseline field 49 (Q12e)
127.	<i>Cohort 8 Follow Up Survey: Using the Toilet Question (Q10f)</i>	243	Beneficiary's response to Q10f from the <i>Cohort 8 Follow Up</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities without special equipment or help from another person?</i> <u>Using the toilet</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity Note: The codes are reversed compared to the corresponding baseline field 50 (Q12f)
128.	<i>Cohort 8 Follow Up Survey: Number of Days Physical Health Not Good Question (Q11)</i>	244 – 245	Beneficiary's response to Q11 from the <i>Cohort 8 Follow Up</i> survey: <i>Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (Please enter a number between "0" and "30" days. If no days, please enter "0" days.)</i> Note: The actual number was entered for 31-99 days. A response of "88" indicates ≥ 100 days.
129.	<i>Cohort 8 Follow Up Survey: Number of Days Mental Health Not Good Question (Q12)</i>	246 – 247	Beneficiary's response to Q12 from the <i>Cohort 8 Follow Up</i> survey: <i>Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (Please enter a number between "0" and "30" days. If no days, please enter "0" days.)</i> Note: The actual number was entered for 31-99 days. A response of "88" indicates ≥ 100 days.
130.	<i>Cohort 8 Follow Up Survey: Number of Days Health Interfered with Daily Activities Question (Q13)</i>	248 – 249	Beneficiary's response to Q13 from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? (Please enter a number between "0" and "30" days. If no days, please enter "0" days.)</i> Note: The actual number was entered for 31-99 days. A response of "88" indicates ≥ 100 days.

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
131.	<i>Cohort 8 Follow Up Survey: Chest Pain or Pressure During Exercise Question (Q14a)</i>	250	Beneficiary's response to Q14a from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how often have you had any of the following problems?</i> <u>Chest pain or pressure when you exercise</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
132.	<i>Cohort 8 Follow Up Survey: Chest Pain or Pressure When Resting Question (Q14b)</i>	251	Beneficiary's response to Q14b from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how often have you had any of the following problems?</i> <u>Chest pain or pressure when resting</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
133.	<i>Cohort 8 Follow Up Survey: Shortness of Breath When Lying Flat Question (Q15a)</i>	252	Beneficiary's response to Q15a from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When lying down flat</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
134.	<i>Cohort 8 Follow Up Survey: Shortness of Breath When Sitting or Resting Question (Q15b)</i>	253	Beneficiary's response to Q15b from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When sitting or resting</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
135.	<i>Cohort 8 Follow Up Survey: Shortness of Breath When Walking Less than One Block Question (Q15c)</i>	254	Beneficiary's response to Q15c from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When walking less than one block</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
136.	<i>Cohort 8 Follow Up Survey:</i> Shortness of Breath When Climbing One Flight of Stairs Question (Q15d)	255	Beneficiary's response to Q15d from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how often have you felt short of breath under the following conditions?</i> <u>When climbing one flight of stairs</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
137.	<i>Cohort 8 Follow Up Survey:</i> Numbness in Feet Question (Q16a)	256	Beneficiary's response to Q16a from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Numbness or loss of feeling in your feet</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
138.	<i>Cohort 8 Follow Up Survey:</i> Tingling or Burning Sensation in Feet Question (Q16b)	257	Beneficiary's response to Q16b from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Tingling or burning sensation in your feet especially at night</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
139.	<i>Cohort 8 Follow Up Survey:</i> Decreased Temperature Sensation in Feet Question (Q16c)	258	Beneficiary's response to Q16c from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Decreased ability to feel hot or cold with your feet</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
140.	<i>Cohort 8 Follow Up Survey:</i> Sores or Wounds on Feet Question (Q16d)	259	Beneficiary's response to Q16d from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how much of the time have you had any of the following problems with your legs and feet?</i> <u>Sores or wounds on your feet that did not heal</u> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
141.	<i>Cohort 8 Follow Up Survey:</i> Arthritis Pain Question (Q17)	260	Beneficiary's response to Q17 from the <i>Cohort 8 Follow Up</i> survey: <i>During the past 4 weeks, how would you describe any arthritis pain you usually had?</i> 1 = None 2 = Very mild 3 = Mild 4 = Moderate 5 = Severe
142.	<i>Cohort 8 Follow Up Survey:</i> Vision Question (Q18)	261	Beneficiary's response to Q18 from the <i>Cohort 8 Follow Up</i> survey: <i>Can you see well enough to read newspaper print (with your glasses or contacts if that's how you see best)?</i> 1 = Yes 2 = No
143.	<i>Cohort 8 Follow Up Survey:</i> Hearing Question (Q19)	262	Beneficiary's response to Q19 from the <i>Cohort 8 Follow Up</i> survey: <i>Can you hear most of the things people say (with a hearing aid if that's how you hear best)?</i> 1 = Yes 2 = No
144.	<i>Cohort 8 Follow Up Survey:</i> Hypertension Question (Q20)	263	Beneficiary's response to Q20 from the <i>Cohort 8 Follow Up</i> survey: Has a doctor ever told you that you had: <u>Hypertension or high blood pressure</u> 1 = Yes 2 = No
145.	<i>Cohort 8 Follow Up Survey:</i> Angina or Coronary Artery Disease Question (Q21)	264	Beneficiary's response to Q21 from the <i>Cohort 8 Follow Up</i> survey: Has a doctor ever told you that you had: <u>Angina pectoris or coronary artery disease</u> 1 = Yes 2 = No
146.	<i>Cohort 8 Follow Up Survey:</i> Congestive Heart Failure Question (Q22)	265	Beneficiary's response to Q22 from the <i>Cohort 8 Follow Up</i> survey: Has a doctor ever told you that you had: <u>Congestive heart failure</u> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
147.	<i>Cohort 8 Follow Up Survey: Myocardial Infarction Question (Q23)</i>	266	Beneficiary's response to Q23 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>A myocardial infarction or heart attack</u> 1 = Yes 2 = No
148.	<i>Cohort 8 Follow Up Survey: Other Heart Conditions Question (Q24)</i>	267	Beneficiary's response to Q24 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Other heart conditions, such as problems with heart valves or the rhythm of your heartbeat</u> 1 = Yes 2 = No
149.	<i>Cohort 8 Follow Up Survey: Stroke Question (Q25)</i>	268	Beneficiary's response to Q25 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>A stroke</u> 1 = Yes 2 = No
150.	<i>Cohort 8 Follow Up Survey: COPD Question (Q26)</i>	269	Beneficiary's response to Q26 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Emphysema, or asthma, or COPD (chronic obstructive pulmonary disease)</u> 1 = Yes 2 = No
151.	<i>Cohort 8 Follow Up Survey: Inflammatory Bowel Disease Question (Q27)</i>	270	Beneficiary's response to Q27 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Crohn's disease, ulcerative colitis, or inflammatory bowel disease</u> 1 = Yes 2 = No
152.	<i>Cohort 8 Follow Up Survey: Arthritis of Hip or Knee Question (Q28)</i>	271	Beneficiary's response to Q28 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Arthritis of the hip or knee</u> 1 = Yes 2 = No
153.	<i>Cohort 8 Follow Up Survey: Arthritis of Hand or Wrist Question (Q29)</i>	272	Beneficiary's response to Q29 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Arthritis of the hand or wrist</u> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
154.	<i>Cohort 8 Follow Up Survey: Osteoporosis Question (Q30)</i>	273	Beneficiary's response to Q30 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Osteoporosis, sometimes called thin or brittle bones</u> 1 = Yes 2 = No
155.	<i>Cohort 8 Follow Up Survey: Sciatica Question (Q31)</i>	274	Beneficiary's response to Q31 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Sciatica (pain or numbness that travels down your leg to below your knee)</u> 1 = Yes 2 = No
156.	<i>Cohort 8 Follow Up Survey: Diabetes Question (Q32)</i>	275	Beneficiary's response to Q32 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Diabetes, high blood sugar, or sugar in the urine</u> 1 = Yes 2 = No
157.	<i>Cohort 8 Follow Up Survey: Any Cancer Question (Q33)</i>	276	Beneficiary's response to Q33 from the <i>Cohort 8 Follow Up</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Any cancer (other than skin cancer)</u> 1 = Yes 2 = No
158.	<i>Cohort 8 Follow Up Survey: Colorectal Cancer Treatment Question (Q34a)</i>	277	Beneficiary's response to Q34a from the <i>Cohort 8 Follow Up</i> survey: <i>If you answered "yes" to question 33 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Colon or rectal cancer</u> 1 = Yes 2 = No
159.	<i>Cohort 8 Follow Up Survey: Lung Cancer Treatment Question (Q34b)</i>	278	Beneficiary's response to Q34b from the <i>Cohort 8 Follow Up</i> survey: <i>If you answered "yes" to question 33 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Lung cancer</u> 1 = Yes 2 = No
160.	<i>Cohort 8 Follow Up Survey: Breast Cancer Treatment Question (Q34c)</i>	279	Beneficiary's response to Q34c from the <i>Cohort 8 Follow Up</i> survey: <i>If you answered "yes" to question 33 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Breast cancer</u> 1 = Yes 2 = No

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
161.	<i>Cohort 8 Follow Up Survey: Prostate Cancer Treatment Question (Q34d)</i>	280	Beneficiary's response to Q34d from the <i>Cohort 8 Follow Up</i> survey: <i>If you answered "yes" to question 33 above (that you have had cancer),</i> <i>Are you currently under treatment for:</i> <u>Prostate cancer</u> 1 = Yes 2 = No
162.	<i>Cohort 8 Follow Up Survey: Low Back Pain Question (Q35)</i>	281	Beneficiary's response to Q35 from the <i>Cohort 8 Follow Up</i> survey: <i>In the past 4 weeks, how often has low back pain interfered with your usual daily activities (work, school or housework)?</i> 1 = All of the time 2 = Most of the time 3 = Some of the time 4 = A little of the time 5 = None of the time
163.	<i>Cohort 8 Follow Up Survey: Two Weeks of Depression Question (Q36)</i>	282	Beneficiary's response to Q36 from the <i>Cohort 8 Follow Up</i> survey: <i>In the past year, have you had 2 weeks or more during which you felt sad, blue or depressed; or when you lost interest or pleasure in things that you usually cared about or enjoyed?</i> 1 = Yes 2 = No
164.	<i>Cohort 8 Follow Up Survey: Depression Much of the Time Question (Q37)</i>	283	Beneficiary's response to Q37 from the <i>Cohort 8 Follow Up</i> survey: <i>In the past year, have you felt depressed or sad much of the time?</i> 1 = Yes 2 = No
165.	<i>Cohort 8 Follow Up Survey: Depression Most of the Time Question (Q38)</i>	284	Beneficiary's response to Q38 from the <i>Cohort 8 Follow Up</i> survey: <i>Have you ever had 2 years or more in your life when you felt depressed or sad most days, even if you felt okay sometimes?</i> 1 = Yes 2 = No
166.	<i>Cohort 8 Follow Up Survey: Comparative Health Question (Q39)</i>	285	Beneficiary's response to Q39 from the <i>Cohort 8 Follow Up</i> survey: <i>In general, compared to other people your age, would you say that your health is:</i> 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
167.	<i>Cohort 8 Follow Up Survey: Current Smoker Question (Q40)</i>	286	Beneficiary's response to Q40 from the <i>Cohort 8 Follow Up</i> survey: <i>Do you now smoke every day, some days, or not at all?</i> 1 = Every day 2 = Some days 3 = Not at all 4 = Don't know
168.	<i>Cohort 8 Follow Up Survey: Urine Leakage Question (Q41)</i>	287	Beneficiary's response to Q41 from the <i>Cohort 8 Follow Up</i> survey: <i>Many people experience problems with urinary incontinence, the leakage of urine. In the past six months, have you accidentally leaked urine?</i> 1 = Yes (Go to Q42) 2 = No (Go to Q45)
169.	<i>Cohort 8 Follow Up Survey: Magnitude of Urine Leakage Problem Question (Q42)</i>	288	Beneficiary's response to Q42 from the <i>Cohort 8 Follow Up</i> survey: <i>How much of a problem, if any, was the urine leakage for you?</i> 1 = A big problem (Go to Q43) 2 = A small problem (Go to Q43) 3 = Not a problem (Go to Q45)
170.	<i>Cohort 8 Follow Up Survey Talked with Doctor about Urine Leakage Question (Q43)</i>	289	Beneficiary's response to Q43 from the <i>Cohort 8 Follow Up</i> survey: <i>Have you talked with your current doctor or other health provider about your urine leakage problem?</i> 1 = Yes 2 = No
171.	<i>Cohort 8 Follow Up Survey: Received Treatment for Urine Leakage Question (Q44)</i>	290	Beneficiary's response to Q44 from the <i>Cohort 8 Follow Up</i> survey: <i>There are many ways to treat urinary incontinence including bladder training, exercises, medication and surgery. Have you received these or any other treatments for your current urine leakage problem?</i> 1 = Yes 2 = No
172.	<i>Cohort 8 Follow Up Survey: Talked with Doctor about Physical Activities Question (Q45)</i>	291	Beneficiary's response to Q45 from the <i>Cohort 8 Follow Up</i> survey: <i>In the past 12 months, did you talk with a doctor or other health provider about your level of exercise or physical activity? For example, a doctor or other health provider may ask if you exercise regularly or take part in physical exercise.</i> 1 = Yes (Go to Q46) 2 = No (Go to Q46) 3 = I had no visits in the past 12 months (Go to Q47)

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
173.	<i>Cohort 8 Follow Up Survey: Advised to Increase or Maintain Activities Question (Q46)</i>	292	Beneficiary's response to Q46 from the <i>Cohort 8 Follow Up</i> survey: <i>In the past 12 months, did a doctor or other health provider advise you to start, increase or maintain your level of exercise or physical activity? For example, in order to improve your health, your doctor or other health provider may advise you to start taking the stairs, increase walking from 10 to 20 minutes every day or to maintain your current exercise program.</i> 1 = Yes 2 = No
174.	<i>Cohort 8 Follow Up Survey: Talked to Doctor about Falling or Balance Problem Question (Q47)</i>	293	Beneficiary's response to Q47 from the <i>Cohort 8 Follow Up</i> survey: <i>A fall is when your body goes to the ground without being pushed. In the past 12 months, did you talk with your doctor or other health provider about falling or problems with balance or walking?</i> 1 = Yes 2 = No 3 = I had no visits in the past 12 months
175.	<i>Cohort 8 Follow Up Survey: Fell in Past 12 Months Question (Q48)</i>	294	Beneficiary's response to Q48 from the <i>Cohort 8 Follow Up</i> survey: <i>Did you fall in the past 12 months?</i> 1 = Yes 2 = No
176.	<i>Cohort 8 Follow Up Survey: Problem with Walking or Balance in Past 12 Months Question (Q49)</i>	295	Beneficiary's response to Q49 from the <i>Cohort 8 Follow Up</i> survey: <i>In the past 12 months, have you had a problem with balance or walking?</i> 1 = Yes 2 = No
177.	<i>Cohort 8 Follow Up Survey: Talked to Doctor about How to Prevent Falls Question (Q50)</i>	296	Beneficiary's response to Q50 from the <i>Cohort 8 Follow Up</i> survey: <i>Has your doctor or other health provider done anything to help prevent falls or treat problems with balance or walking? Some things they might do include:</i> <ul style="list-style-type: none"> • Suggest that you use a cane or walker • Check your blood pressure lying or standing • Suggest that you do an exercise or physical therapy program • Suggest a vision or hearing testing 1 = Yes 2 = No 3 = I had no visits in the past 12 months

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
178.	<i>Cohort 8 Follow Up Survey: Osteoporosis Testing Question (Q51)</i>	297	Beneficiary's response to Q51 from the <i>Cohort 8 Follow Up</i> survey: <i>Have you ever had a bone density test to check for osteoporosis, sometimes thought of as "brittle bones"?</i> <i>This test may have been done to your back, hip, wrist, heel or finger.</i> 1 = Yes 2 = No
179.	<i>Cohort 8 Follow Up Survey: Weight Question (Q52)</i>	298 – 299	Beneficiary's response to Q52 from the <i>Cohort 8 Follow Up</i> survey: <i>How much do you weigh in pounds (lbs.)?</i> 01 = 90 lbs. or less 14 = 211–220 lbs. 02 = 91–100 lbs. 15 = 221–230 lbs. 03 = 101–110 lbs. 16 = 231–240 lbs. 04 = 111–120 lbs. 17 = 241–250 lbs. 05 = 121–130 lbs. 18 = 251–260 lbs. 06 = 131–140 lbs. 19 = 261–270 lbs. 07 = 141–150 lbs. 20 = 271–280 lbs. 08 = 151–160 lbs. 21 = 281–290 lbs. 09 = 161–170 lbs. 22 = 291–300 lbs. 10 = 171–180 lbs. 23 = 301–310 lbs. 11 = 181–190 lbs. 24 = 311–320 lbs. 12 = 191–200 lbs. 25 = 321 lbs. or more 13 = 201–210 lbs.
180.	<i>Cohort 8 Follow Up Survey: Height Question (Q53)</i>	300 – 301	Beneficiary's response to Q53 from the <i>Cohort 8 Follow Up</i> survey: <i>How tall are you without shoes on in feet (ft.) and inches (in.)? (If ½ in., please round up.)</i> 01 = 5 ft. 00 in. or less 09 = 5 ft. 08 in. 02 = 5 ft. 01 in. 10 = 5 ft. 09 in. 03 = 5 ft. 02 in. 11 = 5 ft. 10 in. 04 = 5 ft. 03 in. 12 = 5 ft. 11 in. 05 = 5 ft. 04 in. 13 = 6 ft. 00 in. 06 = 5 ft. 05 in. 14 = 6 ft. 01 in. 07 = 5 ft. 06 in. 15 = 6 ft. 02 in. 08 = 5 ft. 07 in. 16 = 6 ft. 03 in. or more
181.	<i>Cohort 8 Follow Up Survey: Survey Reported Year of Birth Question (Q54)</i>	302 – 305	Beneficiary's response to Q54 from the <i>Cohort 8 Follow Up</i> survey: <i>In what year were you born? Please provide your year of birth only. For example, if your date is January 1, 1935, please answer "1935."</i> (SPECIAL NOTE: This field contains a character string.)
182.	<i>Cohort 8 Follow Up Survey: Survey Reported Gender Question (Q55)</i>	306	Beneficiary's response to Q55 from the <i>Cohort 8 Follow Up</i> survey: <i>Are you male or female?</i> 1 = Male 2 = Female
183.	<i>Cohort 8 Follow Up Survey: Hispanic Question (Q56)</i>	307	Beneficiary's response to Q56 from the <i>Cohort 8 Follow Up</i> survey: <i>Are you of Hispanic or Latino origin or descent?</i> 1 = Yes, Hispanic or Latino 2 = No, not Hispanic or Latino

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
184.	<i>Cohort 8 Follow Up Survey: American Indian or Alaskan Native Question (Q57a)</i>	308	Beneficiary's response to Q57a from the <i>Cohort 8 Follow Up</i> survey: <i>How would you describe your race? Please mark one or more. a. American Indian or Alaskan Native</i> 0 = No 1 = Yes
185.	<i>Cohort 8 Follow Up Survey: Asian Question (Q57b)</i>	309	Beneficiary's response to Q57b from the <i>Cohort 8 Follow Up</i> survey: <i>How would you describe your race? Please mark one or more. b. Asian</i> 0 = No 1 = Yes
186.	<i>Cohort 8 Follow Up Survey: Black or African American Question (Q57c)</i>	310	Beneficiary's response to Q57c from the <i>Cohort 8 Follow Up</i> survey: <i>How would you describe your race? Please mark one or more. c. Black or African American</i> 0 = No 1 = Yes
187.	<i>Cohort 8 Follow Up Survey: Native Hawaiian or Other Pacific Islander Question (Q57d)</i>	311	Beneficiary's response to Q57d from the <i>Cohort 8 Follow Up</i> survey: <i>How would you describe your race? Please mark one or more. d. Native Hawaiian or Other Pacific Islander</i> 0 = No 1 = Yes
188.	<i>Cohort 8 Follow Up Survey: White Question (Q57e)</i>	312	Beneficiary's response to Q57e from the <i>Cohort 8 Follow Up</i> survey: <i>How would you describe your race? Please mark one or more. e. White</i> 0 = No 1 = Yes
189.	<i>Cohort 8 Follow Up Survey: Anther Race Question (Q57f)</i>	313	Beneficiary's response to Q57f from the <i>Cohort 8 Follow Up</i> survey: <i>How would you describe your race? Please mark one or more f. Another race</i> 0 = No 1 = Yes
190.	<i>Cohort 8 Follow Up Survey: Marital Status Question (Q58)</i>	314	Beneficiary's response to Q58 from the <i>Cohort 8 Follow Up</i> survey: <i>What is your current marital status?</i> 1 = Married 2 = Divorced 3 = Separated 4 = Widowed 5 = Never married

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
191.	<i>Cohort 8 Follow Up Survey: Education Question (Q59)</i>	315	Beneficiary's response to Q59 from the <i>Cohort 8 Follow Up</i> survey: <i>What is the highest grade or level of school that you have completed?</i> 1 = 8 th grade or less 2 = Some high school, but did not graduate 3 = High school graduate or GED 4 = Some college or 2 year degree 5 = 4 year college graduate 6 = More than a 4 year college degree
192.	<i>Cohort 8 Follow Up Survey: Housing Question (Q60)</i>	316	Beneficiary's response to Q60 from the <i>Cohort 8 Follow Up</i> survey: <i>Is the house or apartment you currently live in:</i> 1 = Owned or being bought by you 2 = Owned or being bought by someone in your family other than you 3 = Rented for money 4 = Not owned and one in which you live without payment of rent 5 = None of the above
193.	<i>Cohort 8 Follow Up Survey: Who Completed this Survey Question (Q61)</i>	317	Beneficiary's response to Q61 from the <i>Cohort 8 Follow Up</i> survey: <i>Who completed this survey form?</i> 1 = Person to whom survey was addressed (Go to Q63) 2 = Family member or relative of person to whom the survey was addressed 3 = Friend of person to whom the survey was addressed 4 = Professional caregiver of person to whom the survey was addressed
194.	<i>Cohort 8 Follow Up Survey: Annual Household Income Question (Q63)</i>	318 – 319	Beneficiary's response to Q63 from the <i>Cohort 8 Follow Up</i> survey: <i>Which of the following categories best represents the combined income for all family members in your household for the past 12 months?</i> 1 = Less than \$5,000 2 = \$5,000 - \$9,999 3 = \$10,000 - \$19,999 4 = \$20,000 - \$29,999 5 = \$30,000 - \$39,999 6 = \$40,000 - \$49,999 7 = \$50,000 - \$79,999 8 = \$80,000 - \$99,999 9 = \$100,000 or more 10 = Don't know
195.	<i>Cohort 8 Baseline: Survey Disposition Indicator</i>	320	<i>Cohort 8 Baseline</i> respondent's survey disposition indicator: 1 = Mail survey completed 2 = Telephone survey completed

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
196.	<i>Cohort 8 Follow Up:</i> Survey Disposition Indicator	321	<i>Cohort 8 Follow Up</i> respondent's survey disposition indicator: 1 = Mail survey completed 2 = Telephone survey completed
197.	<i>Cohort 8 Baseline:</i> Survey Date	322 – 331	Beneficiary's <i>Cohort 8 Baseline</i> survey date (SPECIAL NOTE: This field contains a character string.) Displayed as MM/DD/YYYY in the text file.
198.	<i>Cohort 8 Baseline:</i> Imputed Survey SAS Date	332 – 341	Baseline survey date created from the original survey date (#197). For records with a missing survey date, a date was imputed by utilizing the mean survey date by vendor and mode of administration. (SPECIAL NOTE: This field contains a character string.) Displayed as MM/DD/YYYY in the text file
199.	<i>Cohort 8 Follow Up:</i> Survey Date	342 – 351	Beneficiary's <i>Cohort 8 Follow Up</i> survey date (SPECIAL NOTE: This field contains a character string.) Displayed as MM/DD/YYYY in the text file
200.	<i>Cohort 8 Follow Up:</i> Imputed Survey SAS Date	352 – 361	Follow Up survey date created from the original survey date (#199). For records with a missing survey date, a date of May 16, 2007 was imputed to represent the mean date for the sampling. (SPECIAL NOTE: This field contains a character string.) Displayed as MM/DD/YYYY in the text file
201.	<i>Cohort 8 Baseline:</i> Survey Language	362	<i>Cohort 8 Baseline</i> survey language: 1 = English 2 = Spanish 3 = Not Applicable 4 = Chinese
202.	<i>Cohort 8 Follow Up:</i> Survey Language	363	<i>Cohort 8 Follow Up</i> survey language: 1 = English 2 = Spanish 3 = Not Applicable 4 = Chinese
203.	<i>Cohort 8 Baseline:</i> Survey Vendor	364	<i>Cohort 8 Baseline</i> survey vendor: 1 = DSS 2 = GHS 3 = Solucient 4 = Synovate 5 = DataStat, Inc.
204.	<i>Cohort 8 Follow Up:</i> Survey Vendor	365	<i>Cohort 8 Follow Up</i> survey vendor: 1 = DataStat, Inc. 2 = DSS Research 3 = MORPACE International, Inc. 4 = Synovate 5 = The Myers Group

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
205.	<i>Cohort 8 Follow Up:</i> Proxy Status Indicator at Follow Up that Combines the <i>Cohort 8 Baseline</i> and the <i>Cohort 8 Follow Up</i> Information on Who Completed the Surveys	366	<i>Cohort 8 Follow Up</i> proxy status: 1 = Member at Baseline and Member at Follow Up 2 = Member at Baseline and Proxy at Follow Up 3 = Proxy at Baseline and Member at Follow Up 4 = Proxy at Baseline and Same Proxy at Follow Up 5 = Proxy at Baseline and Different Proxy at Follow Up 6 = Not Enough Information at Baseline 7 = Not Enough Information at Follow Up
206.	<i>Cohort 8 Baseline:</i> Request to Be Excluded from Future Survey Samples Flag	367	Beneficiary's request to be excluded from future survey samples in <i>Cohort 8 Baseline</i> survey: 1 = Member specifically requested <i>Take me off your list and never contact me again</i> 2 = Member did not request <i>Take me off your list and never contact me again</i>
207.	<i>Cohort 8 Follow Up:</i> Request to Be Excluded from Future Survey Samples Flag	368	Beneficiary's request to be excluded from future survey samples in <i>Cohort 8 Follow Up</i> survey: 1 = Member specifically requested <i>Take me off your list and never contact me again</i> 2 = Member did not request <i>Take me off your list and never contact me again</i>
208.	<i>Cohort 8 Baseline:</i> Chinese Protocol Flag	369	Chinese protocol flag in <i>Cohort 8 Baseline</i> survey: 0 = Not a member of a Chinese language Plan 1 = Member of a Chinese language Plan
209.	<i>Cohort 8 Follow Up:</i> Chinese Protocol Flag	370	Chinese protocol flag in <i>Cohort 8 Follow Up</i> survey: 0 = Not a member of a Chinese language Plan 1 = Member of a Chinese language Plan
210.	<i>Cohort 8 Baseline:</i> Physical Component Summary (PCS) Score	371 – 382	Beneficiary's <i>Cohort 8 Baseline</i> Physical Component Summary (PCS) Score
211.	<i>Cohort 8 Baseline:</i> Mental Component Summary (MCS) Score	383 – 394	Beneficiary's <i>Cohort 8 Baseline</i> Mental Component Summary (MCS) Score
212.	<i>Cohort 8 Follow Up:</i> Physical Component Summary (PCS) Score	395 – 406	Beneficiary's <i>Cohort 8 Follow Up</i> Physical Component Summary (PCS) Score
213.	<i>Cohort 8 Follow Up:</i> Mental Component Summary (MCS) Score	407 – 418	Beneficiary's <i>Cohort 8 Follow Up</i> Mental Component Summary (MCS) Score
214.	<i>Cohort 8 Follow Up:</i> Body Mass Index (BMI)	419 – 423	Beneficiary's <i>Cohort 8 Follow Up</i> body mass index calculated from weight (#179) and height (#180) categories

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
215.	<i>Cohort 8 Follow Up:</i> Body Mass Index Category	424	Beneficiary's <i>Cohort 8 Follow Up</i> category of body mass index calculated from BMI (#214) 1 = BMI less than 20 (Underweight) 2 = BMI 20 – 24 (Normal) 3 = BMI 25 – 29 (Overweight) 4 = BMI 30 – 35 (Obese) 5 = BMI greater than 35 (Morbid Obesity)
216.	Health Insurance Claim (HIC) Number for the <i>Cohort 8</i> Performance Measurement Report	425 – 436	Unique beneficiary identifier derived from CMS' EDB was the beneficiary level unit of analysis for the <i>Cohort 8</i> Performance Measurement Report (SPECIAL NOTE: This field contains a character string.)
217.	<i>Cohort 8 Baseline:</i> Beneficiary's Last Name	437 – 460	Beneficiary's last name from the <i>Cohort 8 Baseline</i> member level record (SPECIAL NOTE: This field contains a character string.)
218.	<i>Cohort 8 Baseline:</i> Beneficiary's Middle Initial	461	Beneficiary's middle initial from the <i>Cohort 8 Baseline</i> member level record (SPECIAL NOTE: This field contains a character string.)
219.	<i>Cohort 8 Baseline:</i> Beneficiary's First Name	462 – 476	Beneficiary's first name from the <i>Cohort 8 Baseline</i> member level record (SPECIAL NOTE: This field contains a character string.)
220.	<i>Cohort 8 Baseline:</i> Beneficiary's Mailing Address	477 – 608	Beneficiary's mailing address from the <i>Cohort 8 Baseline</i> member level record (SPECIAL NOTE: This field contains a character string.)
221.	<i>Cohort 8 Baseline:</i> Social Security Administration (SSA) State Code	609 – 610	Beneficiary's SSA state code from the <i>Cohort 8 Baseline</i> member level record (SPECIAL NOTE: This field contains a character string.)
222.	<i>Cohort 8 Baseline:</i> SSA County Code	611 – 613	Beneficiary's SSA county code from the <i>Cohort 8 Baseline</i> member level record (SPECIAL NOTE: This field contains a character string.)
223.	<i>Cohort 8 Baseline:</i> State Abbreviation	614 – 615	Beneficiary's two letter state abbreviation based on the <i>Cohort 8 Baseline</i> SSA state code (#221) (SPECIAL NOTE: This field contains a character string.)
224.	<i>Cohort 8 Baseline:</i> County Name	616 – 640	Beneficiary's county name based on the <i>Cohort 8 Baseline</i> SSA county code (#222) (SPECIAL NOTE: This field contains a character string.)
225.	<i>Cohort 8 Baseline:</i> Beneficiary's ZIP Code	641 – 649	Beneficiary's ZIP code from the <i>Cohort 8 Baseline</i> member level record (SPECIAL NOTE: This field contains a character string.)
226.	<i>Cohort 8 Follow Up:</i> Beneficiary's Mailing Address	650 – 786	Beneficiary's mailing address from the <i>Cohort 8 Follow Up</i> member level record (SPECIAL NOTE: This field contains a character string.)
227.	<i>Cohort 8 Follow Up:</i> SSA State Code	787 – 788	Beneficiary's SSA state code from the <i>Cohort 8 Follow Up</i> member level record (SPECIAL NOTE: This field contains a character string.)
228.	<i>Cohort 8 Follow Up:</i> SSA County Code	789 – 791	Beneficiary's SSA county code from the <i>Cohort 8 Follow Up</i> member level record (SPECIAL NOTE: This field contains a character string.)

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
229.	<i>Cohort 8 Follow Up:</i> State Abbreviation	792 – 793	Beneficiary's two letter state abbreviation based on the <i>Cohort 8 Follow Up</i> SSA state code (#227) (SPECIAL NOTE: This field contains a character string.)
230.	<i>Cohort 8 Follow Up:</i> County Name	794 – 814	Beneficiary's county name based on the <i>Cohort 8 Follow Up</i> SSA county code (#228) (SPECIAL NOTE: This field contains a character string.)
231.	<i>Cohort 8 Follow Up:</i> Beneficiary's ZIP Code	815 – 823	Beneficiary's ZIP code from the <i>Cohort 8 Follow Up</i> member level record (SPECIAL NOTE: This field contains a character string.)
232.	<i>Cohort 8 Baseline:</i> Beneficiary's Baseline Race	824	Beneficiary's race from the <i>Cohort 8 Baseline</i> member level record. This information is derived from CMS' EDB. 0 = Unknown 1 = White 2 = Black 3 = Other 4 = Asian 5 = Hispanic 6 = North American Native
233.	<i>Cohort 8 Baseline:</i> Beneficiary's Baseline Gender	825	Beneficiary's gender from the <i>Cohort 8 Baseline</i> member level record. This information is derived from CMS' EDB. 1 = Male 2 = Female
234.	<i>Cohort 8 Baseline:</i> Beneficiary's Date of Birth	826 – 835	Beneficiary's date of birth which, in combination with the survey date with missing values imputed (#198), was used to calculate baseline age (#251) for all beneficiaries. (SPECIAL NOTE: This field contains a character string.) Displayed as MM/DD/YYYY in the text file
235.	<i>Cohort 8 Baseline:</i> Beneficiary's End Stage Renal Disease (ESRD) Status	836	Beneficiary's ESRD status from the <i>Cohort 8 Baseline</i> member level record. This information is derived from CMS' EDB. 0 = No ESRD 1 = ESRD
236.	<i>Cohort 8 Baseline:</i> Beneficiary's Institutional Status	837	Beneficiary's institutional status from the <i>Cohort 8 Baseline</i> member level record. This information is derived from CMS' EDB. 0 = Out of institution 1 = Institutionalized 2 = Eligible for nursing home care
237.	<i>Cohort 8 Baseline:</i> Beneficiary's Hospice Status	838	Beneficiary's hospice status from the <i>Cohort 8 Baseline</i> member level record. This information is derived from CMS' EDB. 0 = No hospice start date present 1 = Hospice start date present
238.	<i>Cohort 8 Baseline:</i> Beneficiary's Medicaid Status	839	Beneficiary's Medicaid status from the <i>Cohort 8 Baseline</i> member level record. This information is derived from CMS' EDB. 0 = Out of Medicaid 1 = In Medicaid

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
239.	<i>Cohort 8 Baseline:</i> Beneficiary's Reason for Entitlement	840 – 842	Beneficiary's reason for entitlement from the <i>Cohort 8 Baseline</i> member level record. This information is derived from CMS' EDB. 10 = Aged without ESRD 11 = Aged with ESRD 20 = Disabled without ESRD 21 = Disabled with ESRD 31 = ESRD only
240.	<i>Cohort 8 Baseline Survey:</i> Name of Person Who Completed this Survey Question (Q58)	843 – 894	Beneficiary's response to Q58 from the <i>Cohort 8 Baseline</i> survey: <i>What is the name of the person who completed this survey form? Please print clearly.</i> (SPECIAL NOTE: This field contains a character string.)
241.	<i>Cohort 8 Follow Up:</i> Beneficiary's Race	895	Beneficiary's race from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS databases. 0 = Unknown 1 = White 2 = Black 3 = Other 4 = Asian 5 = Hispanic 6 = North American Native
242.	<i>Cohort 8 Follow Up:</i> Beneficiary's Gender	896	Beneficiary's gender from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS databases. 1 = Male 2 = Female
243.	<i>Cohort 8 Follow Up:</i> Beneficiary's Date of Birth	897 – 906	Beneficiary's date of birth from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS databases. (SPECIAL NOTE: This field contains a character string.) Displayed as MM/DD/YYYY in the text file
244.	<i>Cohort 8 Follow Up:</i> Beneficiary's ESRD Status	907	Beneficiary's ESRD status from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS databases. 0 = No ESRD 1 = ESRD
245.	<i>Cohort 8 Follow Up:</i> Beneficiary's Institutional Status	908	Beneficiary's institutional status from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS' MARx. 0 = Out of institution 1 = Institutionalized 2 = Eligible for nursing home care
246.	<i>Cohort 8 Follow Up:</i> Beneficiary's Hospice Status	909	Beneficiary's hospice status from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS' MARx. 0 = No hospice start date present 1 = Hospice start date present

FIELD #	FIELD DESCRIPTION	FIELD POSITION	ADDITIONAL INFORMATION AND VALID VALUES
247.	<i>Cohort 8 Follow Up:</i> Beneficiary's Medicaid Status	910	Beneficiary's Medicaid status from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS' MARx. 0 = Out of Medicaid 1 = In Medicaid
248.	<i>Cohort 8 Follow Up:</i> Beneficiary's Reason for Entitlement	911 – 913	Beneficiary's reason for entitlement from the <i>Cohort 8 Follow Up</i> member level record. This information is derived from CMS databases. 10 = Aged without ESRD 11 = Aged with ESRD 20 = Disabled without ESRD 21 = Disabled with ESRD 31 = ESRD only
249.	<i>Cohort 8 Follow Up Survey:</i> Name of Person Who Completed the Survey Question (Q62)	914 – 944	Beneficiary's response to Q62 from the <i>Cohort 8 Follow Up</i> survey: <i>What is the name of the person who completed this survey form? Please print clearly.</i> (SPECIAL NOTE: This field contains a character string.)
250.	Date of Death	945 – 954	Beneficiary's date of death. This information was obtained from CMS' EDB in February 2008 (SPECIAL NOTE: This field contains a character string.) Displayed as MM/DD/YYYY in the text file
251.	<i>Cohort 8 Baseline:</i> Beneficiary's Age	955 – 967	Beneficiary's age at baseline calculated by subtracting the baseline date of birth (#234) from the survey date with the missing values imputed (#198) and dividing the result by 365.25.
252.	Performance Measurement Sample Distribution Indicator	968	Indicates status of the record in this analytic file 1 = Respondent 2 = Non-Respondent 3 = Ineligible 4 = Dead <i>Note beneficiaries who disenrolled from the MAO subsequent to completing the baseline survey are not included in this file; however, they were included in the calculation of the performance measurement results.</i>