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MEDICARE HEALTH OUTCOMES SURVEY

2005

*Cohort VIII Baseline Public Use File
Data User's Guide*

PREPARED BY HEALTH SERVICES ADVISORY GROUP

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Preface

The Centers for Medicare & Medicaid Services (CMS) is committed to monitoring the quality of care provided by Medicare Advantage (MA) Plans. The Medicare Health Outcomes Survey (HOS) is the first 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 MA Plan, and measures physical and mental health over a two-year period.

This *2005 Cohort VIII Baseline Public Use File Data User's Guide* is designed to assist individuals with the use of the *2005 Cohort VIII Baseline* public use data. 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.

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 interpretation. A full description of the HOS program can be found at www.hosonline.org.

Program Background

This section provides a general description of the HOS background and methodology, including the sampling methodology, survey administration, and survey instrument. For a more detailed discussion of these items, please refer to the HEDIS 2005, Volume 6 manual.¹

INTRODUCTION TO THE MEDICARE HEALTH OUTCOMES SURVEY

CMS and NCQA Collaboration

The first Medicare managed care outcomes measure in the Health Plan Employer Data and Information Set (HEDIS[®])² 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. Beginning in 2003, new NCQA HEDIS Measures were included, as well as the Healthy Days Measures, from the Centers for Disease Control and Prevention’s (CDC’s) Behavioral Risk Factor Surveillance System (BRFSS).

Partners and Technical Advisors

CMS currently contracts with the 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 Research Triangle Institute (RTI) International to implement and operationalize all aspects of the HOS measure. Additionally, NCQA convenes a Technical Expert Panel (TEP) that continues to provide input for developing the science of the Medicare HOS measure.

¹ National Committee for Quality Assurance. *HEDIS[®] 2005, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2005.

² HEDIS[®] is a registered trademark of the National Committee for Quality Assurance.

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 performance assessment program. The performance measurement results (scheduled for release in 2008) for *Cohort VIII* will incorporate data from the *Cohort VIII 2005 Baseline* and *2007 Follow Up* surveys.

Medicare Advantage Plan Participation

In 2005, CMS required all Medicare Advantage Plans including cost-reimbursed plans that previously held §1876 risk and cost contracts, all Program of All Inclusive Care for the Elderly (PACE) plans, as well as Social HMOs (SHMOs), with contracts in place on or before January 1, 2004 to administer the *Cohort VIII Baseline* survey in 2005. In addition, all Massachusetts Health Senior Care Options, Minnesota Senior Health Options, and Wisconsin Partnership Program plans, regardless of contract effective date, were required to comply with this survey requirement. Also, all MCOs with contracts in place on or before January 1, 2002 who participated in the *Cohort VI Baseline* survey in 2003 were required to administer a *Cohort VI Follow Up* survey in 2005.

SAMPLING METHODOLOGY

The HOS measure is administered to a randomly selected sample of individuals at baseline from each MA Plan. The sampling methodology is dependent upon the size of a plan's population.

- For MA Plans with Medicare populations of more than 1,000 members, a simple random sample of 1,000 members is selected for the baseline survey.
- In those MA Plans with 3,000 or more members, members who responded to the *2004 Cohort VII Baseline* survey were excluded from the *2005 Cohort VIII Baseline* sample.
- For MA Plans with populations of 1,000 members or less, all eligible members are included in the sample.

Members are defined as eligible if they have been continuously enrolled in the same plan for at least six months and do not have End Stage Renal Disease (ESRD).

SURVEY ADMINISTRATION

MA Plans must contract with an NCQA-Certified HOS vendor to administer the survey following the protocol specified in the HEDIS 2005, Volume 6 manual.³ 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 data sampling, collection and submission, please refer to the HEDIS 2005, Volume 6 manual.

SURVEY INSTRUMENT

For the 2005 Round 8 survey administration, the HOS instrument consisted of a 36-item health survey, and additional questions, which included but were not limited to those used for case mix/risk adjustment purposes.

36-Item Health Survey

The Medicare HOS has incorporated a multipurpose, short form 36-item health survey. 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. It is a barometer of physical and mental health functional status. Concepts (scales) included in the measure are:

- *Physical Functioning (PF)* – These ten questions (questions 3a-3j) ask respondents to indicate the extent to which their health limits them in performing physical activities.
- *Role-Physical (RP)* – These four questions (questions 4a-4d) assess whether respondents'

³ National Committee for Quality Assurance. *HEDIS® 2005, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2005.

physical health limits them in the kind of work or other usual activities they perform, both in terms of time and performance.

- *Role-Emotional (RE)* – These three questions (questions 5a-5c) assess whether emotional problems have caused respondents to accomplish less in their work or other usual activities, both in terms of time and performance.
- *Bodily Pain (BP)* – These two questions (questions 7 & 8) determine the respondents' frequency of pain and the extent to which it interferes with their normal activities.
- *Social Functioning (SF)* – These two questions (questions 6 & 10) ask respondents to indicate limitations in social function due specifically to health.
- *Mental Health (MH)* – These five questions (questions 9b, 9c, 9d, 9f, & 9h) ask respondents how frequently they experience feelings representing four major mental health dimensions: anxiety, depression, loss of behavioral/emotional control, and psychological well being.
- *Vitality (VT)* – These four questions (questions 9a, 9e, 9g, & 9i) ask respondents to rate their well being by indicating how frequently they experience energy and fatigue.
- *General Health (GH)* – These five questions (questions 1, & 11a-11d) ask respondents to rate their current health status overall, susceptibility to illness, and their expectations for health in the future.

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) are used to score eight scales. Each item is used in scoring only one scale. The eight scales form two distinct higher-ordered clusters (principal components) that are the basis for scoring the physical (PCS) and mental (MCS) component summary measures. These components account for 80-85% of the reliable variance in the eight scales in the US general population and in other countries, in both cross-sectional and longitudinal studies.^{4, 5, 6} This discovery made it possible to reduce the number of statistical comparisons involved in analyzing the 36-item measure (from eight to two) without substantial loss of information.^{6, 7}

⁴ Ware JE, Kosinski M, Keller SD. *SF-36 Physical and Mental Health Summary Scales: A User's Manual*. Boston, MA: The Health Institute, 1994.

⁵ Ware JE, Kosinski M, Gandek B, Aaronson NK, Apolone G, Bech P, *et al*. The factor structure of the SF-36 Health Survey in ten countries: Results from the IQOLA Project. *Journal of Clinical Epidemiology* 1998; 51:1159-1165.

⁶ 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.

⁷ Ware JE, Kosinski M. *SF-36 Physical and Mental Health Summary Scales: A Manual for Users of Version 1, Second Edition*. Lincoln, RI: QualityMetric, Incorporated, 2001.

The reliability of the two summary measures has been estimated using both internal consistency and test-retest methods. With rare exceptions, reliability estimates for physical and mental summary scores usually exceed 0.90.⁷ These trends in reliability coefficients for the summary measures have also been replicated for the elderly and across other groups differing in socio-demographic characteristics and diagnoses.⁷ While studies of subgroups indicate slight declines in reliability for more disadvantaged respondents, reliability coefficients consistently exceeded recommended standards for group level analysis.

Studies of validity generally support the intended meaning of high and low scores from the 36-item health survey. Because of the widespread use of the measure across a variety of applications, evidence from many types of validity research is relevant to these interpretations. Studies to date have yielded content, concurrent, criterion, construct, and predictive evidence of validity.⁸ The content validity of the 36-item health survey has been compared to that of other widely used generic health surveys.^{4,9} Systematic comparisons indicate that the survey includes eight of the most frequently measured health concepts. The 36-item survey is scored from 0 to 100 points, with higher scores indicating better functioning on both the individual scales and summary measures (PCS and MCS).

An independent review of reliability and validity of the HOS 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 0.90.¹⁰ In addition, the researchers found evidence of concurrent validity through the correlation analyses and of predictive validity through the analyses of two-year mortality rates across the first three cohorts.

Case Mix Adjustment

The HOS instrument includes several items used for case mix/risk adjustment purposes. In general, risk adjustment is a method that adjusts for multiple factors, which may impact an outcome of interest. Case mix adjustment, which is a type of risk adjustment, adjusts the resulting data for beneficiary characteristics that are known to be related to systematic biases in the way people respond to survey questions. In the case of baseline data, linear regression techniques were used to case mix adjust these measures for each beneficiary.

In brief, models used to adjust the scales and summary measures included variables to control for differences in demographic and socioeconomic characteristics, chronic medical conditions, and HOS study design variables.

- Demographic and socioeconomic characteristics included age, gender, race, education, marital status, and annual household income.

⁸ QualityMetric. *Search Bibliography*. www.sf-36.com/cgi-bin/bibsearch.cgi

⁹ Ware JE, Snow KK, Kosinski M, Gandek B. *SF-36 Health Survey Manual and Interpretation Guide*. Boston, MA: New England Medical Center, The Health Institute, 1993.

¹⁰ Jones, N et al. *Medicare Health Outcomes Survey Evaluation. Final Report*. Sponsored by the Centers for Medicare & Medicaid Services; Baltimore, MD: December 2004; Contract No. 50002MD02.

- Chronic medical conditions were measured with a checklist of 13 medical conditions.
- HOS study design variables included who completed the survey, the mode of survey administration, CMS region, and the survey vendor.

A series of three different models was used for each measure since all beneficiaries did not have completed data for all of the covariates. Only one model, the most comprehensive model possible, was used for each beneficiary and an adjusted score was calculated for each. Since the Chinese language version of the survey does not contain the marital status and income questions, only model three is used for adjustment of the scores for these respondents.

- Model One: If a beneficiary had completed data for all of the covariates, then the adjusted scores were calculated using Model One which contains all variables.
- Model Two: If the beneficiary had completed data for all covariates but annual household income, Model Two was used.
- Model Three: If the beneficiaries did not have enough completed data for Model One or Two, then Model Three was used. The variables included in Model Three, which are available for all beneficiaries sampled, were age, gender, race, mode of survey administration, CMS region, and survey vendor.

Additional Questions

The 2005 HOS instrument also included questions on demographics, chronic medical conditions, Activities of Daily Living (ADLs), depression, smoking, physical health symptoms, 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

Thirteen 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; 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 included 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 (numbers 39, 40, or 41 in the English language version) 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

These questions are a part of the Effectiveness of Care domain of HEDIS and were added to the HOS instrument to support new HEDIS measures.

- Four questions about the management of urinary incontinence were added to the HOS instrument in 2003 to support a new Health Plan Employer Data and Information Set (HEDIS[®]) measure. This new measure, Management of Urinary Incontinence (UI) in Older Adults, is a part of the Effectiveness of Care domain of HEDIS. In 2005 NCQA revised the denominator for the Receiving Urinary Incontinence Treatment rate to make it consistent with the denominator for the Discussing Urinary Incontinence rate. Previously, only members in the numerator of the Discussing Urinary Incontinence rate (members who indicated they had discussed their urinary leakage problem with their current provider) were included in the denominator of the Receiving Urinary Incontinence Treatment rate. The denominators for both rates now include all members who reported having a urine leakage problem in the last six months.
 - *Many people experience problems with urinary incontinence (the leakage of urine). In the last six months, have you accidentally leaked urine? (C6URNLKG, R6URNLKG)*
 - *How much of a problem, if any, was the urine leakage for you? (C6URNMAG, R6URNMAG)*
 - *In the last six months, have you talked with a doctor or other health provider about your current urine leakage problem? (C6URNDOC, R6URNDOC [denominator revised in 2005])*
 - *There are many ways to treat urinary incontinence including bladder training, exercises, medication and surgery. In the last six months, have you received these*

or any other treatments for your current urine leakage problem? (C6URNTRT, R6URNTRT [denominator revised in 2005])

- In 2005, two questions were added to the HOS instrument to support the Physical Activity (PA) in Older Adults measure.
 - *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 activity. (C8ACTDOC)*
 - *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? 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. (C8ACTADV)*

For further information about these items and additional items on the Medicare HOS instrument, please refer to the HEDIS 2005, Volume 6 manual.¹¹ In addition, copies of the Medicare HOS instrument can be obtained from the Survey Instrument section of the HOS website (www.hosonline.org/surveys/hos/hosinstrument.asp).

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 the *Field Index with Field Descriptions* section (E) for additional information.
- ◆ When the sampled beneficiary was unable to complete the survey, the HOS protocol allows for the utilization of a proxy respondent. Surveys completed either by the respondent themselves or by proxy respondents are included in this data file.

¹¹ National Committee for Quality Assurance. *HEDIS® 2005, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2005.

Characteristics of the Public Use File

This section provides an overview of the Medicare Health Outcomes Survey (HOS) *2005 Cohort VIII Baseline* Public Use File (C8B_PUF.TXT), including the general characteristics of the data and a description of the fields contained within it. The *Program Background* section (B) in this Data User's Guide provides a general description of the HOS background and methodology, including the sampling methodology, survey administration, and survey instrument. For a more detailed discussion of these items, please refer to the HEDIS 2005, Volume 6 manual.¹²

FIELD OVERVIEW

The *2005 Cohort VIII Baseline* Medicare HOS included a random sample of 162,902 beneficiaries, including both the aged and disabled, from 164 managed care plans. Of the 162,902 individuals sampled, 67.7% (110,230) completed the baseline survey and were included in the C8B_PUF.TXT data file. For the purposes of this data file, a completed survey was defined as a survey with at least one question item completed and a survey disposition code equal to M10, M11, M31, T10, T11, or T31 (please refer to page E19 for a description of the codes). The C8B_PUF.TXT data file is a fixed-width ASCII text file (14.1 megabytes in size). There are a total of 103 fields and 110,230 beneficiary records in the C8B_PUF.TXT data file. Each row in the C8B_PUF.TXT data file represents an individual's HOS survey responses, also referred to as a beneficiary record.

This Public Use File (PUF) has been modified from the original *2005 Cohort VIII Baseline* data file in order to preserve confidentiality at the beneficiary and plan levels. Many demographic and plan-level fields have been omitted from this file or have been collapsed into fewer categories (see *Limitations of the Data* section [D]). Sensitive beneficiary identifying fields (such as a Social Security number, health insurance claim [HIC] number, beneficiary's name, etc.) have been removed and replaced with a unique nine digit randomly assigned number.

The 103 fields in the C8B_PUF.TXT data file are organized into three different groups:

- ◆ identification and demographics
- ◆ survey question responses
- ◆ survey administration

¹² National Committee for Quality Assurance. *HEDIS® 2005, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2005.

FIELD DESCRIPTION

The following content provides details for interpreting the specific fields contained within the data file.

Identification and Demographics

◆ **Unique Identification Number**, Field: 1

This is a unique nine digit number that is randomly assigned for each beneficiary record. Positions 1 through 3 identify the cohort in which the respondent was first surveyed. Positions 4 through 9 contain a random number. Any beneficiary surveyed in a subsequent baseline cohort will be assigned the same blinded identification number to allow for comparisons of those beneficiaries who were measured across multiple baseline cohorts. For example, if a beneficiary was surveyed in both *Cohort I Baseline* and *Cohort II Baseline*, the beneficiary's identification number in the *Cohort II Baseline* PUF will match the identification number assigned in the *Cohort I Baseline* PUF. Before being excluded due to confidentiality issues, the HIC number was used to identify those individuals measured across multiple baseline cohorts. Limitations related to the identification of beneficiaries across multiple baseline cohorts utilizing the HIC number are discussed in the *Limitations of the Data* section (D) of this Data User's Guide. The data are sorted by this unique identification number.

Example: C01001097

Source: Field created by Health Services Advisory Group (HSAG) during production of the C8B_PUF.TXT data file

◆ **Age Group**, Field: 2

Age group of the beneficiary

Source: Centers for Medicare & Medicaid Services (CMS) Medicare Enrollment Database

◆ **Race**, Field: 3

Self-reported race of the beneficiary

Source: Q53 from survey

◆ **Gender**, Field: 4

Self-reported gender of the beneficiary

Source: Q51 from survey

◆ **Marital Status**, Field: 5

Self-reported marital status of the beneficiary

Source: Q54 from survey

◆ **Education Level**, Field: 6

Self-reported educational attainment of the beneficiary

Source: Q55 from survey

Survey Question Responses

- ◆ **36-Item Health Survey Questions**, Fields: 7 through 42
These fields represent the 36-item health survey questions, which can be found on pages 1-5 through 1-7 of the HEDIS 2005, Volume 6 manual. The 36-item health survey questions include Q1 through Q11d in the HOS questionnaire. Please refer to the *Program Background* section (B) in this Data User's Guide for a more detailed description of the 36-item health survey. Please note, survey question Q2 is not part of the scales and summary measures.
- ◆ **Additional Questions**, Fields: 43 through 97
These fields comprise the balance of the survey questions found on pages 1-8 through 1-15 of the HEDIS 2005, Volume 6 manual. These fields include most of the remaining questions Q12 through Q59 in the HOS questionnaire. Please refer to the *Program Background* section (B) for a more detailed outline of these questions.

Survey Administration

- ◆ **Survey Disposition**, Field: 98
Identifies completion status and mode by which the survey was completed
Source: National Committee for Quality Assurance (NCQA)-Certified HOS Vendor
- ◆ **Round Survey Returned**, Field: 99
Stage in which survey was returned to a vendor
Source: NCQA-Certified HOS Vendor
- ◆ **Percent of Survey Completed**, Field: 100
Percentage of the survey completed by the respondent
Source: Field created by HSAG during the data cleaning and processing of the *Cohort VIII Baseline* data file
- ◆ **Cohort Identifier**, Field: 101
Cohort in which the HOS surveys contained in this data file were submitted
SPECIAL NOTE: Value for each record will equal "C08"
Source: Field created by HSAG during production of the C8B_PUF.TXT data file
- ◆ **CMS Region**, Field: 102
CMS Regional Office to which the plan belongs
Source: May 2005 CMS Monthly Report of Managed Care Health Plans
- ◆ **Survey Language**, Field: 103
Language in which the survey was completed
Source: NCQA-Certified HOS Vendor

Further details of the contents of the data file are available in the *Field Index with Field Descriptions* section (E) of this Data User's Guide.

Limitations of the Data

This section illustrates the limitations of the data, including issues relative to the categorization of selected fields and the identification of Medicare beneficiaries.

Selected questions that appear in the *2005 Health Outcomes Survey Questionnaire*¹³ are not available in the C8B_PUF.TXT data file due to confidentiality issues. Demographic fields that have been omitted include the beneficiary's year of birth, homeownership, annual household income, Hispanic or Spanish family background, and the name of the person who completed the survey. Many plan-related fields have also been omitted to ensure confidentiality of the plan.

CATEGORIZATION OF SELECTED FIELDS

Selected demographic fields were collapsed into fewer categories to maintain beneficiary confidentiality. Collapsed categories include:

Field	Scale in C7B_PUF.TXT	Scale in HOS Questionnaire ¹⁴
Race of Beneficiary	1 = White 2 = Black or African American 3 = Other	1 = American Indian or Alaskan Native 2 = Asian or Pacific Islander 3 = Black or African American 4 = White 5 = Another race or multiracial
Marital Status of Beneficiary	1 = Married 2 = Non-Married	1 = Married 2 = Divorced 3 = Separated 4 = Widowed 5 = Never married
Education Level of Beneficiary	1 = Less than a high school education or GED 2 = High school education or GED 3 = Greater than a high school education or GED	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

CHANGES IN IDENTIFICATION OF SURVEYED BENEFICIARIES

The HOS uniquely identifies beneficiaries by using the beneficiary's HIC number. However, a beneficiary's HIC number can change through special circumstances. Changes in a beneficiary's HIC number between baseline and follow up sampling are accounted for in the sampling protocol. However, changes in a beneficiary's HIC number between baseline cohorts are not accommodated in the sampling protocol.

¹³ National Committee for Quality Assurance. *HEDIS® 2005, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2005.

¹⁴ Scale as it is represented in the *2004 HOS Questionnaire*

Field Index with Field Descriptions

This section provides detailed information regarding the structure and fields of the C8B_PUF.TXT data file. The following tables include the order, position, valid values, and any additional information for each field in the data file. Fields are presented in the same order as they exist in the data file.

The C8B_PUF.TXT data file:

- ◆ is a fixed-width ASCII text file of 13.6 megabytes
- ◆ consists of *Cohort VIII Baseline* HOS surveys completed in 2005
- ◆ contains a total of 103 fields and 110,230 beneficiary records
- ◆ contains a blank space for all missing values
- ◆ contains numeric values with the exception of field numbers 1, 98, 99 and 101
- ◆ is sorted by the unique identification number

IDENTIFICATION AND DEMOGRAPHICS

Field #	Field Description	Field Position	Additional Information and Valid Values
1	Unique Identification Number	1-9	A unique nine digit randomly assigned number for each beneficiary SPECIAL NOTE: This field contains a character string. Example: C01001097
2	Age Group of Beneficiary	10	Age obtained from the CMS Medicare Enrollment Database 1 = Less than 65 2 = 65 to 74 3 = 75 and older
3	Race of Beneficiary	11	Beneficiary's response to Q53 from the <i>Cohort VIII Baseline</i> survey <i>How would you describe your race?</i> 1 = White 2 = Black or African American 3 = Other
4	Gender of Beneficiary	12	Beneficiary's response to Q51 from the <i>Cohort VIII Baseline</i> survey: <i>Are you male or female?</i> 1 = Male 2 = Female
5	Marital Status of Beneficiary	13	Beneficiary's response to Q54 from the <i>Cohort VIII Baseline</i> survey <i>What is your current marital status?</i> 1 = Married 2 = Non-Married
6	Education Level of Beneficiary	14	Beneficiary's response to Q55 from the <i>Cohort VIII Baseline</i> survey 1 = Less than a high school education or GED 2 = High school education or GED 3 = Greater than a high school education or GED

SURVEY QUESTION RESPONSES

Field #	Field Description	Field Position	Additional Information and Valid Values
7	General Health Question (Q1)	15	Beneficiary's response to Q1 from the <i>Cohort VIII Baseline</i> survey: <i>In general, would you say your health is:</i> 1 = Excellent 2 = Very Good 3 = Good 4 = Fair 5 = Poor
8	Health Transition Question (Q2)	16	Beneficiary's response to Q2 from the <i>Cohort VIII 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
9	Vigorous Activities Question (Q3a)	17	Beneficiary's response to Q3a from the <i>Cohort VIII 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?</i> <i>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
10	Moderate Activities Question (Q3b)	18	Beneficiary's response to Q3b from the <i>Cohort VIII 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?</i> <i>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
11	Lifting or Carrying Groceries Question (Q3c)	19	Beneficiary's response to Q3c from the <i>Cohort VIII 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?</i> <i>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

Field #	Field Description	Field Position	Additional Information and Valid Values
12	Climbing Several Flights of Stairs Question (Q3d)	20	Beneficiary's response to Q3d from the <i>Cohort VIII 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?</i> <i>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
13	Climbing One Flight of Stairs Question (Q3e)	21	Beneficiary's response to Q3e from the <i>Cohort VIII 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?</i> <i>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
14	Bending, Kneeling, or Stooping Question (Q3f)	22	Beneficiary's response to Q3f from the <i>Cohort VIII 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?</i> <i>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
15	Walking More than a Mile Question (Q3g)	23	Beneficiary's response to Q3g from the <i>Cohort VIII 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?</i> <i>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
16	Walking Several Blocks Question (Q3h)	24	Beneficiary's response to Q3h from the <i>Cohort VIII 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?</i> <i>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

Field #	Field Description	Field Position	Additional Information and Valid Values
17	Walking One Block Question (Q3i)	25	Beneficiary's response to Q3i from the <i>Cohort VIII 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
18	Bathing or Dressing Question (Q3j)	26	Beneficiary's response to Q3j from the <i>Cohort VIII 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
19	Physical Health Limiting Time Spent on Activities Question (Q4a)	27	Beneficiary's response to Q4a from the <i>Cohort VIII 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
20	Physical Health Limiting Amount Accomplished Question (Q4b)	28	Beneficiary's response to Q4b from the <i>Cohort VIII 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
21	Physical Health Limiting the Kind of Activities Question (Q4c)	29	Beneficiary's response to Q4c from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
22	Physical Health Causing Difficulty Performing Activities Question (Q4d)	30	Beneficiary's response to Q4d from the <i>Cohort VIII 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
23	Emotional Problems Limiting Time Spent on Activities Question (Q5a)	31	Beneficiary's response to Q5a from the <i>Cohort VIII 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
24	Emotional Problems Limiting Amount Accomplished Question (Q5b)	32	Beneficiary's response to Q5b from the <i>Cohort VIII 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
25	Emotional Problems Limiting Carefulness Question (Q5c)	33	Beneficiary's response to Q5c from the <i>Cohort VIII 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
26	Extent Health Interfering with Social Activities Question (Q6)	34	Beneficiary's response to Q6 from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
27	Bodily Pain Question (Q7)	35	Beneficiary's response to Q7 from the <i>Cohort VIII 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
28	Pain Interfering with Work Question (Q8)	36	Beneficiary's response to Q8 from the <i>Cohort VIII Baseline</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
29	Full of Pep Question (Q9a)	37	Beneficiary's response to Q9a from the <i>Cohort VIII 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
30	Nervous Question (Q9b)	38	Beneficiary's response to Q9b from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
31	Down in the Dumps Question (Q9c)	39	<p>Beneficiary's response to Q9c from the <i>Cohort VIII 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>
32	Calm and Peaceful Question (Q9d)	40	<p>Beneficiary's response to Q9d from the <i>Cohort VIII 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>
33	Lots of Energy Question (Q9e)	41	<p>Beneficiary's response to Q9e from the <i>Cohort VIII 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>

Field #	Field Description	Field Position	Additional Information and Valid Values
34	Downhearted and Blue Question (Q9f)	42	<p>Beneficiary's response to Q9f from the <i>Cohort VIII 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
35	Feeling Worn Out Question (Q9g)	43	<p>Beneficiary's response to Q9g from the <i>Cohort VIII 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
36	Happy Question (Q9h)	44	<p>Beneficiary's response to Q9h from the <i>Cohort VIII 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
37	Feeling Tired Question (Q9i)	45	<p>Beneficiary's response to Q9i from the <i>Cohort VIII 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 tired?</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
38	Amount of Time Health Interfering with Social Activities Question (Q10)	46	Beneficiary's response to Q10 from the <i>Cohort VIII 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
39	Sick Easier Question (Q11a)	47	Beneficiary's response to Q11a from the <i>Cohort VIII 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
40	As Healthy Question (Q11b)	48	Beneficiary's response to Q11b from the <i>Cohort VIII 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
41	Future Health Question (Q11c)	49	Beneficiary's response to Q11c from the <i>Cohort VIII 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
42	Excellent Health Question (Q11d)	50	Beneficiary's response to Q11d from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
43	Bathing Question (Q12a)	51	Beneficiary's response to Q12a from the <i>Cohort VIII Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <u>Bathing</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty
44	Dressing Question (Q12b)	52	Beneficiary's response to Q12b from the <i>Cohort VIII Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <u>Dressing</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty
45	Eating Question (Q12c)	53	Beneficiary's response to Q12c from the <i>Cohort VIII Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <u>Eating</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty
46	Getting In or Out of Chairs Question (Q12d)	54	Beneficiary's response to Q12d from the <i>Cohort VIII Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <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
47	Walking Question (Q12e)	55	Beneficiary's response to Q12e from the <i>Cohort VIII Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <u>Walking</u> 1 = I am unable to do this activity 2 = Yes, I have difficulty 3 = No, I do not have difficulty
48	Using the Toilet Question (Q12f)	56	Beneficiary's response to Q12f from the <i>Cohort VIII Baseline</i> survey: <i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <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

Field #	Field Description	Field Position	Additional Information and Valid Values
49	Number of Days Physical Health Not Good Question (Q13)	57-58	Beneficiary's response to Q13 from the <i>Cohort VIII 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>
50	Number of Days Mental Health Not Good Question (Q14)	59-60	Beneficiary's response to Q14 from the <i>Cohort VIII 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>
51	Number of Days Health Interfered with Daily Activities Question (Q15)	61-62	Beneficiary's response to Q15 from the <i>Cohort VIII 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>
52	Chest Pain or Pressure During Exercise Question (Q16a)	63	Beneficiary's response to Q16a from the <i>Cohort VIII 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
53	Chest Pain or Pressure When Resting Question (Q16b)	64	Beneficiary's response to Q16b from the <i>Cohort VIII 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
54	Shortness of Breath When Lying Flat Question (Q17a)	65	Beneficiary's response to Q17a from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
55	Shortness of Breath When Sitting or Resting Question (Q17b)	66	Beneficiary's response to Q17b from the <i>Cohort VIII 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
56	Shortness of Breath When Walking Less than One Block Question (Q17c)	67	Beneficiary's response to Q17c from the <i>Cohort VIII 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
57	Shortness of Breath When Climbing One Flight of Stairs Question (Q17d)	68	Beneficiary's response to Q17d from the <i>Cohort VIII 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
58	Numbness in Feet Question (Q18a)	69	Beneficiary's response to Q18a from the <i>Cohort VIII 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
59	Foot Tingling or Burning Question (Q18b)	70	Beneficiary's response to Q18b from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
60	Decreased Temperature Sensation in Feet Question (Q18c)	71	Beneficiary's response to Q18c from the <i>Cohort VIII 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
61	Sores or Wounds on Feet Question (Q18d)	72	Beneficiary's response to Q18d from the <i>Cohort VIII 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
62	Paralysis or Weakness Question (Q19a)	73	Beneficiary's response to Q19a from the <i>Cohort VIII 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
63	Lost Ability to Talk Question (Q19b)	74	Beneficiary's response to Q19b from the <i>Cohort VIII 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
64	Vision Question (Q20)	75	Beneficiary's response to Q20 from the <i>Cohort VIII 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
65	Hearing Question (Q21)	76	Beneficiary's response to Q21 from the <i>Cohort VIII 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
66	Difficulty Controlling Urination Question (Q22)	77	Beneficiary's response to Q22 from the <i>Cohort VIII Baseline</i> survey: <i>Do you have difficulty controlling urination?</i> 1 = Yes 2 = No

Field #	Field Description	Field Position	Additional Information and Valid Values
67	Hypertension Question (Q23)	78	Beneficiary's response to Q23 from the <i>Cohort VIII 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
68	Angina Pectoris or Coronary Artery Disease Question (Q24)	79	Beneficiary's response to Q24 from the <i>Cohort VIII 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
69	Congestive Heart Failure Question (Q25)	80	Beneficiary's response to Q25 from the <i>Cohort VIII Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>Congestive heart failure</u> 1 = Yes 2 = No
70	Myocardial Infarction Question (Q26)	81	Beneficiary's response to Q26 from the <i>Cohort VIII 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
71	Other Heart Conditions Question (Q27)	82	Beneficiary's response to Q27 from the <i>Cohort VIII 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
72	Stroke Question (Q28)	83	Beneficiary's response to Q28 from the <i>Cohort VIII Baseline</i> survey: <i>Has a doctor ever told you that you had:</i> <u>A stroke</u> 1 = Yes 2 = No
73	COPD Question (Q29)	84	Beneficiary's response to Q29 from the <i>Cohort VIII 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
74	Inflammatory Bowel Disease Question (Q30)	85	Beneficiary's response to Q30 from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
75	Arthritis of Hip or Knee Question (Q31)	86	Beneficiary's response to Q31 from the <i>Cohort VIII Baseline</i> survey: Has a doctor ever told you that you had: <u>Arthritis of the hip or knee</u> 1 = Yes 2 = No
76	Arthritis of Hand or Wrist Question (Q32)	87	Beneficiary's response to Q32 from the <i>Cohort VIII Baseline</i> survey: Has a doctor ever told you that you had: <u>Arthritis of the hand or wrist</u> 1 = Yes 2 = No
77	Sciatica Question (Q33)	88	Beneficiary's response to Q33 from the <i>Cohort VIII Baseline</i> survey: Has a doctor ever told you that you had: <u>Sciatica (pain or numbness that travels down your leg to below your knee)</u> 1 = Yes 2 = No
78	Diabetes Question (Q34)	89	Beneficiary's response to Q34 from the <i>Cohort VIII Baseline</i> survey: Has a doctor ever told you that you had: <u>Diabetes, high blood sugar, or sugar in the urine</u> 1 = Yes 2 = No
79	Any Cancer Question (Q35)	90	Beneficiary's response to Q35 from the <i>Cohort VIII Baseline</i> survey: Has a doctor ever told you that you had: <u>Any cancer (other than skin cancer)</u> 1 = Yes 2 = No
80	Arthritis Pain Question (Q36)	91	Beneficiary's response to Q36 from the <i>Cohort VIII Baseline</i> survey (if answered "yes" to Q31 or Q32): During the past 4 weeks, how would you describe the arthritis pain you usually had? 1 = None 2 = Very mild 3 = Mild 4 = Moderate 5 = Severe
81	Colorectal Cancer Treatment Question (Q37a)	92	Beneficiary's response to Q37a from the <i>Cohort VIII Baseline</i> survey (if answered "yes" to Q35): Are you currently under treatment for: <u>Colon or rectal cancer</u> 1 = Yes 2 = No
82	Lung Cancer Treatment Question (Q37b)	93	Beneficiary's response to Q37b from the <i>Cohort VIII Baseline</i> survey (if answered "yes" to Q35): Are you currently under treatment for: <u>Lung cancer</u> 1 = Yes 2 = No

Field #	Field Description	Field Position	Additional Information and Valid Values
83	Breast Cancer Treatment Question (Q37c)	94	Beneficiary's response to Q37c from the <i>Cohort VIII Baseline</i> survey (if answered "yes" to Q35): <i>Are you currently under treatment for:</i> <u>Breast cancer</u> 1 = Yes 2 = No
84	Prostate Cancer Treatment Question (Q37d)	95	Beneficiary's response to Q37d from the <i>Cohort VIII Baseline</i> survey (if answered "yes" to Q35): <i>Are you currently under treatment for:</i> <u>Prostate cancer</u> 1 = Yes 2 = No
85	Low Back Pain Question (Q38)	96	Beneficiary's response to Q38 from the <i>Cohort VIII 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
86	Two Weeks of Depression Question (Q39)	97	Beneficiary's response to Q39 from the <i>Cohort VIII 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
87	Depression Much of the Time Question (Q40)	98	Beneficiary's response to Q40 from the <i>Cohort VIII Baseline</i> survey: <i>In the past year, have you felt depressed or sad much of the time?</i> 1 = Yes 2 = No
88	Depression Most of the Time Question (Q41)	99	Beneficiary's response to Q41 from the <i>Cohort VIII 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
89	Comparative Health Question (Q42)	100	Beneficiary's response to Q42 from the <i>Cohort VIII 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

Field #	Field Description	Field Position	Additional Information and Valid Values
90	Current Smoker Question (Q43)	101	Beneficiary's response to Q43 from the <i>Cohort VIII 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
91	Urine Leakage Question (Q44)	102	Beneficiary's response to Q44 from the <i>Cohort VIII 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)
92	Magnitude of Urine Leakage Problem Question (Q45)	103	Beneficiary's response to Q45 from the <i>Cohort VIII 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)
93	Talked with Doctor about Urine Leakage Question (Q46)	104	Beneficiary's response to Q46 from the <i>Cohort VIII Baseline</i> survey: <i>Have you talked with your current doctor or other health provider about your urine leakage problem?</i> 1 = Yes 2 = No
94	Received Treatment for Urine Leakage Question (Q47)	105	Beneficiary's response to Q47 from the <i>Cohort VIII 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
95	Talked with Doctor about Physical Activities (Q48)	106	Beneficiary's response to Q48 from the <i>Cohort VIII 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)

Field #	Field Description	Field Position	Additional Information and Valid Values
96	Advised to Increase or Maintain Activities (Q49)	107	<p>Beneficiary's response to Q49 from the <i>Cohort VIII Baseline</i> survey:</p> <p><i>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? 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></p> <p>1 = Yes (Go to Q49) 2 = No (Go to Q49)</p>

SURVEY ADMINISTRATION

Field #	Field Description	Field Position	Additional Information and Valid Values
97	Who Completed this Survey Question (Q57)	108	Beneficiary's response to Q57 from the <i>Cohort VIII Baseline</i> survey: <i>Who completed this survey form?</i> 1 = Person to whom survey was addressed 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
98	Survey Disposition	109-111	SPECIAL NOTE: This field contains a character string. Survey disposition from the <i>Cohort VIII Baseline</i> survey: M10/T10 = completed survey (≥ 80% complete) M11/T11 = non-response: partial complete (≥ 50% but < 80% complete) M31/T31 = non-response: break-off (<50% complete) Note: For survey disposition codes, M=Mail and T=Telephone
99	Round Survey Returned	112-113	SPECIAL NOTE: This field contains a character string. Round Survey Returned from the <i>Cohort VIII Baseline</i> survey: M1 = 1 st mailing M2 = 2 nd mailing T1 = 1 st telephone T2 = 2 nd telephone T3 = 3 rd telephone T4 = 4 th telephone T5 = 5 th telephone T6 = 6 th telephone MT = Partially completed by mail and converted to complete by telephone NC = Not completed
100	Percent of Survey Completed	114-118	Range: 0 to 100% (value is rounded to the tenths decimal place)
101	Cohort Identifier	119-121	SPECIAL NOTE: This field contains a character string. Cohort in which the HOS surveys contained in this data file were submitted Value for each record = "C08"

Field #	Field Description	Field Position	Additional Information and Valid Values
102	CMS Region	122-123	<p>CMS region from the May 2005 CMS Monthly Report of Managed Care Health Plans</p> <ul style="list-style-type: none"> 1 = Region I – Boston (serving Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont) 2 = Region II – New York (serving New York, New Jersey, Puerto Rico, and the Virgin Islands) 3 = Region III – Philadelphia (serving Delaware, Washington DC, Maryland, Pennsylvania, Virginia, and West Virginia) 4 = Region IV – Atlanta (serving Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee) 5 = Region V – Chicago (serving Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin) 6 = Region VI – Dallas (serving Arkansas, Louisiana, New Mexico, Oklahoma, and Texas) 7 = Region VII – Kansas City (serving Iowa, Kansas, Missouri, and Nebraska) 8 = Region VIII – Denver (serving Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming) 9 = Region IX – San Francisco (serving Arizona, California, Guam, Hawaii, and Nevada) 10 = Region X – Seattle (serving Alaska, Idaho, Oregon, and Washington)
103	Survey Language	124	<p><i>Cohort VIII Baseline</i> survey language:</p> <ul style="list-style-type: none"> 1 = English 2 = Spanish 3 = Not Applicable 4 = Chinese