**Well-Being Concepts Question Sheet**

Answer the following questions as you read the handout on well-being by the CDC.

1. According to the intro, what does well-being include?

**Why is well-being useful for public health?**

1. What public health factors is well-being associated with?
2. What is positive well-being associated with and what is negative well-being associated with?

**How does well-being relate to health promotion?**

1. What is health promotion and how is it related to well-being?

**How is well-being defined?**

1. In general, what does well-being include?
2. What are the nine aspects of well-being as described in the article? Give a possible definition or example of each.

**How is well-being measured?**

1. What two types of measures are used to assess well-being?

**What are some finding from these studies?**

1. List four findings from these studies.
2. What do you think is the most interesting finding from these studies? Why?

**What are some correlates and determinants of individual level well-being?**

1. In general, what is well-being dependent upon?
2. How are genes related to your well-being?
3. How do age and gender, income and work and relationships contribute to well-being?

**What are some correlates of well-being at the national level?**

1. What types of societies report higher levels of well-being?