Assessing Overall Well-Being
Findings From a New Healthy People 2030 Measure

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

**KEY FINDINGS**

In 2021:

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

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

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

**About the Data**

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

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

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

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

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

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

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