



Interpreting Scores in the NFSHA

The Connor-Davison Resilience Scale (CD-RISC2) <http://www.connordavidson-resiliencescale.com>

Conner KM, Davidson JTR. Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*. 2003; 18:76-82.

Vaishnavi S, Conner K, Davidson JRT. An abbreviated version of the Connor-Davidson Resilience Scale (CD-RISC), the CD-RISC2: Psychometric properties and applications in psychopharmacological trials. *Psychiatry Res*. 2007; 152(2-3):293-297

The CD-RISC2 generates a score between 0 and 8, with higher scores reflecting greater resilience. *Use of this scale requires a paid licensing agreement with the authors.*

Diener Flourishing Scale – Psychological Well-Being (PWB)

Diener E, Wirtz D, Tov W, Kim-Prieto C, Choi D, Oishi S, Biswas-Diener R. New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*. 2010; 97(2):143-156.

The Diener PWB generates a score between 8 and 56, with higher scores reflecting a higher level of psychological well-being.

Food Security

Blumberg SJ, Bialostosky K, Hamilton WL, Briefel RR. The effectiveness of a Short Form of the Household Food Security Scale. *Am J Public Health*. 1999; 89(8):1231-1234.

USDA, Economic Research Service, Food Security Survey Tools. Six-item Short Form. Available at: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools/>.

USDA Food Security 6-item Short Scale Score (5 items when self-administered) generates a score (USDAFI) between 0 and 6, with higher scores reflecting lower levels of food security. The score is then collapsed (RUSDAFI) into one of three categories: a score of 0-1 reflects high or marginal food security, a score of 2-4 reflect low food security, and a score of 5-6 reflects very low food security. Combining those with low food security and very low food security will reflect the portion of the sample with food insecurity.

UCLA Loneliness Scale

Hughes ME, Waite LJ, Hawkley LC, Cacioppo, JT. A short scale for measuring loneliness in large surveys: Results from two population-based studies. *Res Aging*. 2004; 26(6):655-672.

The Short UCLA Loneliness Scale (ULS3) generates a score between 3 and 9, with higher scores reflecting higher levels of loneliness. The score is then collapsed (RULS3) into one of two categories: a score of 3-5 reflects a negative screening for loneliness, and a score of 6-9 reflects a positive screening for loneliness.

US Physical Activity (PA) Guidelines

Source: US Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: US Department of Health and Human Services; 2018. (https://odphp.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

ACHA computes 3 physical activity variables based on the 2018 guidelines:

Weekly Physical Activity Guideline for Adults (PAGUIDE) – uses the responses to Q22A, Q22B, and Q22C to determine if the respondent met the US recommended guidelines for physical activity for adults (at least 2 days of muscle strengthening activity AND 150 or more minutes per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity.)

Weekly Physical Activity Guideline for Aerobic Activity ONLY (PAAERO) – uses the responses to Q22A and Q22B to determine if the respondent reported 150 or more minutes per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity. This variable excludes consideration of muscle toning and strengthening activity.

Weekly Physical Activity Guideline for HIGHLY ACTIVE Adults (HAPAGUIDE) – uses the responses to Q22A, Q22B, and Q22C to determine if the respondent met the US recommended guidelines for physical activity for highly active adults (at least 2 days of muscle strengthening activity AND 300 or more minutes per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity.)