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MEDICARE HEALTH OUTCOMES SURVEY

2018-2020 Cohort 21 Analytic Public Use File **Data Users Guide**

PREPARED BY HEALTH SERVICES ADVISORY GROUP



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Preface

Public Use File

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. General information about the HOS Program is available on the CMS website at www.cms.gov/Research-Statistics-Data-and-Systems/Research/HOS, and a full description of the program is available on the HOS website at www.HOSonline.org.

This *2018-2020 Cohort 21 Analytic Public Use File (PUF) Data Users Guide (DUG)* is designed to assist users with the *2018-2020 Cohort 21 Analytic* public use data. The DUG includes an overview of the file organization, an explanation of derived fields, and a table defining the attributes of all fields in the file. HOS PUFs contain the majority of the survey items collected on the baseline and follow up HOS instruments (excluding beneficiary identifying information) as well as selected additional administrative variables. HOS PUFs are constructed to prevent the identification of any single beneficiary or MAO and only respondents to the survey are included in the files. For instance, selected questions that appear in the HOS questionnaires, including homeownership, annual household income, Hispanic ethnicity, beneficiary's weight and height, the specific language spoken at home, and the name of the person who completed the survey, are not available in the PUF. Selected beneficiary-level demographic fields such as race, marital status, education, and Body Mass Index (BMI) are collapsed into fewer categories to maintain beneficiary confidentiality. The HOS PUF is available at no cost and can be downloaded from www.hosonline.org.

Other Research Data Files Available

In addition to the PUFs, the Medicare HOS data are also available by request as a limited data set (LDS) and a research identifiable file (RIF). Both the LDS and RIF include the entire national sample for a given cohort (including both respondents and non-respondents) and contain all of the HOS survey items.

Limited Data Set

The HOS *2018-2020 Cohort 21 Merged Baseline and Follow Up* LDS contains all records in the comprehensive RIF as well as most of the same fields. It contains protected beneficiary level health information such as date of birth, sex, race/ethnicity, and county of residence; however, specific direct person identifiers are removed, as outlined in the Health Insurance Portability and Accountability Act of 1996 (HIPAA). Removed fields include the Medicare Health Insurance Claim (HIC) number; Medicare Beneficiary Identifier (MBI); CMS beneficiary link key; beneficiary name, phone number, and mailing address; and the name of the person who completed the survey. Additionally, the MAO contract number is blinded in the LDS and certain fields describing MAOs have been modified (e.g., categorical enrollment) or excluded (e.g., plan name) to prevent identification of specific MAO contracts. Despite these limitations, the LDS is

adequate to address most research aims and is the file most often requested by researchers. Since the information is still potentially identifiable, it is subject to the provisions of the Privacy Act of 1974, although LDS requests do not require approval from the CMS Privacy Board. To qualify for an LDS, data requestors must show that their proposed use of the data meets the disclosure provisions for research purposes as defined in the HIPAA and Privacy Acts. The research purpose must relate to projects that could ultimately improve the care provided to Medicare and Medicaid beneficiaries and policies that govern their care.

Research Identifiable File

The comprehensive *HOS 2018-2020 Cohort 21 Merged Baseline and Follow Up* RIF data file contains all fields, including direct person identifiers, and plan-level identifiers that are excluded in the LDS. The scope and subject matter of studies requiring a RIF must assist CMS in monitoring, managing, and improving the Medicare and Medicaid program and the services provided to beneficiaries. Requests for RIF data files must be reviewed by the CMS Privacy Board to ensure that beneficiaries' privacy is protected and the need for identifiable data is justified. CMS must balance the potential risk to beneficiary confidentiality with the probable benefits gained from the completed research. Requestors must also demonstrate the expertise and experience to conduct and complete the proposed study using RIF data files.

Obtaining Research Files

A signed Data Use Agreement with CMS is required to obtain either LDS or RIF data files. The Research Data Assistance Center (ResDAC) at the University of Minnesota is the CMS contractor that provides assistance to academic, government, and non-profit researchers interested in using Medicare and/or Medicaid data. When requesting HOS RIFs, ResDAC is available to assist in the completion and/or review of data requisition forms prior to their submission to CMS. The [ResDAC HOS page](#) provides information and assistance with obtaining Medicare HOS RIFs. ResDAC may also be contacted by calling 1-888-9RESDAC (1-888-973-7322) or by emailing resdac@umn.edu. All requests for HOS LDS files must be submitted through the CMS Limited Data Set File Process. Instructions are available on the website at www.cms.gov/Research-Statistics-Data-and-Systems/Files-for-Order/LimitedDataSets/index. The Medicare HOS Information and Technical Support at hos@hsag.com is available to answer questions about the HOS research files.

Statutory Authority

Section 722 of the Medicare Prescription Drug, Improvement, and Modernization Act of 2003 (MMA) mandates collecting, analyzing, and reporting health outcomes information. This legislation also specifies that data collected on quality, outcomes, and beneficiary satisfaction to facilitate consumer choice and program administration must use the same types of data collected before November 1, 2003. Collected since 1998, the Medicare HOS is the first patient-reported outcomes measure in Medicare managed care, and therefore remains a critical part of assessing MAO quality. In addition, CMS includes HOS results as a component of the Medicare Plan Finder (www.medicare.gov/plan-compare), a web-based tool that helps inform beneficiaries about Medicare enrollment choices. CMS reviews survey components in the HOS, as appropriate, in order to provide outcome measures that MAOs can use in quality improvement initiatives.

Technical Assistance

The Medicare HOS Information and Technical Support Telephone Line (1-888-880-0077) and Email Address (hos@hsag.com) are available to provide assistance with questions regarding the data file. Additionally, the CMS HOS website provides information on the HOS Program (www.cms.gov/Research-Statistics-Data-and-Systems/Research/HOS). For program timelines, survey results, and HOS publications, please refer to the HOS website at www.HOSonline.org.

For more detailed discussions on the sampling, survey administration, data collection, and instruments, please refer to the Healthcare Effectiveness Data and Information Set (HEDIS®)¹ 2018 and 2020 Volume 6: Specifications for the Medicare Health Outcomes Survey manuals available from NCQA at www.ncqa.org/hedis/measures/hos.^{2,3} Copies of other HEDIS publications may be obtained by calling the National Committee for Quality Assurance (NCQA) Customer Support Telephone Line at 1-888-275-7585 or accessing NCQA's Publications Center (<https://store.ncqa.org>). Additionally, a glossary consisting of definitions relevant to the HOS may be accessed from the "Glossary" link at the bottom of the site webpages (www.HOSonline.org).

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

² National Committee for Quality Assurance. *HEDIS® 2018, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2018. Available at: www.ncqa.org/hedis/measures/hos. Accessed on: July 22, 2021.

³ National Committee for Quality Assurance. *HEDIS® 2020, Volume 6: Specifications for the Medicare Health Outcomes Survey*. Washington DC: NCQA Publication, 2020. Available at: www.ncqa.org/hedis/measures/hos. Accessed on: July 22, 2021.

Program Background

This section provides a general description of the HOS background and methodology, including the sampling methodology, survey administration, and the survey instrument. In addition, information is provided about case-mix adjustment, additional survey questions, and field changes. For a more detailed discussion of these items, please refer to the HEDIS 2018 and 2020, Volume 6, Specifications for the Medicare Health Outcomes Survey manuals.^{2,3}

Introduction to the Medicare Health Outcomes Survey

In 1998, outcomes measures were developed with the desire to capture performance across multiple aspects of care, in addition to the traditional HEDIS process measures that assess interventions. CMS, NCQA, Health Assessment Lab (HAL), and performance measurement experts developed an instrument that would assess the physical functioning and mental well-being of Medicare beneficiaries over time. The HOS 1.0 included a 36-item health survey to measure physical and mental health outcomes. Additional items included in the HOS 1.0 instrument permitted case-mix adjustment, to enhance 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*. In 2006, the HOS Version 2.0 was implemented using the Veterans RAND 12-Item Health Survey (VR-12)⁴ with additional case-mix and health questions. Questions were also added for the NCQA HEDIS measures for *Fall Risk Management* and *Osteoporosis Testing in Older Women*.

Medicare Health Outcomes Survey 2.5 and 3.0

In 2013, CMS implemented the Medicare HOS 2.5. Like the HOS 2.0, the HOS 2.5 uses the VR-12 as the core physical and mental health outcomes measures and the four HEDIS Effectiveness of Care measures. The HOS 2.5 added questions on race, ethnicity, primary language, sex, and disability from Section 4302 of the Affordable Care Act.

In 2015, CMS implemented the Medicare HOS 3.0. The HOS 3.0 was used for the *2018 Cohort 21 Baseline* and *2020 Cohort 21 Follow Up* survey administrations. HOS 3.0 continues to use the VR-12 as the core physical and mental health outcomes measure and the four HEDIS Effectiveness of Care measures. Changes from the previous version (HOS 2.5) included question wording and a formatting change to a two-column layout for each page. Specific changes in the HOS are detailed in the *Survey Instrument* section of this DUG. The HOS survey instruments can be downloaded from NCQA's website (www.ncqa.org/hedis/measures/hos).

⁴ Iqbal SU, Rogers W, Selim A, et al. The Veterans RAND 12 Item Health Survey (VR-12): What it is and How it is used. Available at: www.hosonline.org/globalassets/hos-online/publications/veterans_rand_12_item_health_survey_vr-12_2007.pdf. Accessed on: July 22, 2021.

Partners and Technical Advisors

CMS currently contracts with NCQA and Health Services Advisory Group (HSAG) to implement and operationalize all aspects of the HOS.

2018-2020 Medicare Advantage Organization Participation

MAOs with Medicare contracts in effect on or before January 1, 2017, and a minimum enrollment of 500 beneficiaries were required to administer the *Cohort 21 Baseline* survey in 2018:

- All MAOs, including all coordinated care plans, local and regional preferred provider organizations (PPO), Private Fee for Service (PFFS) contracts, and Medical Savings Account (MSA) contracts
- Section 1876 cost contracts even if closed for enrollment
- Employer /union only contracts
- Medicare-Medicaid Plans (MMP)

MAOs that administered the *Cohort 21 Baseline* survey in 2018 were required by CMS to administer the *Cohort 21 Follow Up* survey in 2020. In the event of a consolidation, merger, or novation, the surviving contract had to report Follow Up HOS for all members of all contracts involved. All eligible members of these contracts were resurveyed, and the results were reported under the surviving contract. Refer to the MAO Performance Measurement Contract List available from the Survey Results page of the HOS website www.HOSonline.org.

MAOs sponsoring Fully Integrated Dual Eligible (FIDE) Special Needs Plans (SNPs) within Medicare contracts in effect on or before January 1, 2019, and with a minimum enrollment of 50 beneficiaries could elect to report the 2020 HOS or HOS-M at the plan benefit package (PBP) level for a frailty assessment under the Affordable Care Act. The assessment determined eligibility for a frailty adjustment payment, similar to the payments provided to Program of All-Inclusive Care for the Elderly (PACE), for FIDE SNPs with similar average level of frailty to PACE. SNPs were permitted to choose whether their assessments would be calculated based on activities of daily living (ADL) items reported in the HOS or on a separate sample of beneficiaries who completed the HOS-Modified (HOS-M). Voluntary reporting for frailty assessment at the FIDE SNP level is in addition to standard HOS requirements for quality reporting at the contract level.

Sampling Methodology

2018 Cohort 21 Baseline Sampling

CMS identified beneficiaries who were eligible for sampling as follows:

- MAOs with fewer than 500 beneficiaries enrolled were not required to report HOS.
- For MAOs with 500 to 1,200 beneficiaries, all eligible beneficiaries were included in the sample.
- For MAOs with more than 1,200, a simple random sample of 1,200 beneficiaries was selected.

- Beneficiaries were defined as eligible if they were 18 years or older on the date the sample was drawn. The six months enrollment requirement was waived beginning in 2009 and beneficiaries with End Stage Renal Disease (ESRD) were no longer excluded from the sampling beginning in 2010.

2020 Cohort 21 Follow Up Sampling

CMS identified beneficiaries from the *2018 Cohort 21 Baseline* sample who were eligible for remeasurement as follows:

- Beneficiaries were eligible for remeasurement if they had sufficient data to derive physical health or mental health summary scores at baseline, were not deceased, and remained in the same MAO at the time of the follow up sampling.
- Beneficiaries were excluded if they did not have summary scores at baseline, had disenrolled from their MAO at the time of the follow up sampling, or died subsequent to the baseline survey. Although deceased beneficiaries were excluded from the follow up sample, CMS includes deceased baseline respondents in the MAO files and when calculating the two-year death rate⁵ for the HOS performance measurement results. Beneficiaries who disenrolled from the MAO subsequent to completing the baseline survey and prior to the follow up sampling are not included in the MAO files; however, they are used in the calculation of the performance measurement results.

Survey Administration

- MAOs contracted with a CMS approved survey vendor to administer the surveys following the protocols specified in the HEDIS 2018 and 2020, Volume 6, Specifications for the Medicare Health Outcomes Survey manuals. The manuals detailed the methods for mail, telephone, and mixed modes of data collection.
- The mail component of the surveys uses pre-notification letters, a standardized questionnaire, survey letters, and reminder/thank you postcards. Sample respondents complete the HOS in English, Spanish, Chinese, or Russian (*follow-up only*) language versions of the mail survey. While no mail surveys were completed in Russian for the *Cohort 21 Follow Up*, the Russian language option became available in 2019.
- Survey vendors attempt telephone follow up in English, Spanish, or Chinese (with at least six attempts) in those instances when beneficiaries fail to respond after the second mail survey or return an incomplete mail survey in order to obtain responses for missing items. A standardized version of an Electronic Telephone Interviewing System script is used to collect telephone interview data for the survey. The Chinese language protocol was added to the HOS in 2020. Telephone follow up is not available for the Russian language survey.
- Survey vendors perform initial data cleaning and follow up with survey respondents as necessary.

⁵ The two-year death rate was calculated from an 870-day death interval, extended from the usual 730-day interval, to account for the delay in fielding the *2018-2020 Cohort 21 Follow Up*.

Survey Instrument

The HOS 3.0 was administered for the 2018 and 2020 Cohort 21 surveys. This version of the HOS includes: changes to questions about urine leakage, osteoporosis testing in older women, sleep duration and quality, and primary language spoken in the home. Formatting in the HOS 3.0 was changed to the two-column layout currently used for each page. The HOS survey instruments can be downloaded from NCQA's website (www.ncqa.org/hedis/measures/hos).

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

The key component of the HOS for assessment of physical and mental health functioning is the VR-12 Health Survey.⁶ The VR-12 consists of 14 items, 12 of which are used in the calculation of the eight health domains and the two summary measures: the physical component summary (PCS) and mental component summary (MCS) scores. The VR-12 measures the same eight health domains as the previously used 36-item health survey: 1) Physical Functioning, 2) Role-Physical, 3) Role-Emotional, 4) Bodily Pain, 5) Social Functioning, 6) Mental Health, 7) Vitality, and 8) General Health. Each domain aggregates one or two items and all eight domains are used to calculate the two summary measures. Two of the 14 items, which ask about change in physical health and emotional health compared to one year ago, are not used in the calculation of the PCS and MCS scores.

Physical and Mental Component Summary Scores

The baseline and follow up PCS and MCS scores were calculated from the VR-12, using the Modified Regression Estimate (MRE) for scoring and for imputation of missing data.⁴ These unadjusted scores are used to create the final adjusted change scores that are discussed in the *Case-Mix Adjustment* section. The MRE is a general method for obtaining scale scores in the context of missing data, where a different set of regression weights is applied depending on the pattern of missing item responses. The MRE uses complete cases to estimate a regression equation where only those items that are present are used.⁷ PCS and MCS scores are standardized using normative values from a 1990 U.S. general population so that scores have a direct interpretation in relation to the distribution of scores in the U.S. population, which have a mean of 50 and a standard deviation of 10. PCS and MCS results are then adjusted for the impact of telephone administration since studies have shown that health status scores tend to be more favorable with interviewer administered surveys. For telephone surveys, 1.9 points are subtracted from the PCS score and 4.5 points are subtracted from the MCS score.

⁶ Information about the VR-36, VR-12, and VR-6D instruments is available on the Boston University School of Public Health website. The website offers details on development, applications, and references for the VR-12, which is the core health outcomes measure in the Medicare HOS and HOS-M. For information about the instruments and to request permission to use the documentation and scoring algorithms, go to: www.bu.edu/sph/about/departments/health-law-policy-and-management/research/vr-36-vr-12-and-vr-6d. Accessed on: July 22, 2021.

⁷ Spiro A, Rogers WH, Qian S, Kazis LE. *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, Veterans Affairs Medical Center, Bedford, MA. 2004. Available at: www.hosonline.org/globalassets/hos-online/publications/hos_veterans_12_imputation.pdf. Accessed on: July 22, 2021.

On a scale of 0-100, a higher PCS or MCS score reflects better health status. For the physical health summary measure, very high scores 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 indicate frequent positive affect, absence of psychological distress, and no limitations in usual social and role activities due to emotional problems.

Case-Mix Adjustment

Case-mix adjustment may be used by researchers to adjust the survey response data for beneficiary characteristics that are known to be related to systematic biases in the way people respond to survey questions. The HOS instrument includes several items that are available for case-mix adjustment. These items include: demographic and socioeconomic characteristics (e.g., age, sex, race, education, and marital status); chronic medical conditions; and HOS study design variables (e.g., the CMS region).

The *2018-2020 Cohort 21 Analytic* PUF data do not include any case-mix adjusted scores. However, there are examples of case-mix adjustments with VR-12 scores from the HOS data in the *Sample Baseline* and the *Sample Performance Measurement Reports*, which are available from the Resources page on the HOS website (www.HOSonline.org).

Additional Questions

The HOS instruments also included questions on demographics, chronic medical conditions, Activities of Daily Living (ADLs), depression, smoking, physical health symptoms, height, and weight, as well as other questions.

Demographics

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

Chronic Medical Conditions

Fifteen chronic medical conditions are 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; depression; and any cancer (other than skin cancer).

Activities of Daily Living

Six ADLs are included in the baseline and follow up HOS surveys 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. Three Instrumental Activities of Daily Living (IADLs) were included to assess independent living skills that are more complex than ADLs. IADL questions asked about preparing meals, managing money, and taking medications.

Depression Screening

The HOS 3.0 includes two questions that screen for depression. Each question is assigned points depending on the response given, from 0 (“Not at all”) to 3 (“Nearly every day”). The depression screen is considered positive when a respondent scores 3 points or greater on the combined total points from the two depression questions. Please note, due to the change in questions, estimates of the proportion with positive depression screens using the HOS 3.0 or the HOS 2.5 are not comparable to estimates produced using prior versions of the HOS.

Healthy Days Measures

In 2003, three Healthy Days questions from the CDC’s BRFSS were added to the HOS. They ask the number of days in the past thirty days that physical health was not good, mental health was not good, and activities were limited due to poor physical or mental health.

NCQA HEDIS Measures

The following measures are a part of the Effectiveness of Care domain of HEDIS and were included in the HOS instruments:

- 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.

New and Revised Fields

There were no **new** fields in the **Baseline Survey** in the *2018-2020 Cohort 21 Analytic PUF* compared with the *2017-2019 Cohort 20 Analytic PUF*.

There was one **revised** field in the **Baseline Survey** in the *2018-2020 Cohort 21 Analytic PUF* compared with the *2017-2019 Cohort 20 Analytic PUF*.

- FRMPREV (Q51) was revised to remove the statement “Check your blood pressure lying or standing.”

There were no **new** fields in the **Follow Up Survey** in the *2018-2020 Cohort 21 Analytic PUF* compared with the *2017-2019 Cohort 20 Analytic PUF*.

There were two **revised** fields in the **Follow Up Survey** in the *2018-2020 Cohort 21 Analytic PUF* compared with the *2017-2019 Cohort 20 Analytic PUF*.

- RNDNUM (Survey Round)-was revised to add a new survey round category of (TN) Inbound Telephone.
- SPEAKLNG (Q60a) –was revised to add new language categories of (4) Russian, and (7) Some other language (formerly response 4) for language mainly spoken at home.

Selected field attributes (i.e., field name, type, length, or label) may have been modified for some fields included in the *2018-2020 Cohort 21 Analytic* PUF when compared to the same fields in previous HOS PUFs. Refer to the *Field Index with Field Descriptions* section, for detailed information regarding all field attributes contained in the *Cohort 21 Analytic* PUF.

Excluded Fields

There were no **excluded** fields in the **Baseline or Follow Up Surveys** in the *2018-2020 Cohort 21 Analytic* PUF compared with the *2017-2019 Cohort 20 Analytic* PUF.

Data Field Utilization Notes

- The HOS questionnaire contains multiple skip patterns. Exercise caution when interpreting responses from questions that involve skip patterns, as not every beneficiary was asked the question. Please refer to the *Field Index with Field Descriptions* section 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 respondents themselves or by proxy respondents are included in this data file and are indicated in Fields #80 and #157.
- For the *Cohort 21 Analytic* PUF, beneficiaries were considered deceased if they died within two years of completing the baseline survey and did not complete a follow up survey. The analytic sample distribution indicator (Field #165) can be used to identify the status of each beneficiary in this file.
- Some question numbers from the follow up survey may differ from the baseline survey, as well as from previous analytic data files. Exercise caution when examining the data across multiple cohorts.
- Beginning with the *2012-2014 Cohort 15 Analytic* PUF, the survey responses for the beneficiary's weight and height were obtained from open-ended questions at both baseline and follow up, instead of from categorical responses, as was the case in earlier versions of the survey.

Characteristics of the Public Use File

This section provides an overview of the Medicare HOS *2018-2020 Cohort 21 Analytic* PUF (C21A_PUF.CSV), including the general characteristics of the data and descriptions of the fields contained within it. This file contains 228,190 beneficiary records from the merged *2018 Cohort 21 Baseline* and *2020 Cohort 21 Follow Up* data. For a more detailed discussion of these items, please refer to the HEDIS 2018 and 2020, Volume 6 manuals.^{2,3}

Derivation of the File

The *2018 Cohort 21 Baseline* Medicare HOS included a random sample of 552,760 beneficiaries, including both the aged and disabled, from 467 MAOs. Of the 552,760 individuals sampled, 43.3% (239,071) completed at least one question item of the survey. During the two years between the *2018 Cohort 21 Baseline* survey and the *2020 Cohort 21 Follow Up* survey, a number of MAOs discontinued offering managed care to Medicare beneficiaries, or consolidated with other health plans. The *2018-2020 Cohort 21 Analytic* PUF sample is comprised of respondents with a valid survey disposition code at baseline (please refer to Field #81 for a description of the valid baseline survey disposition codes) who remained enrolled in their same MAO at the time of the follow up sampling. This resulted in 429 reporting units (MAOs) and 228,190 respondents in the *2018-2020 Cohort 21 Analytic* PUF sample.⁸

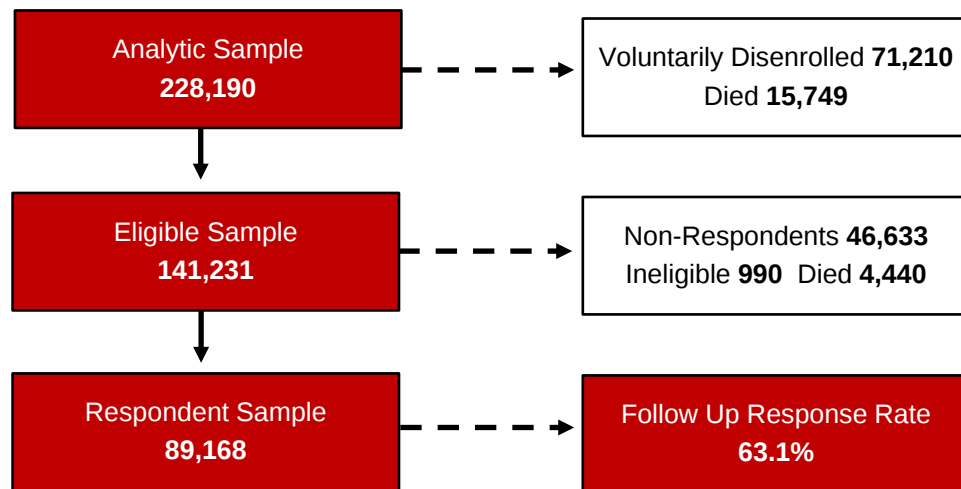
Of the 228,190 beneficiaries in the *2018-2020 Cohort 21 Analytic* PUF sample, 15,749 died after baseline and before the two-year follow up survey administration. Another 71,210 beneficiaries voluntarily disenrolled from their MAOs between baseline and the start of the two-year follow up survey administration. This resulted in 141,231 beneficiaries remaining eligible at the time of follow up.

Of the 141,231 individuals sampled at the time of follow up, 63.1% (89,168) completed the follow up survey. For the purposes of this data file, a completed survey at follow up was defined as a survey with at least one question item completed. Of the 52,063 beneficiaries who did not complete a follow up survey, 4,440 were determined to have died after the follow up sample was selected but before the end of the survey administration. Additionally, 990 beneficiaries were determined to be ineligible for the follow up survey sample.⁹ The remaining 46,633 beneficiaries who did not complete the follow up survey were classified as non-respondents. Figure 2 below depicts the distribution and response rate for the *2018-2020 Cohort 21 Analytic* PUF sample.

⁸ The inclusion criteria for the PUF differ from those used for quality reporting. Therefore, the *2018-2020 Cohort 21 Public Use File* analytic sample differs from the *2018-2020 Cohort 21 Performance Measurement* analytic sample, which is used to derive plan-level HOS Performance Measurement results.

⁹ Ineligible beneficiaries at follow up met one of the following criteria: not enrolled in the MAO; bad address and phone number; or language barrier.

Figure 1. Distribution and Response Rate for 2018-2020 Cohort 21 Analytic PUF Sample



Field Overview

The C21A_PUF.CSV data file is a Comma Separated Values (CSV) file (64.1 megabytes in size). There are 165 fields and 228,190 beneficiary records in the file. Each row in the C21A_PUF.CSV data file represents an individual's merged baseline and follow up HOS survey responses, also referred to as a beneficiary record.

This public use file has been modified from the original merged *2018 Cohort 21 Baseline* and *2020 Cohort 21 Follow Up* 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). The HIC number, which is a sensitive beneficiary identifying field, has been replaced with a unique nine digit, randomly assigned identifier (Field #1). Other identifying fields, such as Social Security Number, beneficiary's name, etc., have been removed.

The 165 fields in the C21A_PUF.CSV data file are organized into five different groups in the descriptions which follow:

- Identification and baseline demographics
- Baseline survey questions
- Baseline survey administration
- Follow up survey questions
- Follow up survey administration

Field Description

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

Identification and Baseline Demographics

Unique Identifier, Field: 1

This is a unique nine-character alphanumeric identifier that is randomly assigned for each beneficiary record. Positions 1 through 3 identify the analytic cohort of the public use file. Positions 4 through 9 contain a randomly assigned sequence number. For the baseline PUFs, beneficiaries who were measured in multiple baseline cohorts retained the initially assigned blinded identifier in all subsequent surveys. However, due to confidentiality issues, the identifier assigned to a beneficiary in an analytic PUF does **not** correspond to any identifiers that may be assigned to the same beneficiary in either a baseline PUF or other analytic PUF. The data file is sorted by the unique identifier.

Example: A21000001

Source: Field created during production of the C21A_PUF.CSV data file

Age Group, Field: 2

Age group of the beneficiary at the time of the baseline survey

Source: CMS databases

Race, Field: 3

Self-reported race of the beneficiary

Source: Q59 from the baseline survey

Sex, Field: 4

Self-reported sex of the beneficiary

Source: Q57 from the baseline survey

Marital Status, Field: 5

Self-reported marital status of the beneficiary

Source: Q61 from the baseline survey

Education Level, Field: 6

Self-reported educational attainment of the beneficiary

Source: Q62 from the baseline survey

Body Mass Index Category, Field 7

Calculated from the beneficiary's self-reported weight in pounds and height in feet and inches

Source: Q55 and Q56 from the baseline survey

Baseline Survey Questions

VR-12 Questions, Fields: 8 through 21

These fields represent the VR-12-item health survey questions, which can be found in Appendix 1 on pages 1-5 through 1-6 in the HEDIS 2018, Volume 6 manual. The VR-12 questions are included in Q1 through Q9 in the HOS questionnaire. Please refer to the

Program Background section in this Data Users Guide for a more detailed description of the VR-12.

Additional Questions, Fields: 22 through 80

These fields comprise the balance of the survey questions found on pages 1-7 through 1-13 in the HEDIS 2018, Volume 6 manual, including most of the remaining questions Q10 through Q68 in the HOS questionnaire. The *Program Background* section provides more details about these questions. Selected demographic questions contained in the survey are not available in this PUF due to confidentiality issues. Please refer to the *Limitations of the Data* section for more details.

Baseline Survey Administration

Baseline Survey Disposition, Field: 81

Identifies completion status and mode by which the survey was completed

Source: CMS approved HOS Survey Vendor

Baseline Survey Round, Field: 82

Mail or telephone stage in which the survey was completed or when survey completion was last attempted by the vendor

Source: CMS approved HOS Survey Vendor

Percent of Baseline Survey Completed, Field: 83

Percentage of the baseline survey completed by the respondent

Source: Field created during the processing of the *Cohort 21 Baseline* data file

Baseline Survey Language, Field: 84

Language in which the baseline survey was completed

Source: CMS approved HOS Survey Vendor

Follow Up Survey Questions

VR-12 Questions, Fields: 85 through 98

These fields represent the VR-12 questions, which can be found in Appendix 1 on pages 1-5 through 1-6 in the HEDIS 2020, Volume 6 manual. The VR-12 questions include Q1 through Q9 in the HOS questionnaire. Please refer to the *Program Background* section in this Data Users Guide for a more detailed description of the VR-12.

Additional Questions, Fields: 99 through 157

These fields comprise the balance of the survey questions found on pages 1-7 through 1-13 in the HEDIS 2020, Volume 6 manual, including most of the remaining questions Q10 through Q68 in the HOS questionnaire. The *Program Background* section provides more details about these questions. Selected demographic questions contained in the survey are not available in this PUF due to confidentiality issues. Please refer to the *Limitations of the Data* section for more details.

Follow Up Survey Administration

Follow Up Survey Disposition, Field: 158

Identifies completion status and mode by which the survey was completed

Source: CMS approved HOS Survey Vendor

Follow Up Survey Round, Field: 159

Mail or telephone stage in which the survey was completed or when survey completion was last attempted by the survey vendor

Source: CMS approved HOS Survey Vendor

Percent of Follow Up Survey Completed, Field: 160

Percentage of the follow up survey completed by the respondent

Source: Field created during the processing of the *Cohort 21 Follow Up* data file

Follow Up Survey Language, Field: 161

Language in which the follow up survey was completed

Source: CMS approved HOS Survey Vendor

Cohort Identifier, Field: 162

Cohort in which the HOS surveys contained in this data file were submitted

NOTE: Value for each record is “A21”.

Source: Field created during production of the C21A_PUF.CSV data file

Analytic CMS Region, Field: 163

CMS Regional Office to which the plan belongs

Source: August 2020 HPMS Plan Contract List

Follow Up Sample Indicator, Field: 164

This field indicates if the beneficiary was included in the follow up sample.

Source: Field created during the production of the C21A_PUF.CSV data file

Analytic Sample Indicator, Field: 165

This field indicates the status of the beneficiary in the analytic file. Categories include the following: respondent to the follow up survey, non-respondent to the follow up survey, ineligible as determined at the time of follow up, disenrolled, and dead.

Source: Field created during the production of the C21A_PUF.CSV data file

Further details of the contents of the data file are available in the *Field Index with Field Descriptions* section of this Data Users 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 2018 and 2020 HOS Questionnaires are not available in the C21A_PUF.CSV data file due to confidentiality issues. Demographic fields that are omitted include homeownership, annual household income, Hispanic ethnicity, beneficiary's height and weight, the specific language spoken at home (if not English, Spanish, Chinese, or Russian) and the name of the person who completed the survey. Many plan-related fields are also omitted to ensure confidentiality of the plan.

Categorization of Selected Fields

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

Field	Scale in C21A_PUF.CSV	Scale in HOS Questionnaire ¹⁰
Race	1 = White 2 = Black or African American 3 = Other	The survey race question allowed one or more response choices from the following categories: 1 = White 2 = Black or African American 3 = American Indian or Alaska Native 4 = Asian Indian 5 = Chinese 6 = Filipino 7 = Japanese 8 = Korean 9 = Vietnamese 10 = Other Asian 11 = Native Hawaiian 12 = Guamanian or Chamorro 13 = Samoan 14 = Other Pacific Islander
Marital Status	1 = Married 2 = Non-Married	1 = Married 2 = Divorced 3 = Separated 4 = Widowed 5 = Never married
Education Level	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

¹⁰ Scale as it is represented in the 2018 HOS Questionnaire for beneficiary's race, marital status, and education level at baseline.

Field	Scale in C21A_PUF.CSV	Scale in HOS Questionnaire ¹⁰
Body Mass Index (BMI) Category	1 = Not obese (BMI < 30) 2 = Obese (BMI ≥ 30)	BMI Category ¹¹ 1 = Underweight (BMI < 18.5) 2 = Normal (BMI 18.5 – < 25) 3 = Overweight (BMI 25 – < 30) 4 = Obese (BMI ≥ 30)

¹¹ BMI categories are calculated from the beneficiary's self-reported weight in pounds (Q55) and height in feet and inches (Q56) obtained from the 2018 HOS Questionnaire at baseline.

Field Index with Field Descriptions

This section provides detailed information regarding the structure and fields of the C21A_PUF.CSV 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. Beginning with the *2018-2020 Cohort 21 Analytic* PUF, the PUF data set is available as a CSV file. The prior *Cohorts 1-20 Analytic* PUF data sets are available as fixed-width ASCII text files. SAS code for importing the PUF text files from prior cohorts may be downloaded from www.HOSonline.org. Additional information on field position and contents of PUF text files from prior cohorts may be found in their respective PUF DUG.

The C21A_PUF.CSV data file:

- Is a CSV file of 64.1 megabytes
- Consists of merged *Cohort 21 Baseline* HOS surveys completed in 2018 and *Cohort 21 Follow Up* HOS surveys completed in 2020
- Contains a total of 165 fields and 228,190 beneficiary records
- Contains numeric values with the exception of field numbers 1, 81, 82, 158, 159, 162
- Is sorted by the unique identifier (Field #1)

Identification and Cohort 21 Baseline Demographics

Field #	Field Description	Field Position	Valid Values and Notes
1	Unique Identifier	1-9	A unique nine digit randomly assigned code for each beneficiary NOTE: This field contains a character string. Example: A21000001
2	Cohort 21 Baseline: Age Group	10	Age was calculated from the birth date, obtained from the CMS Medicare Enrollment Database, and the survey date. 1 = Less than 65 2 = 65 to 74 3 = 75 and older
3	Cohort 21 Baseline Survey: Race (Q59)	11	Note: The original codes (a-n) have been collapsed into the three groups shown below. <i>How would you describe your race?</i> 1 = White 2 = Black or African American 3 = Other
4	Cohort 21 Baseline Survey: Sex (Q57)	12	<i>Are you male or female?</i> 1 = Male 2 = Female
5	Cohort 21 Baseline Survey: Marital Status (Q61)	13	Note: The original codes (1-5) have been collapsed into the two groups shown below. <i>What is your current marital status?</i> 1 = Married 2 = Non-Married
6	Cohort 21 Baseline Survey: Education Level (Q62)	14	Note: The original codes (1-6) have been collapsed into the three groups shown below. 1 = Less than a high school education or GED 2 = High school education or GED 3 = Greater than a high school education or GED
7	Cohort 21 Baseline Survey: Body Mass Index (BMI) Category	15	BMI Category was calculated from the BMI derived from self-reported weight in pounds (Q55) and height in feet and inches (Q56). BMI = (weight / height ²) * 703 BMI Category 1 = Not obese (BMI < 30) 2 = Obese (BMI ≥ 30)

Cohort 21 Baseline Survey Questions

Field #	Field Description	Field Position	Valid Values and Notes
8	Cohort 21 Baseline Survey: General Health Question (Q1)	16	<i>In general, would you say your health is:</i> 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor
9	Cohort 21 Baseline Survey: Moderate Activities Question (Q2a)	17	<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
10	Cohort 21 Baseline Survey: Climbing Several Flights of Stairs Question (Q2b)	18	<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
11	Cohort 21 Baseline Survey: Physical Health Limiting Amount Accomplished Question (Q3a)	19	<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
12	Cohort 21 Baseline Survey: Physical Health Limiting the Kind of Activities Question (Q3b)	20	<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

Field #	Field Description	Field Position	Valid Values and Notes
13	Cohort 21 Baseline Survey: Emotional Problems Limiting Amount Accomplished Question (Q4a)	21	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)? <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
14	Cohort 21 Baseline Survey: Emotional Problems Limiting Carefulness Question (Q4b)	22	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)? <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
15	Cohort 21 Baseline Survey: Pain Interfering with Work Question (Q5)	23	During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)? 1 = Not at all 2 = A little bit 3 = Moderately 4 = Quite a bit 5 = Extremely
16	Cohort 21 Baseline Survey: Calm and Peaceful Question (Q6a)	24	How much of the time during the past 4 weeks: <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
17	Cohort 21 Baseline Survey: Lots of Energy Question (Q6b)	25	How much of the time during the past 4 weeks: <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	Valid Values and Notes
18	Cohort 21 Baseline Survey: Downhearted and Blue Question (Q6c)	26	<i>How much of the time during the past 4 weeks: Have you felt downhearted and blue?</i> 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
19	Cohort 21 Baseline Survey: Amount of Time Health Interfering with Social Activities Question (Q7)	27	<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
20	Cohort 21 Baseline Survey: Physical Health Compared to One Year Ago Question (Q8)	28	<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
21	Cohort 21 Baseline Survey: Emotional Problems Compared to One Year Ago Question (Q9)	29	<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
22	Cohort 21 Baseline Survey: Bathing Question (Q10a)	30	<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>Bathing</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity
23	Cohort 21 Baseline Survey: Dressing Question (Q10b)	31	<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>Dressing</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity

Field #	Field Description	Field Position	Valid Values and Notes
24	Cohort 21 Baseline Survey: Eating Question (Q10c)	32	<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>Eating</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity
25	Cohort 21 Baseline Survey: Getting In or Out of Chairs Question (Q10d)	33	<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>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
26	Cohort 21 Baseline Survey: Walking Question (Q10e)	34	<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
27	Cohort 21 Baseline Survey: Using the Toilet Question (Q10f)	35	<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
28	Cohort 21 Baseline Survey: Difficulty Preparing Meals Question (Q11a)	36	<i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <u>Preparing Meals</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I don't do this activity
29	Cohort 21 Baseline Survey: Difficulty Managing Money Question (Q11b)	37	<i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <u>Managing Money</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I don't do this activity
30	Cohort 21 Baseline Survey: Difficulty Taking Medication as Prescribed Question (Q11c)	38	<i>Because of a health or physical problem, do you have any difficulty doing the following activities?</i> <u>Taking Medication as prescribed</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I don't do this activity

Field #	Field Description	Field Position	Valid Values and Notes
31	Cohort 21 Baseline Survey: Number of Days Physical Health Not Good Question (Q12)	39-40	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. Your best estimate would be fine.) Note: A value of “88” indicates ≥ 100 days.
32	Cohort 21 Baseline Survey: Number of Days Mental Health Not Good Question (Q13)	41-42	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. Your best estimate would be fine.) Note: A value of “88” indicates ≥ 100 days.
33	Cohort 21 Baseline Survey: Number of Days Health Interfered with Daily Activities Question (Q14)	43-44	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. Your best estimate would be fine.) Note: A value of “88” indicates ≥ 100 days.
34	Cohort 21 Baseline Survey: Blind or Serious Difficulty Seeing Question (Q15)	45	Are you blind or do you have serious difficulty seeing, even when wearing glasses? 1 = Yes 2 = No
35	Cohort 21 Baseline Survey: Deaf or Serious Difficulty Hearing Question (Q16)	46	Are you deaf or do you have serious difficulty hearing, even with a hearing aid? 1 = Yes 2 = No
36	Cohort 21 Baseline Survey: Difficulty Concentrating, Remembering, or Making Decisions Question (Q17)	47	Because of a physical, mental, or emotional condition , do you have serious difficulty concentrating, remembering, or making decisions? 1 = Yes 2 = No
37	Cohort 21 Baseline Survey: Difficulty Doing Errands Question (Q18)	48	Because of a physical, mental, or emotional condition , do you have difficulty doing errands alone such as visiting a doctor’s office or shopping? 1 = Yes 2 = No
38	Cohort 21 Baseline Survey: Memory Problems Interfered with Activities in Past Month Question (Q19)	49	In the past month, how often did memory problems interfere with your daily activities? 1 = Every day (7 days a week) 2 = Most days (5-6 days a week) 3 = Some days (2-4 days a week) 4 = Rarely (once a week or less) 5 = Never
39	Cohort 21 Baseline Survey: Hypertension Question (Q20)	50	Has a doctor ever told you that you had: <u>Hypertension or high blood pressure</u> 1 = Yes 2 = No

Field #	Field Description	Field Position	Valid Values and Notes
40	Cohort 21 Baseline Survey: Angina or Coronary Artery Disease Question (Q21)	51	<i>Has a doctor ever told you that you had:</i> <u>Angina pectoris or coronary artery disease</u> 1 = Yes 2 = No
41	Cohort 21 Baseline Survey: Congestive Heart Failure Question (Q22)	52	<i>Has a doctor ever told you that you had:</i> <u>Congestive heart failure</u> 1 = Yes 2 = No
42	Cohort 21 Baseline Survey: Myocardial Infarction Question (Q23)	53	<i>Has a doctor ever told you that you had:</i> <u>A myocardial infarction or heart attack</u> 1 = Yes 2 = No
43	Cohort 21 Baseline Survey: Other Heart Conditions Question (Q24)	54	<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
44	Cohort 21 Baseline Survey: Stroke Question (Q25)	55	<i>Has a doctor ever told you that you had:</i> <u>A stroke</u> 1 = Yes 2 = No
45	Cohort 21 Baseline Survey: COPD Question (Q26)	56	<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
46	Cohort 21 Baseline Survey: Inflammatory Bowel Disease Question (Q27)	57	<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
47	Cohort 21 Baseline Survey: Arthritis of Hip or Knee Question (Q28)	58	<i>Has a doctor ever told you that you had:</i> <u>Arthritis of the hip or knee</u> 1 = Yes 2 = No
48	Cohort 21 Baseline Survey: Arthritis of Hand or Wrist Question (Q29)	59	<i>Has a doctor ever told you that you had:</i> <u>Arthritis of the hand or wrist</u> 1 = Yes 2 = No
49	Cohort 21 Baseline Survey: Osteoporosis Question (Q30)	60	<i>Has a doctor ever told you that you had:</i> <u>Osteoporosis, sometimes called thin or brittle bones</u> 1 = Yes 2 = No
50	Cohort 21 Baseline Survey: Sciatica Question (Q31)	61	<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

Field #	Field Description	Field Position	Valid Values and Notes
51	Cohort 21 Baseline Survey: Diabetes Question (Q32)	62	Has a doctor ever told you that you had: <u>Diabetes, high blood sugar, or sugar in the urine</u> 1 = Yes 2 = No
52	Cohort 21 Baseline Survey: Depression Question (Q33)	63	Has a doctor ever told you that you had: <u>Depression</u> 1 = Yes 2 = No
53	Cohort 21 Baseline Survey: Any Cancer Question (Q34)	64	Has a doctor ever told you that you had: <u>Any cancer (other than skin cancer)</u> 1 = Yes 2 = No
54	Cohort 21 Baseline Survey: Colorectal Cancer Treatment Question (Q35a)	65	If you answered “yes” to question 34 above (that you have had cancer), Are you <u>currently</u> under treatment for: <u>Colon or rectal cancer</u> 1 = Yes 2 = No
55	Cohort 21 Baseline Survey: Lung Cancer Treatment Question (Q35b)	66	If you answered “yes” to question 34 above (that you have had cancer), Are you <u>currently</u> under treatment for: <u>Lung cancer</u> 1 = Yes 2 = No
56	Cohort 21 Baseline Survey: Breast Cancer Treatment Question (Q35c)	67	If you answered “yes” to question 34 above (that you have had cancer), Are you <u>currently</u> under treatment for: <u>Breast cancer</u> 1 = Yes 2 = No
57	Cohort 21 Baseline Survey: Prostate Cancer Treatment Question (Q35d)	68	If you answered “yes” to question 34 above (that you have had cancer), Are you <u>currently</u> under treatment for: <u>Prostate cancer</u> 1 = Yes 2 = No
58	Cohort 21 Baseline Survey: Other Cancer Treatment Question (Q35e)	69	If you answered “yes” to question 34 above (that you have had cancer), Are you <u>currently</u> under treatment for: <u>Other cancer (other than skin cancer)</u> 1 = Yes 2 = No
59	Cohort 21 Baseline Survey: Pain Interfered with Activities Question (Q36)	70	In the <u>past 7 days</u>, how much did pain interfere with your day to day activities? 1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much

Field #	Field Description	Field Position	Valid Values and Notes
60	Cohort 21 Baseline Survey: Pain Interfered with Socializing Question (Q37)	71	In the past 7 days , how much did pain keep you from socializing with others? 1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
61	Cohort 21 Baseline Survey: Average Pain Rating Question (Q38)	72-73	In the past 7 days , how would you rate your pain on average ? 1 = 1 (No pain) 2 = 2 3 = 3 4 = 4 5 = 5 6 = 6 7 = 7 8 = 8 9 = 9 10 = 10 (Worst imaginable pain)
62	Cohort 21 Baseline Survey: Little Interest or Pleasure in Doing Things Question (Q39a)	74	Over the past 2 weeks , how often have you been bothered by any of the following problems? <u>Little interest or pleasure in doing things</u> 1 = Not at all 2 = Several days 3 = More than half the days 4 = Nearly every day
63	Cohort 21 Baseline Survey: Feeling Down, Depressed, or Hopeless Question (Q39b)	75	Over the past 2 weeks , how often have you been bothered by any of the following problems? <u>Feeling down, depressed, or hopeless</u> 1 = Not at all 2 = Several days 3 = More than half the days 4 = Nearly every day
64	Cohort 21 Baseline Survey: Comparative Health Question (Q40)	76	In general, compared to other people your age, would you say that your health is: 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor
65	Cohort 21 Baseline Survey: Current Smoker Question (Q41)	77	Do you now smoke every day, some days, or not at all? 1 = Every day 2 = Some days 3 = Not at all 4 = Don't know
66	Cohort 21 Baseline Survey: Urine Leakage Question (Q42)	78	Many people experience leakage of urine, also called urinary incontinence. In the past 6 months , have you experienced leaking of urine? 1 = Yes (Go to Q43) 2 = No (Go to Q46)

Field #	Field Description	Field Position	Valid Values and Notes
67	Cohort 21 Baseline Survey: Leaking of Urine Interfering With Daily Activities Question (Q43)	79	During the past six months , how much did leaking of urine make you change your daily activities or interfere with your sleep? 1 = A lot 2 = Somewhat 3 = Not at all
68	Cohort 21 Baseline Survey Talked with Doctor about Urine Leakage Question (Q44)	80	Have you ever talked with a doctor, nurse, or other health care provider about leaking of urine? 1 = Yes 2 = No
69	Cohort 21 Baseline Survey: Talked About Treatment for Urine Leakage Question (Q45)	81	There are many ways to control or manage the leaking of urine, including bladder training exercises, medication and surgery. Have you ever talked with a doctor, nurse, or other health care provider about any of these approaches? 1 = Yes 2 = No
70	Cohort 21 Baseline Survey: Talked with Doctor about Physical Activities Question (Q46)	82	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. 1 = Yes (Go to Q47) 2 = No (Go to Q47) 3 = I had no visits in the past 12 months (Go to Q48)
71	Cohort 21 Baseline Survey: Advised to Increase or Maintain Activities Question (Q47)	83	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. 1 = Yes 2 = No
72	Cohort 21 Baseline Survey: Talked to Doctor about Falling or Balance Problem Question (Q48)	84	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? 1 = Yes 2 = No 3 = I had no visits in the past 12 months
73	Cohort 21 Baseline Survey: Fell in Past 12 Months Question (Q49)	85	Did you fall in the past 12 months ? 1 = Yes 2 = No
74	Cohort 21 Baseline Survey: Problem with Walking or Balance in Past 12 Months Question (Q50)	86	In the past 12 months , have you had a problem with balance or walking? 1 = Yes 2 = No

Field #	Field Description	Field Position	Valid Values and Notes
75	Cohort 21 Baseline Survey: Talked to Doctor about How to Prevent Falls Question (Q51)	87	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: • Suggest that you use a cane or walker • Suggest that you do an exercise or physical therapy program • Suggest a vision or hearing test 1 = Yes 2 = No 3 = I had no visits in the past 12 months
76	Cohort 21 Baseline Survey: Osteoporosis Testing Question (Q52)	88	Have you <i>ever</i> had a <i>bone density test</i> to check for <i>osteoporosis</i> , sometimes thought of as “brittle bones”? This test may have been done to your back or hip. 1 = Yes 2 = No
77	Cohort 21 Baseline Survey: Hours of Sleep Question (Q53)	89	During the <i>past month</i> , on average, how many hours of actual sleep did you get at night? (This may be different from the number of hours you spent in bed.) 1 = Less than 5 hours 2 = 5-6 hours 3 = 7-8 hours 4 = 9 or more hours
78	Cohort 21 Baseline Survey: Sleep Quality Question (Q54)	90	During the <i>past month</i> , how would rate your overall sleep quality? 1 = Very Good 2 = Fairly Good 3 = Fairly Bad 4 = Very Bad
79	Cohort 21 Baseline Survey: Language Spoken at Home Question (Q60)	91	What language do you <i>mainly</i> speak at home? 1 = English 2 = Spanish 3 = Chinese 4 = Some other language (please specify) Note: The language under option 4 is not specified in the PUF
80	Cohort 21 Baseline Survey: Who Completed this Survey Question (Q66)	92	Who completed this survey form? 1 = Person to whom survey was addressed (<i>Go to Q68</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

Cohort 21 Baseline Survey Administration

Field #	Field Description	Field Position	Valid Values and Notes
81	<i>Cohort 21 Baseline:</i> Baseline Survey Disposition	93-95	NOTE: This field contains a character string. <i>Cohort 21 Baseline Survey</i> disposition code: M10/T10 = completed survey (79.5-100% complete and all 6 ADLs answered in Q10a-f) M11/T11 = non-response: partial complete (50-79.5% complete, or 79.5-100% complete and <6 ADLs answered) M31/T31 = non-response: break-off (0- 49% complete) Note: For survey disposition codes, M=Mail and T=Telephone
82	<i>Cohort 21 Baseline:</i> Baseline Survey Round	96-97	NOTE: This field contains a character string. Survey round code for completed, partially completed, and non-completed surveys by mail or telephone: M1 = 1st mailing M2 = 2nd mailing T1 = 1st telephone T2 = 2nd telephone T3 = 3rd telephone T4 = 4th telephone T5 = 5th telephone T6 = 6 th telephone T7 = 7 th telephone T8 = 8 th telephone T9 = 9 th telephone MT = Partially completed by mail and converted to complete by telephone NC = Not completed
83	<i>Cohort 21 Baseline:</i> Percent of Baseline Survey Completed	98-102	Range: 0 to 100% (value is rounded to the tenths decimal place)
84	<i>Cohort 21 Baseline:</i> Baseline Survey Language	103	1 = English 2 = Spanish 3 = Not Applicable 4 = Chinese

Cohort 21 Follow Up Survey Questions

Field #	Field Description	Field Position	Valid Values and Notes
85	Cohort 21 Follow Up Survey: General Health Question (Q1)	104	<i>In general, would you say your health is:</i> 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor
86	Cohort 21 Follow Up Survey: Moderate Activities Question (Q2a)	105	<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
87	Cohort 21 Follow Up Survey: Climbing Several Flights of Stairs Question (Q2b)	106	<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
88	Cohort 21 Follow Up Survey: Physical Health Limiting Amount Accomplished Question (Q3a)	107	<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 as a result of your physical health?</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
89	Cohort 21 Follow Up Survey: Physical Health Limiting the Kind of Activities Question (Q3b)	108	<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 as a result of your physical health?</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	Valid Values and Notes
90	Cohort 21 Follow Up Survey: Emotional Problems Limiting Amount Accomplished Question (Q4a)	109	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)? <u>Accomplished less than you would like as a result of any emotional problems</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
91	Cohort 21 Follow Up Survey: Emotional Problems Limiting Carefulness Question (Q4b)	110	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)? <u>Didn't do work or other activities as carefully as usual as a result of any emotional problems</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
92	Cohort 21 Follow Up Survey: Pain Interfering with Work Question (Q5)	111	During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)? 1 = Not at all 2 = A little bit 3 = Moderately 4 = Quite a bit 5 = Extremely
93	Cohort 21 Follow Up Survey: Calm and Peaceful Question (Q6a)	112	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: <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

Field #	Field Description	Field Position	Valid Values and Notes
94	Cohort 21 Follow Up Survey: Lots of Energy Question (Q6b)	113	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: <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
95	Cohort 21 Follow Up Survey: Downhearted and Blue Question (Q6c)	114	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: <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
96	Cohort 21 Follow Up Survey: Amount of Time Health Interfering with Social Activities Question (Q7)	115	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.)? 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
97	Cohort 21 Follow Up Survey: Physical Health Compared to One Year Ago Question (Q8)	116	<u>Compared to one year ago</u>, how would you rate your physical health in general now? 1 = Much better 2 = Slightly better 3 = About the same 4 = Slightly worse 5 = Much worse
98	Cohort 21 Follow Up Survey: Emotional Problems Compared to One Year Ago Question (Q9)	117	<u>Compared to one year ago</u>, how would you rate your emotional problems (such as feeling anxious, depressed or irritable) in general now? 1 = Much better 2 = Slightly better 3 = About the same 4 = Slightly worse 5 = Much worse

Field #	Field Description	Field Position	Valid Values and Notes
99	Cohort 21 Follow Up Survey: Bathing Question (Q10a)	118	<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>Bathing</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity
100	Cohort 21 Follow Up Survey: Dressing Question (Q10b)	119	<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>Dressing</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity
101	Cohort 21 Follow Up Survey: Eating Question (Q10c)	120	<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>Eating</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I am unable to do this activity
102	Cohort 21 Follow Up Survey: Getting In or Out of Chairs Question (Q10d)	121	<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>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
103	Cohort 21 Follow Up Survey: Walking Question (Q10e)	122	<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
104	Cohort 21 Follow Up Survey: Using the Toilet Question (Q10f)	123	<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

Field #	Field Description	Field Position	Valid Values and Notes
105	Cohort 21 Follow Up Survey: Difficulty Preparing Meals Question (Q11a)	124	Because of a health or physical problem, do you have any difficulty doing the following activities? <u>Preparing meals</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I don't do this activity
106	Cohort 21 Follow Up Survey: Difficulty Managing Money Question (Q11b)	125	Because of a health or physical problem, do you have any difficulty doing the following activities? <u>Managing Money</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I don't do this activity
107	Cohort 21 Follow Up Survey: Difficulty Taking Medication as Prescribed Question (Q11c)	126	Because of a health or physical problem, do you have any difficulty doing the following activities? <u>Taking Medication as prescribed</u> 1 = No, I do not have difficulty 2 = Yes, I have difficulty 3 = I don't do this activity
108	Cohort 21 Follow Up Survey: Number of Days Physical Health Not Good Question (Q12)	127-128	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. Your best estimate would be fine.) Note: A value of "88" indicates ≥ 100 days.
109	Cohort 21 Follow Up Survey: Number of Days Mental Health Not Good Question (Q13)	129-130	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. Your best estimate would be fine.) Note: A value of "88" indicates ≥ 100 days.
110	Cohort 21 Follow Up Survey: Number of Days Health Interfered with Daily Activities Question (Q14)	131-132	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. Your best estimate is fine.) Note: A value of "88" indicates ≥ 100 days.
111	Cohort 21 Follow Up Survey: Blind or Serious Difficulty Seeing Question (Q15)	133	Are you blind or do you have serious difficulty seeing, even when wearing glasses? 1 = Yes 2 = No
112	Cohort 21 Follow Up Survey: Deaf or Serious Difficulty Hearing Question (Q16)	134	Are you deaf or do you have serious difficulty hearing, even with a hearing aid? 1 = Yes 2 = No
113	Cohort 21 Follow Up Survey: Difficulty Concentrating, Remembering, or Making Decisions Question (Q17)	135	Because of a physical, mental, or emotional condition , do you have serious difficulty concentrating, remembering, or making decisions? 1 = Yes 2 = No

Field #	Field Description	Field Position	Valid Values and Notes
114	Cohort 21 Follow Up Survey: Difficulty Doing Errands Question (Q18)	136	<i>Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?</i> 1 = Yes 2 = No
115	Cohort 21 Follow Up Survey: Memory Problems Interfered with Activities in Past Month Question (Q19)	137	<i>In the past month, how often did memory problems interfere with your daily activities?</i> 1 = Every day (7 days a week) 2 = Most days (5-6 days a week) 3 = Some days (2-4 days a week) 4 = Rarely (once a week or less) 5 = Never
116	Cohort 21 Follow Up Survey: Hypertension Question (Q20)	138	<i>Has a doctor ever told you that you had:</i> <u>Hypertension or high blood pressure</u> 1 = Yes 2 = No
117	Cohort 21 Follow Up Survey: Angina or Coronary Artery Disease Question (Q21)	139	<i>Has a doctor ever told you that you had:</i> <u>Angina pectoris or coronary artery disease</u> 1 = Yes 2 = No
118	Cohort 21 Follow Up Survey: Congestive Heart Failure Question (Q22)	140	<i>Has a doctor ever told you that you had:</i> <u>Congestive heart failure</u> 1 = Yes 2 = No
119	Cohort 21 Follow Up Survey: Myocardial Infarction Question (Q23)	141	<i>Has a doctor ever told you that you had:</i> <u>A myocardial infarction or heart attack</u> 1 = Yes 2 = No
120	Cohort 21 Follow Up Survey: Other Heart Conditions Question (Q24)	142	<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
121	Cohort 21 Follow Up Survey: Stroke Question (Q25)	143	<i>Has a doctor ever told you that you had:</i> <u>A stroke</u> 1 = Yes 2 = No
122	Cohort 21 Follow Up Survey: COPD Question (Q26)	144	<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
123	Cohort 21 Follow Up Survey: Inflammatory Bowel Disease Question (Q27)	145	<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
124	Cohort 21 Follow Up Survey: Arthritis of Hip or Knee Question (Q28)	146	<i>Has a doctor ever told you that you had:</i> <u>Arthritis of the hip or knee</u> 1 = Yes 2 = No

Field #	Field Description	Field Position	Valid Values and Notes
125	Cohort 21 Follow Up Survey: Arthritis of Hand or Wrist Question (Q29)	147	Has a doctor ever told you that you had: <u>Arthritis of the hand or wrist</u> 1 = Yes 2 = No
126	Cohort 21 Follow Up Survey: Osteoporosis Question (Q30)	148	Has a doctor ever told you that you had: <u>Osteoporosis, sometimes called thin or brittle bones</u> 1 = Yes 2 = No
127	Cohort 21 Follow Up Survey: Sciatica Question (Q31)	149	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
128	Cohort 21 Follow Up Survey: Diabetes Question (Q32)	150	Has a doctor ever told you that you had: <u>Diabetes, high blood sugar, or sugar in the urine</u> 1 = Yes 2 = No
129	Cohort 21 Follow Up Survey: Depression Question (Q33)	151	Has a doctor ever told you that you had: <u>Depression</u> 1 = Yes 2 = No
130	Cohort 21 Follow Up Survey: Any Cancer Question (Q34)	152	Has a doctor ever told you that you had: <u>Any cancer (other than skin cancer)</u> 1 = Yes (Go to Q35) 2 = No (Go to Q36)
131	Cohort 21 Follow Up Survey: Colorectal Cancer Treatment Question (Q35a)	153	If you answered “yes” to question 34 above (that you have had cancer), Are you <u>currently</u> under treatment for: <u>Colon or rectal cancer</u> 1 = Yes 2 = No
132	Cohort 21 Follow Up Survey: Lung Cancer Treatment Question (Q35b)	154	Are you <u>currently</u> under treatment for: <u>Lung cancer</u> 1 = Yes 2 = No
133	Cohort 21 Follow Up Survey: Breast Cancer Treatment Question (Q35c)	155	Are you <u>currently</u> under treatment for: <u>Breast cancer</u> 1 = Yes 2 = No
134	Cohort 21 Follow Up Survey: Prostate Cancer Treatment Question (Q35d)	156	Are you <u>currently</u> under treatment for: <u>Prostate cancer</u> 1 = Yes 2 = No
135	Cohort 21 Follow Up Survey: Other Cancer Treatment Question (Q35e)	157	Are you <u>currently</u> under treatment for: <u>Other cancer (other than skin cancer)</u> 1 = Yes 2 = No

Field #	Field Description	Field Position	Valid Values and Notes
136	Cohort 21 Follow Up Survey: Pain Interfered with Activities Question (Q36)	158	In the <u>past 7 days</u> , how much did pain interfere with your day to day activities? 1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
137	Cohort 21 Follow Up Survey: Pain Interfered with Socializing Question (Q37)	159	In the <u>past 7 days</u> , how often did pain keep you from socializing with others? 1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
138	Cohort 21 Follow Up Survey: Average Pain Rating Question (Q38)	160-161	In the <u>past 7 days</u> , how would you rate your pain on average? 1 = 1 (No pain) 2 = 2 3 = 3 4 = 4 5 = 5 6 = 6 7 = 7 8 = 8 9 = 9 10 = 10 (Worst imaginable pain)
139	Cohort 21 Follow Up Survey: Little Interest or Pleasure in Doing Things Question (Q39a)	162	Over the <u>past 2 weeks</u> , how often have you been bothered by any of the following problems? <u>Little interest or pleasure in doing things</u> 1 = Not at all 2 = Several days 3 = More than half the days 4 = Nearly every day
140	Cohort 21 Follow Up Survey: Feeling Down, Depressed, or Hopeless Question (Q39b)	163	Over the <u>past 2 weeks</u> , how often have you been bothered by any of the following problems? <u>Feeling down, depressed, or hopeless</u> 1 = Not at all 2 = Several days 3 = More than half the days 4 = Nearly every day
141	Cohort 21 Follow Up Survey: Comparative Health Question (Q40)	164	In general, compared to other people your age, would you say that your health is: 1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor
142	Cohort 21 Follow Up Survey: Current Smoker Question (Q41)	165	Do you <u>now</u> smoke every day, some days, or not at all? 1 = Every day 2 = Some days 3 = Not at all 4 = Don't know

Field #	Field Description	Field Position	Valid Values and Notes
143	Cohort 21 Follow Up Survey: Urine Leakage Question (Q42)	166	Many people experience leakage of urine, also called urinary incontinence. In the <u>past six months</u> , have you experienced leaking of urine? 1 = Yes (Go to Q43) 2 = No (Go to Q46)
144	Cohort 21 Follow Up Survey: Leaking of Urine Interfering With Daily Activities Question (Q43)	167	During the <u>past six months</u> , how much did leaking of urine make you change your daily activities or interfere with your sleep? 1 = A lot 2 = Somewhat 3 = Not at all
145	Cohort 21 Follow Up Survey: Talked with Doctor about Urine Leakage Question (Q44)	168	Have you <u>ever</u> talked with a doctor, nurse, or other health care provider about leaking of urine? 1 = Yes 2 = No
146	Cohort 21 Follow Up Survey: Talked About Treatment for Urine Leakage Question (Q45)	169	There are many ways to control or manage the leaking of urine, including bladder training, exercises, medication, and surgery. Have you <u>ever</u> talked with a doctor, nurse, or other health care provider about any of these approaches? 1 = Yes 2 = No
147	Cohort 21 Follow Up Survey: Talked with Doctor about Physical Activities Question (Q46)	170	In the <u>past 12 months</u> , 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. 1 = Yes (Go to Q47) 2 = No (Go to Q47) 3 = I had no visits in the last 12 months (Go to Q48)
148	Cohort 21 Follow Up Survey: Advised to Increase or Maintain Activities Question (Q47)	171	In the <u>past 12 months</u> , 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. 1 = Yes 2 = No
149	Cohort 21 Follow Up Survey: Talked to Doctor about Falling or Balance Problem Question (Q48)	172	A fall is when your body goes to the ground without being pushed. In the <u>past 12 months</u> , did you talk with your doctor or other health provider about falling or problems with balance or walking? 1 = Yes 2 = No 3 = I had no visits in the past 12 months
150	Cohort 21 Follow Up Survey: Fell in Past 12 Months Question (Q49)	173	Did you fall in the <u>past 12 months</u> ? 1 = Yes 2 = No

Field #	Field Description	Field Position	Valid Values and Notes
151	Cohort 21 Follow Up Survey: Problem with Walking or Balance in Past 12 Months Question (Q50)	174	In the past 12 months , have you had a problem with balance or walking? 1 = Yes 2 = No
152	Cohort 21 Follow Up Survey: Talked to Doctor about How to Prevent Falls Question (Q51)	175	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: - Suggest that you use a cane or walker - Suggest that you do an exercise or physical therapy program - Suggest a vision or hearing test 1 = Yes 2 = No 3 = I had no visits in the past 12 months
153	Cohort 21 Follow Up Survey: Osteoporosis Testing Question (Q52)	176	Have you ever had a bone density test to check for osteoporosis , sometimes thought of as “brittle bones”? This test would have been done to your back or hip. 1 = Yes 2 = No
154	Cohort 21 Follow Up Survey: Hours of Sleep Question (Q53)	177	During the past month , on average, how many hours of actual sleep did you get at night? (This may be different from the number of hours you spent in bed.) 1 = Less than 5 hours 2 = 5-6 hours 3 = 7-8 hours 4 = 9 or more hours
155	Cohort 21 Follow Up Survey: Sleep Quality Question (Q54)	178	During the past month , how would you rate your overall sleep quality? 1 = Very Good 2 = Fairly Good 3 = Fairly Bad 4 = Very Bad
156	Cohort 21 Follow Up Survey: Language Spoken at Home Question (Q60)	179	What language do you mainly speak at home? 1 = English 2 = Spanish 3 = Chinese 4 = Russian 7 = Some other language (please specify) Note: The language under option 7 is not specified in the PUF
157	Cohort 21 Follow Up Survey: Who Completed this Survey Form Question (Q66)	180	Who completed this survey form? 1 = Person to whom survey was addressed (Go to Q68) 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

Cohort 21 Follow Up Survey Administration

Field #	Field Description	Field Position	Valid Values and Notes
158	<i>Cohort 21 Follow Up:</i> Follow Up Survey Disposition	181-183	Survey disposition code NOTE: This field contains a character string. M10/T10 = completed survey (79.5-100% complete and all 6 ADLs answered in Q10a-f) M11/T11 = non-response: partial complete (50-79.5% complete, or 79.5-100% complete and <6 ADLs answered) M31/T31 = non-response: break-off (0- 49% complete) Note: For survey disposition codes, M=Mail and T=Telephone
159	<i>Cohort 21 Follow Up:</i> Follow Up Survey Round	184-185	Survey round code for completed, partially completed, and non-completed surveys by mail or telephone NOTE: This field contains a character string. 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 T7 = 7 th telephone T8 = 8 th telephone T9 = 9 th telephone MT = Partially completed by mail and converted to complete by telephone TN = Inbound Telephone NC = Not completed
160	<i>Cohort 21 Follow Up:</i> Percent of Follow Up Survey Completed	186-190	Percent of survey completed. Range: 0 to 100% (value is rounded to the tenths decimal place)
161	<i>Cohort 21 Follow Up:</i> Follow Up Survey Language	191	Survey Language. 1 = English 2 = Spanish 3 = Not Applicable 4 = Chinese 5 = Russian
162	<i>Cohort 21 Analytic:</i> Cohort Identifier	192-194	Cohort in which the HOS surveys contained in this data file were submitted NOTE: This field contains a character string. Value for each record = "A21"

Field #	Field Description	Field Position	Valid Values and Notes
163	<i>Cohort 21 Analytic:</i> Analytic CMS Region	195-196	Derived from the August 2020 HPMS Plan Contract List for the <i>Cohort 21 Analytic</i> PUF. 1 = Region 1 - Boston (CT, MA, ME, NH, RI, and VT) 2 = Region 2 - New York (NJ, NY, PR, and the VI) 3 = Region 3 - Philadelphia (DC, DE, MD, PA, VA, and WV) 4 = Region 4 - Atlanta (AL, FL, GA, KY, MS, NC, SC, and TN) 5 = Region 5 - Chicago (IL, IN, MI, MN, OH, and WI) 6 = Region 6 - Dallas (AR, LA, NM, OK, and TX) 7 = Region 7 - Kansas City (IA, KS, MO, and NE) 8 = Region 8 - Denver (CO, MT, ND, SD, UT, and WY) 9 = Region 9 - San Francisco (AZ, CA, Guam, HI, and NV) 10 = Region 10-Seattle (AK, ID, OR, and WA)
164	<i>Cohort 21 Follow Up:</i> Follow Up Sample Indicator	197	Indicates if the record was included in the <i>Cohort 21 Follow Up</i> sample: 1 = Eligible for Follow Up 2 = Not Eligible for Follow Up
165	<i>Cohort 21 Analytic:</i> Analytic Sample Indicator	198	Indicates status of the record in the analytic file: 1 = Respondent 2 = Non-respondent 3 = Ineligible 4 = Disenrolled 5 = Dead