

## Student Resource II

### Defining Quality of Life

1. Write the class definition of quality of life here:

The following is one definition of “Quality of Life” from the Centers for Disease Control and Prevention:

“Quality of life (QOL) is a broad multidimensional concept that usually includes subjective evaluations of both positive and negative aspects of life. What makes it challenging to measure is that, although the term “quality of life” has meaning for nearly everyone and every academic discipline, individuals and groups can define it differently. Although health is one of the important domains of overall quality of life, there are other domains as well—for instance, jobs, housing, schools, the neighborhood. Aspects of culture, values, and spirituality are also key domains of overall quality of life that add to the complexity of its measurement.”

Source: <https://www.cdc.gov/hrqol/concept.htm>

2. How does the class definition compare to this definition? How are they similar and how are they different?