

**Box. Four-Year Mortality Index for Older Adults**

1. Age \_\_\_\_\_ 60-64: 1 point  
65-69: 2 points  
70-74: 3 points  
75-79: 4 points  
80-84: 5 points  
≥85: 7 points
2. Sex (Male/Female) Male: 2 points
3. a. Weight: \_\_\_\_\_ BMI <25: 1 point  
b. Height: \_\_\_\_\_  
703 × (weight in pounds/ height in inches<sup>2</sup>)  
BMI = \_\_\_\_\_
4. Has a doctor ever told you that you have diabetes or high blood sugar? (Y/N) Diabetes: 1 point
5. Has a doctor told you that you have cancer or a malignant tumor, excluding minor skin cancers? (Y/N) Cancer: 2 points
6. Do you have a chronic lung disease that limits your usual activities or makes you need oxygen at home? (Y/N) Lung Disease: 2 points
7. Has a doctor told you that you have congestive heart failure? (Y/N) Heart Failure: 2 points
8. Have you smoked cigarettes in the past week? (Y/N) Smoke: 2 points
9. Because of a health or memory problem do you have any difficulty with bathing or showering? (Y/N) Bathing: 2 points
10. Because of a health or memory problem, do you have any difficulty with managing your money—such as paying your bills and keeping track of expenses? (Y/N) Finances: 2 points
11. Because of a health problem do you have any difficulty with walking several blocks? (Y/N) Walking: 2 points
12. Because of a health problem do you have any difficulty with pulling or pushing large objects like a living room chair? (Y/N) Push or Pull: 1 point

Total Points: \_\_\_\_\_