

The QALY Scale

WHAT IS THE QALY SCALE?

The QALY Scale is a simple way to measure the quality of a person's health on a scale from 0.0 to 1.0.

It helps us understand how much of a person's life is lived in full health, and how much is lost to illness, pain, or limited ability.

| QALY SCORE | MEANING |
|------------|---|
| 1.0 | Perfect health. Full energy, no limitations. |
| 0.9 | Very good health. Minor symptoms (e.g., asthma well controlled). |
| 0.8 | Good health. Occasional tiredness, some reduced stamina. |
| 0.7 | Manageable condition. Needs regular treatment or meds. |
| 0.6 | Noticeable limitations. Often fatigued; reduced activity. |
| 0.5 | Serious health impact. Can attend school but with difficulty. |
| 0.4 | Major limitations. Frequent absences, low stamina. |
| 0.3 | Severe illness. Needs close medical support; daily tasks hard. |
| 0.2 | Very severe illness. Hospital-based life; independence limited. |
| 0.1 | Extremely severe illness. Almost all energy used just to survive. |
| 0.0 | Equivalent to death. |



The QALY Scale

EXAMPLES FOR STUDENTS (These help them use the scale during activities.)

1.0 — Perfect Health

Can run, study, socialise, sleep normally
No daily medical needs
Normal energy

0.6 — Moderate Condition

CF with regular treatment but still attending school
Fatigue and breathing issues
Must limit sport or long days

0.3 — Severe Heart Failure

Can barely walk across a room
Most days in hospital
Constant exhaustion; no school or activities

0.1 — Life-Support Level

Machines required for basic survival
Cannot leave ICU
No independence

★ HOW TEACHERS CAN USE IT

This scale links directly to Lesson 4 when teaching:

Bandwidth
Opportunity Cost
Lost potential
Human capital
Investment vs depletion
How illness “shrinks” a young person’s future map

It works beautifully with:

- ✓ The energy graph activity
- ✓ The Case Study comparisons
- ✓ The “Future Map” drawing task
 - ✓ QALY calculations
 - ✓ Equity vs utility debates

