

Thank you for agreeing for us to help identify factors that we will provide to your health care team to improve your health. If you do not feel comfortable answering some of the questions, please let us know.

Initial Questions:

What do you believe is the most important goal for your health?

What do you think would prevent you from obtaining that goal?

Quality of Life Questions:

1. How would you rate your personal health: poor, fair, good, or excellent? Poor or fair have correlation with increased mortality as well as self-rated poor health. A strong association between self-reported health status and mortality has been well documented; thus it is a useful indicator of morbidity within a community.
2. How many days over the last month would you say you have had poor physical health? If unable to answer, ask how days you were physically unable to do what you wanted to do? People's reports of days when their physical health was not good are a reliable estimate of their recent health. Unhealthy days were likely to have higher unemployment, poverty, percentage of adults who did not complete high school, mortality rates, and prevalence of disability than counties with fewer unhealthy days.
3. How many days over the last month would you say you have had poor mental health? If unable to answer, ask how days you were unable to do what you wanted to do due to stress or mood? Poor mental health days, represents an important facet of health-related quality of life. People with higher mentally unhealthy days were likely to have higher unemployment, poverty, percentage of adults who did not complete high school, mortality rates, and prevalence of disability.
4. If you have children, what were the weights of your children at birth? Low birthweight (<2500gm or 5lb 8oz) represents two factors: maternal exposure to health risks and an infant's current and future morbidity, as well as premature mortality risk.

Health Factor Questions:

Behavioral Health Factors:

1. **Do you feel you are at a healthy weight?** *Obesity increases the risk for health conditions such as coronary heart disease, type 2 diabetes, cancer, hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, and poor health status. Keep in mind, an individual may have a different perception of what is a “healthy” weight.*
2. **Is it easy to for you to go to a grocery store in less than 15 minutes? How often in the last month did you or members in house not have enough food to eat?** *There is strong evidence that poor access to healthy foods is correlated with a high prevalence of overweight, obesity, and premature death. The consumption of fruits and vegetables is important but it may be equally important to have adequate access to a constant food supply.*
3. **How often in the last month have you participated in physical activities for fun or health?** *Decreased physical activity has been related to several disease conditions such as type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. Inactivity causes 11% of premature mortality in the United States.*
4. **In the last 30 days have you smoked, vaped, or chewed/dipped tobacco products? In the last 30 days have you used any prescription or other drugs for non-medical reasons?** *Cigarette smoking and illicit drug use is identified as a cause of various cancers, cardiovascular disease, and respiratory conditions, as well as low birthweight and other adverse health outcomes and is one of the main behaviors associated premature morbidity and mortality.*
5. **How many times in the last year have you had 5 or more alcoholic drinks in one setting? If more than one time-How many drinks have had over the last week? If more than 7- How many times in the last year have you driven after drinking?** *Excessive drinking is a risk factor for a number of adverse health outcomes such as alcohol poisoning, hypertension, acute myocardial infarction, sexually transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence, and motor vehicle crashes. Approximately 80,000 deaths are attributed annually to excessive drinking. Excessive drinking is the third leading lifestyle-related cause of death in the United States.*
6. **How many other people live in your place of residence with you? How many are children less than 18 years of age? Are you the main provider for these children?** *Teen pregnancy is a marker for current and future sexual risk behavior and adverse outcomes. Pregnant teens are more likely to have gestational hypertension and anemia, to have a pre-term delivery and low birthweight baby, increasing the risk of child developmental delay, illness, and mortality. Adults and children in single-parent households are at risk for adverse health outcomes such as mental health problems (including substance abuse, depression, and suicide). Mortality risk is also higher among lone parents. Children in single-parent households are at greater risk of severe morbidity and all-cause mortality than their peers in two-parent households.*

7. **Have you ever been treated for an infection from sexual activity (if woman) or been treated for abnormal pap smear?** *STIs are associated with a significantly increased risk of morbidity and mortality, including increased risk of cervical cancer, involuntary infertility, and premature death.*

Clinical Care:

1. **If you don't have health insurance, do you need help getting health insurance? If you have insurance, does your insurance make it easy to cover the costs of medical and dental healthcare needs?** *Uninsured people are far more likely than those with insurance to report problems getting needed medical care. Over a quarter (27%) of adults without coverage say that they went without care in the past year because of cost compared to 5% of adults with private coverage and 10% of adults with public coverage.*
2. **Have you gone to the Emergency Room in the last year due to not having access to regular patient care?** *Have you been admitted to a hospital in the last year? Emergency room and Hospitalization for diagnoses treatable in outpatient services suggests that the access or quality of care provided in the outpatient setting was less than ideal. The measure may also represent a tendency to overuse hospitals as a main source of care.*
3. **Have you had problems with transportation to go for scheduled or needed health care?** *Poor transportation is a major cause of lack of continuity of care that is associated with preventable causes of health care utilization.*
4. **Have you ever wanted help for stress, drug, alcohol or mood concerns, were you able to find someone to help you?** *Do you currently want help for stress, mood, drug or alcohol use? Mental Health Providers include psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, advanced practice nurses specializing in mental health care, marriage and family therapists and mental health providers that treat alcohol and other drug abuse. Thirty percent of the U.S. population lives in a county designated as a Mental Health Professional Shortage Area.*
5. **Have you had a dental care visit for cleaning or treatment in the last year? Are you currently having tooth, mouth or swallowing concerns?** *Untreated dental disease can lead to serious health effects including diabetic, cardiovascular, preterm labor, pain, infection, and tooth loss. Much of the country suffers from shortage in access to dental care.*

Environmental, Social and Economic Determinants:

1. **Do you need help filling out medical forms? If yes: How far in school did you go? and; How would you rate your reading skill: poor, fair, good or excellent?** *Problems filling out forms, less than High School graduation and less than good self-reported reading skill are highly correlated with low literacy and directly correlated with ability to follow medical recommendations. Not only does one's education level affect his or her health, but education can have multigenerational implications that also make it an important measure for the health of future generations.*
2. **Do you commute to work by yourself? Does it take more than 30 minutes for you to get to your usual work?** *The transportation choices that communities and individuals make have important*

impacts on health through active living, air quality, and traffic crashes. The choices for commuting to work can include walking, biking, taking public transit, carpooling, or the most damaging to the health of communities which is individuals commuting alone. The farther people commute by vehicle, the higher their blood pressure and body mass index and the less physical activity the individual participated in.

3. **Do you feel secure in your job?** *Lack of job security increases self-reported stress and health problems. The unemployed population experiences worse health and higher mortality rates than the employed population. Unemployment has been shown to lead to an increase in unhealthy behaviors related to alcohol and tobacco consumption, diet, exercise, and other health-related behaviors, which in turn can lead to increased risk for disease or mortality, especially suicide.*
4. **How often do you have to choose between work and receiving regular health care? How often do you need to choose between regular expenses and paying for medications?** *Financial and work barriers to accessing health care is associated with worse mental and health outcomes.*
5. **Do you feel safe from violence in your neighborhood?** *High levels of violent crime compromise physical safety and psychological well-being. High crime rates can also deter residents from pursuing healthy behaviors such as exercising outdoors. Additionally, exposure to crime and violence has been shown to increase stress, which may exacerbate hypertension and other stress-related disorders and may contribute to obesity prevalence. Exposure to chronic stress also contributes to the increased prevalence of certain illnesses such as upper respiratory illness and asthma in neighborhoods with high levels of violence.*
6. **How many places have you lived in during the past year? Over the last month have you had concerns about the condition, quality or safety of your home? Does it cost more than half of all earned income to pay for your residence?** *Good health depends on having homes that are safe and free from physical hazards. Adequate housing protects individuals and families from harmful exposures and provides them with a sense of privacy, security, stability and control. In contrast, poor quality and inadequate housing contributes to health problems such as infectious and chronic diseases, injuries and poor childhood development.*
7. **In general, how would you describe your relationship with spouse or partner: No tension; Some tension; A lot of tension? Followed by: Do you and your partner work out arguments with...No difficulty; Some difficulty; Great difficulty?** *Lots of tension and great difficulty high risk for Intimate Partner Violence (IPV). In the United States, an estimated 25 percent of women and 8 percent of men report being targets of IPV during their lifetimes. From conservative estimates, 14 to 35 percent of adult female patients in emergency departments and 12 to 23 percent in family medicine offices report experiencing IPV within the previous year. IPV survivors have a 1.6- to 2.3-fold increase in health care use compared with non-abused peers. Prospective case-control and observational studies suggest a strong relationship between exposure to IPV and a wide variety of negative physical, mental, emotional, social, and financial consequences.*
8. **Do you have a need for legal resources, at this time?** *Nationally, on the average, low-income households experienced approximately one civil legal need per year. Only a small portion of these legal needs resulted in legal help of any type. Help was received from a legal aid provider or the private bar for roughly one in five of all problems identified.*

9. **If you suddenly had a financial or health need, how many people can you turn to for significant help? Is there an organization (religious or social group) that you could turn to for significant help?** *Poor family support, minimal contact with others, and limited involvement in community life are associated with increased morbidity and early mortality with a health risk associated with social isolation is similar to the risk of cigarette smoking. Social support networks have been identified as powerful predictors of health behaviors, suggesting that individuals without a strong social network are less likely to make healthy lifestyle choices than individuals with a strong network.*

Final Questions:

After answering these questions, what would you consider the most important concern that your health care team could address to improve your health?

What would you consider to be the most important concern that your health care team could address to improve the health of your community?