## Appendix B

Social Determinants of Health Survey at UHealth

1. **How long have you lived in the USA?**
   - < 1 Year
   - 1-5 Years
   - 5-10 Years
   - 11-20 Years
   - >20 Years
   - Born in the U.S.
   - Do not live in the U.S.

2. **What is the highest level of school you have completed?**
   - Elementary/Primary (1-5)
   - Middle School (6-8)
   - High School (9-12)
   - College (13-16)
   - Graduate (17-22)
   - Post-Graduate (23+)

3. **What is the highest degree you earned?**
   - High school diploma
   - GED
   - Vocational certificate (post high school or GED)
   - Associate degree (junior college)
   - Bachelor’s degree
   - Master’s degree
   - Doctorate
   - None

4. **If you need to go to the doctor, clinic or hospital, how confident are you in filling out the medical forms by yourself?**
   - Not at all confident
   - A little confident
   - Somewhat confident
   - Quite confident
   - Extremely confident

5. **How hard is it for you to pay for the very basics like food, housing, medical care, and heating? Would you say it is …**
   - Very hard
   - Somewhat hard
   - Not hard at all
6. Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because his or her mind is troubled all the time. Do you feel this kind of stress these days?

- [ ] Not at all  
- [ ] A little bit  
- [ ] Somewhat  
- [ ] Quite a bit  
- [ ] Very much

7. Are you physically active?

- [ ] Yes  
- [ ] No

8. On average, how many days per week do you engage in moderate to strenuous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)?

- [ ] None  
- [ ] 1 time/week  
- [ ] 2 times/week  
- [ ] 3 times/week  
- [ ] 4 times/week  
- [ ] 5 times/week  
- [ ] 6 times/week  
- [ ] 7 times/week

9. On average, how many minutes do you engage in exercise at this level?

- [ ] 0 minutes  
- [ ] 10 minutes  
- [ ] 20 minutes  
- [ ] 30 minutes  
- [ ] 40 minutes  
- [ ] 50 minutes  
- [ ] 60 minutes  
- [ ] 90 minutes  
- [ ] 120 minutes  
- [ ] 150 minutes or more

10. What are your current living arrangements?

- [ ] Alone in house/apartment  
- [ ] Spouse or domestic partner  
- [ ] With other family members  
- [ ] With friends  
- [ ] Nursing home  
- [ ] Assisted living  
- [ ] Homeless

11. In a typical week, how many times do you talk on the telephone with family, friends, or neighbors?

- [ ] Never/No telephone  
- [ ] Less than once a week  
- [ ] Once a week  
- [ ] 2 times a week  
- [ ] 3 or more times a week
### 12. How often do you get together with friends or relatives?
- Never
- Less than once a week
- Once a week
- 2 times a week
- 3 or more times a week

### 13. How often do you attend church or religious services?
- Never/Does not belong
- Once a year
- 2 times a year
- 3 times a year
- 4 or more times a year
- Refuse to answer

### 14. How often do you attend meetings of the clubs or organizations you belong to?
- Never/Does not belong
- Once a year
- 2 times a year
- 3 times a year
- 4 or more times a year

### 15. Have you delayed getting needed medical care for any of the following reasons in the past 12 months? Select the most frequent reason (you can select more than one reason).
- You couldn’t get through the telephone
- You couldn’t get an appointment soon enough
- Once you get there, you had to wait too long to see the doctor
- The clinic wasn’t open when you could get there
- You didn’t have transportation
- No, I did not delay getting medical care/did not need medical care