

Appendix 1. SDoH Questions

MEPS SDoH SAQ Item # and Question Text
1. How satisfied are you with your life as a whole these days? Completely satisfied, Very satisfied, Somewhat satisfied, A little satisfied, Not at all satisfied
2. How satisfied are you with the house or apartment where you live? Completely satisfied, Very satisfied, Somewhat satisfied, A little satisfied, Not at all satisfied
How would you rate the following characteristics of your neighborhood?
3a. Availability of places to get medical care Excellent, Very Good, Good, Fair, Poor
3b. Availability of parks and playgrounds Excellent, Very Good, Good, Fair, Poor
3c. Availability of places to buy healthy food Excellent, Very Good, Good, Fair, Poor
3d. Safety from crime and violence Excellent, Very Good, Good, Fair, Poor
3e. Access to public transportation Excellent, Very Good, Good, Fair, Poor
3f. Availability of affordable housing Excellent, Very Good, Good, Fair, Poor
4. In the <u>past 12 months</u> , has lack of reliable transportation kept you from medical appointments, meetings, work, or from getting things needed for daily living? Yes/No
5. Was there a time in the <u>past 12 months</u> , when your household did not pay the full amount of the rent or mortgage, or was late with a payment because your household could not afford to pay? Yes, No, Don't know
6. Was there any time in the <u>past 12 months</u> when your household was not able to pay the full amount of electric, gas, oil, or water bills on time? Yes, No, Don't know
7. Was there any time in the <u>past 12 months</u> when the electric, gas, oil, or water company threatened to shut off services in your home? Yes, No, Already shut off, Don't know

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<p>8. Think of the place you live. Do you have problems with any of the following? Mark all that apply: Pests such as bugs, ants, or mice; Mold; Lead paint or pipes; Lack of heat; Oven or stove not working; Smoke detectors missing or not working; Water leaks; None of the above</p>
<p>9a. Some people have made the following statements about their food situation. Please answer whether the statements were <u>often</u>, <u>sometimes</u>, or <u>never</u> true for you in the last 12 months.</p> <p>Within the <u>past 12 months</u>, you worried that your food would run out before you got money to buy more. Often True, Sometimes True, Never True</p>
<p>9b. Within the <u>past 12 months</u>, the food you bought just didn't last and you didn't have the money to get more. Often True, Sometimes True, Never True</p>
<p>10. How hard is it for you to pay for the very basics like food, housing, medical care, and heating? Very hard, Somewhat hard, Not hard at all</p>
<p>11. How confident are you that you could come up with \$400 if an unexpected expense arose within the next month? Not at all confident, Not too confident, Somewhat confident, Very confident</p>
<p>12. In the <u>past 12 months</u>, have you missed a payment on a credit card or a loan (do not include missed payments on a mortgage)? Yes/No</p>
<p>13. In the <u>past 12 months</u>, have you been contacted by a debt collection agency? Yes/No</p>
<p>14. In the <u>last 30 days</u>, other than the activities you did for work, on average, how many days per week did you engage in moderate exercise (like walking fast, running, jobbing, dancing, swimming, biking, or other similar activities)? 0, 1, 2, 3, 4, 5, 6, 7</p>
<p>15. On average, how many minutes did you usually spend exercising at this level on one of those days? 0, 10, 20, 30, 40, 50, 60</p>
<p>16. 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</p>
<p>If you had a problem in with which you needed help (for example, sickness or moving), how much help would you expect to get...</p> <p>17a. From family? (Including any of your relatives or your spouse/partner's relatives if applicable, whether or not they are living with you.) All of the help needed, Most of the help needed, Very little of the help needed, No help</p>
<p>17b. From friends? All of the help needed, Most of the help needed, Very little of the help needed, No help</p>
<p>17c. From other people in the community besides friends and family, such as a social agency or church? All of the help needed, Most of the help needed, Very little of the help needed, No help</p>

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18. In a typical week, how many times do you talk on the telephone (or by video) with family, friends, or neighbors?
Never, 1 time, 2 times, 3 times, 4 times, 5 times, 6 or more times

19. In a typical week, how often do you get together with friends or relatives (for example, going out together or visiting each other's homes)?
Never, 1 time, 2 times, 3 times, 4 times, 5 times, 6 or more times

20. How often do you attend church or religious services (in-person or online)?
Never, 1-3 times per year, 4-6 times per year, 7-9 times per year, 10-12 times per year, 13-15 times per year, 16 or more times per year

21. How often do you attend meetings of the clubs and organizations you belong to (in person or online)?
Never, 1-3 times per year, 4-6 times per year, 7-9 times per year, 10-12 times per year, 13-15 times per year, 16 or more times per year

The next questions are about how you feel about different experts of your life. For each one, mark how often you feel that way.

22a. First, how often do you feel that you lack companionship?
Never, Rarely, Sometimes, Often

22b. How often do you feel left out?
Never, Rarely, Sometimes, Often

22c. How often do you feel isolated from others?
Never, Rarely, Sometimes, Often

23. Have you ever used an electronic nicotine product, even one or two times? (Electronic nicotine products include e-cigarettes, vape pens, personal vaporizers and mods, e-cigars, e-pipes, e-hookahs and hookah pens.)
Yes/No

Have you ever personally experienced discrimination in any of the following situations?

24a. At a doctor's office, clinic, or hospital
Yes/No

24b. At work
Yes/No

24c. When applying for jobs
Yes/No

24d. When trying to rent a room or apartment, or buy a house?
Yes/No

24e. When interacting with police or law enforcement?
Yes/No

24f. When applying for social services or public assistance?
Yes/No

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24g. At a restaurant or store?
Yes/No

Violence and abuse happens to many people, which can affect their health. The following questions ask about your experiences with physical violence and abuse to help us better understand how this affects health.

25a. How often does anyone, including family and friends, physically hurt you?
Never, Rarely, Sometimes, Fairly often, Frequently

25b. How often does anyone, including family and friends, insult or talk down to you?
Never, Rarely, Sometimes, Fairly often, Frequently

25c. How often does anyone, including family and friends, threaten you with harm?
Never, Rarely, Sometimes, Fairly often, Frequently

25d. How often does anyone, including family and friends, scream or curse at you?
Never, Rarely, Sometimes, Fairly often, Frequently

The following questions are about events that happened during your childhood. This information will allow us to better understand problems that may occur early in life, and may help others in the future. This is a sensitive topic and some people may feel uncomfortable with these questions. Page 11 includes phone numbers for organizations that can provide information and referrals for these issues. Please keep in mind that you can skip any question you do not want to answer. All questions refer to the time period before you were 18 years of age.

26. Now, looking back before you were 18 years of age, did you live with anyone who was depressed, mentally ill, or suicidal?
Yes/No

27. Did you live with anyone who was a problem drinker or alcoholic?
Yes/No

28. Did you live with anyone who used illegal street drugs or who abused prescription medications?
Yes/No

29. Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?
Yes/No

30. Were your parents separated or divorced?
Yes, No, Parents not married

31. How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up? Was it...
Never, Once, More than once

32. Not including spanking, (before age 18), how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Was it...
Never, Once, More than once

33. How often did a parent or adult in your home ever swear at you, insult you, or put you down? Was it...
Never, Once, More than once

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34. How often did anyone at least 5 years older than you or an adult, ever touch you sexually? Was it...
Never, Once, More than once

35. How often did someone at least 5 years older than you or an adult, try to make you touch them sexually? Was it...
Never, Once, More than once

36. How often did anyone at least 5 years older than you or an adult, force you to have sex? Was it...
Never, Once, More than once