

Upstream Risks Screening Tool & Guide

“Everyone deserves the opportunity to have a safe, healthy place to live, work, eat, sleep, learn and play. Problems or stress in these areas can affect health. We ask our patients about these issues because we may be able to help.”

Domain*	Minimum Frequency**	Question	Response	Suggested Scoring	Referral Plan Complete?
Education	First visit	1a. What is the highest level of school you have completed? Check one.	☐ Elementary School ☐ High School ☐ College ☐ Graduate / Professional School	+1 for “Elementary School “	☐
		1b. What is the highest degree you earned? Check one.	☐ High school diploma ☐ GED ☐ Vocational certificate (post high school or GED) ☐ Associate’s degree (junior college) ☐ Bachelor’s degree ☐ Master’s degree ☐ Doctorate	+1 for “High School Diploma, GED, or Vocational Certificate)	☐
Education	First visit & annually	1c. Are you concerned about your child’s learning, performance, or behavior in school?	☐ YES ☐ NO ☐ Not applicable	+1 for YES	☐
Employment	First visit & biannually	2. Choose one of the following. Which best describes your current occupation?	☐ Homemaker, not working outside the home ☐ Employed (or self-employed) full time ☐ Employed (or self-employed) part time ☐ Employed, but on leave	+1 for: “Employed, but on leave for health reasons”; “Unemployed”; OR	☐

			for health reasons ☐ Employed but temporarily away from my job (other than health reasons) ☐ Unemployed or laid off 6 months or less ☐ Unemployed or laid off more than 6 months ☐ Unemployed due to a disability ☐ Retired from my usual occupation and not working ☐ Retired from my usual occupation but working for pay ☐ Retired from my usual occupation but volunteering	“Retired...not working” or “...working for pay”	
Social Connection & Isolation	First visit & annually	3. What is your marital status? Check one.	☐ Married ☐ Living with partner ☐ Widowed ☐ Divorced ☐ Separated ☐ Never married	+1 for “Widowed”, “Divorced”, “Separated”, or “Never Married”	☐
		4a. In a typical week, how many times do you talk on the telephone with family, friends, or neighbors?	Number of times per week _____	+1 if total of 4a plus 4b is less than 3 times / week	☐
		4b. How often do you get together with friends or relatives?	Number of times per week _____		
		4c. How often do you attend religious or faith-based services?	Number of times per year _____	+1 if less than 4 times /year	☐

		4d. How often do you attend meetings of the clubs or organizations you belong to?	Number of times per year _____	+1 if less than 2 times/ year.	☐
Physical Activity	First visit & biannually	5a. 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)?	Days per week _____	Multiply answers from #5a and #5b to get Total minutes/week	☐
		5b. On average, how many minutes do you engage in exercise at this level? Check one.	Number of minutes ☐ 0 ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 60 ☐ 90 ☐ 120 ☐ 150 or greater	+1 if total is less than 150 minutes/week	
Immigration	First visit	6. Do you have concerns about any immigration matters for you or your family?	☐ YES ☐ NO	+1 for YES	☐
Financial Strain – Overall	First visit & annually	7a. Do you ever have problems making ends meet at the end of the month?	☐ YES ☐ NO	+1 for YES	☐
		7b. 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	+1 for “Very” or “Somewhat Hard”	☐
Housing Insecurity	First visit & annually	8a. In the last month, have you slept outside, in a shelter, or in a place not meant for sleeping?	☐ YES ☐ NO	+1 for YES	☐
		8b. In the last month, have you had concerns about the condition or quality of your housing?	☐ YES ☐ NO	+1 for YES	☐
		8c. In the last 12 months, how many times have you or your family moved from one home to another?	Number of moves in past 12 months _____	+1 for 2 or more moves in past year	☐
Food Insecurity	First visit & annually	9. Which of the following describes the amount of food your household has to eat: (Check one.)	☐ Enough to eat ☐ Sometimes not enough to eat ☐ Often not enough to eat	+1 for “Often not enough to eat”	☐

Dietary Pattern	First visit & bi-annually	10a. How many pieces of fruit, of any sort, do you eat on a typical day?	Number of pieces/ day _____	+1 if less than 2 a day	☐
		10b. How many portions of vegetables, excluding potatoes, do you eat on a typical day?	Number of portions/ day _____	+1 if less than 4 a day	☐
Transportation	First visit & bi-annually	11. How often is it difficult to get transportation to or from your medical or follow-up appointments?	☐ Does not apply ☐ Never ☐ Sometimes ☐ Often ☐ Always	+1 for “Often” or “Always”	☐
Exposure to Violence	First visit & annually	12. Do you have any concerns about safety in your neighborhood?	☐ YES ☐ NO	+1 for YES	☐
Exposure to Violence	First visit & annually	13a. Within the last year, have you been humiliated or emotionally abused in other ways by your partner or ex-partner?	☐ YES ☐ NO	+1 for YES	☐
		13b. Within the last year, have you been afraid of your partner or ex-partner?	☐ YES ☐ NO	+1 for YES	☐
		13c. Within the last year, have you been raped or forced to have any kind of sexual activity by your partner or ex-partner?	☐ YES ☐ NO	+1 for YES	☐
		13d. Within the last year, have you been kicked, hit, slapped, or otherwise physically hurt by your partner or ex-partner?	☐ YES ☐ NO	+1 for YES	☐
Stress	First visit & biannually	14. Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because his/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	+1 for “Somewhat”, “Quite a bit” or “Very Much”	☐

Civic engagement	First visit & annually	15. Would you like help registering to vote?	☐ YES ☐ NO	+1 for YES	☐
For Staff only: Review answers & scores. Reviewed by: _____ Date: _____				Score Total	

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*Several domains have been adapted from (Institute of Medicine). 2014. Capturing social and behavioral domains and measures in electronic health records: Phase 2. Washington, DC: The National Academies Press
 **Suggested minimum frequency of screenings for new and ongoing patients