

# THE INCLUSIVE FOUNDATIONS & SDOH ASSESSMENT

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Practitioner Note:** Use this tool during the **Reveal Phase** to identify systemic barriers and ensure the protocol is accessible, culturally relevant, and prioritized by impact rather than cost.

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## Section 1: Social Determinants of Health (SDOH) Screen

*Identify potential barriers to protocol adherence and physiological stressors.*

**Economic & Food Stability** - [ ] Reliable access to a grocery store with fresh produce? (If no: Identify "Food Desert") - [ ] Financial stress impacting the ability to purchase specialty supplements? (Scale 1-10: \_\_\_\_\_) - [ ] Access to a kitchen/tools for "Food as Medicine" preparation?

**Housing & Environment** - [ ] Known history of mold, lead, or poor air quality in the home? - [ ] Safe outdoor space for movement or nervous system regulation? - [ ] Access to clean, filtered drinking water?

**Social & Cultural Support** - [ ] Does the client have a supportive community or family unit? - [ ] Are recommended dietary changes (e.g., Paleo/Keto) in conflict with cultural heritage? - [ ] High-stress work environment or lack of transportation?

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## Section 2: Resource-Optimized Strategy

*Prioritize low-cost, high-impact interventions before recommending premium specialty testing.*

Intervention Tier	Action Item	Notes/Local Resources
<b>Basic Labs</b>	CBC, CMP, TSH, Vit D (Insurance covered)	
<b>Food as Medicine</b>	Affordable staples (beans, frozen veg, local garden)	

Intervention Tier	Action Item	Notes/Local Resources
Lifestyle/Vagus	Breathwork, sleep hygiene, community walks	
Low-Tox Living	HEPA filters, air-purifying plants, DIY cleaners	
Sustainability	Sourcing eco-conscious/refillable supplements	

### Section 3: Practitioner Reflection & Bias Check

*To be completed by the practitioner after the session to ensure clinical equity.*

1. **Implicit Bias Check:** Did I simplify the explanation or withhold a recommendation based on the client's appearance, speech, or perceived income?
2. [ ] Yes [ ] No
3. **The "Foundations-First" Audit:** Can I address 80% of the root causes through the history/chronology alone without an immediate \$500+ lab test?
4. [ ] Yes [ ] No
5. **Cultural Humility:** Have I adapted the **Optimize Phase** to honor the client's cultural food traditions rather than imposing a "Standard Functional Diet"?
6. [ ] Yes [ ] No

### Next Steps & Accessibility Plan:

- [ ] **Financial Model Applied:** [ ] Standard Rate [ ] Sliding Scale (10% Rule) [ ] Pro-Bono Slot
- [ ] **Immediate Action:** \_\_\_\_\_
- [ ] **Community Referral:** \_\_\_\_\_

Practitioner Signature: \_\_\_\_\_

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