

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.

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?

Section 2: Resource-Optimized Strategy

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

Intervention Tier	Action Item	Notes/Local Resources
Basic Labs	CBC, CMP, TSH, Vit D (Insurance covered)	
Food as Medicine	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: _____

