Measuring CDPHE Priority Metrics: Social Determinant of Health and Health Outcomes

Example Survey Questions to Measure Social Determinant of Health (SDoH) and Health Outcome (HO) Data at the Participant Level

# What does it look like to collect SDoH and Health Outcomes changes in a survey?

## Key Sections for Building an Outcomes Data Collection Form

* Introduction: Briefly explain the survey's purpose, participant expectations, and **consent**.
* Participant Information (Demographics)
  + Collect key demographics (race/ethnicity) for an equity-focused analysis.
    - If you are not collecting participant demographic data with outcome data, ensure that you are collecting some sort of participant Unique ID or Unique key to connect participant data, likely in another system or location, with outcome data.
  + Align questions with CDPHE Priority Population Metrics.
    - Use the [Measuring CDPHE Priority Metrics: Priority Populations documentation](https://resultslaborg.sharepoint.com/:w:/s/resultslabteam/Ef4afcxqgwxOtx-VqSO_nUoBQ_qGosaSsTWYSMgNd6sHpg?e=aHb3xk) to guide your question development.
* Services Received
  + **If you lack program participation data you can tie back to, collect data to document which services were provided to each participant here.** This will enable demographics and outcomes analysis by type and quantity of services received (outputs).
  + Align with CDPHE Priority Metrics: Outputs. Refer to the Evaluation Templates: PRIORITY METRICS BY CATEGORY AND HDCGP’S EVALUATION QUESTIONS table for the CDPHE Priority Metrics that will be included in your RedCap Progress Reports.
* Outcomes
  + SDoH Outcomes:
    - Include questions directly related to your intervention's intended SDoH changes.
    - Focus on measurable outcomes (e.g., knowledge, attitudes, behaviors, living conditions).
    - Consider CDPHE outcome categories for SDoH.
  + Health Outcomes:
    - Consider including questions to capture participants' perspectives on how the intervention influenced their health.
    - Align with CDPHE health outcome categories.
* Closing: Thank participants and provide contact information.

### *Section 1: Participant Information (Demographics)*

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| This section ensures that outcomes can be accurately linked to individual participants while maintaining privacy and confidentiality. This guidance is primarily designed for developing effective questions for recruitment sheets to capture interview or focus group participant data. For assistance in adapting these principles to other data collection methods, please consult with your coach.   * **Participant Unique ID:** The safest approach is to use a unique identifier for each participant. This allows you to link data across different sources (e.g., enrollment forms, survey responses) while protecting sensitive information. * **Alternative Identification Methods:** If a unique ID isn't feasible, consider capturing multiple pieces of demographic data (e.g., date of birth, zip code, the first three letters of their first and last name). The combination of these factors should make it highly unlikely that two participants have the exact same set of identifying information.   + Consider if it is likely that someone might have two or three first names. This can make it difficult to connect participant outcome data back to demographic data.   For more guidance on how to craft demographic questions aligned with CDPHE Priority Metrics, Use the [Measuring CDPHE Priority Metrics: Priority Populations documentation](https://resultslaborg.sharepoint.com/:w:/s/resultslabteam/Ef4afcxqgwxOtx-VqSO_nUoBQ_qGosaSsTWYSMgNd6sHpg?e=aHb3xk) to guide your question development to capture CDPHE Priority Population types. |

* Participant Name
  + First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Middle Name/s: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Last Name/s: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Date of Birth (MM/DD/YY): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Participant Unique ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### *Section 2: Services Received*

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| This section ensures that outcomes can be accurately linked to individual participant service delivery outputs.   * **If you have a robust data management system and regular practice around connecting service delivery data back to each participant response around outcomes, review the CDPHE Priority Metrics: Outputs to determine if your system aligns with these metrics.** Adjust if necessary or include key output data collection in your outcomes data collection. |

* Which of the following services did you receive/what programs or activities have you participated in with [name of your organization]?
  + Program/Activity/Service A
  + Program/Activity/Service B
  + Program/Activity/Service C
  + Other (please specify): \_\_\_\_\_\_\_\_\_\_\_
  + None (end of survey)
* Please indicate the dates of your participation in the program. If ongoing, write "Present" for the End Date.
  + Start Date: MM/YY
  + End Date: MM/YY

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| *Note: If using a mid-point check, consider adding these questions to capture non-completion data.* |

* Have you exited the program?
  + Yes
  + No
* If yes, reasons for exiting:
  + If you have not completed the program, please briefly explain why: \_\_\_\_\_\_\_\_\_\_\_

### Section 3: Outcomes

#### Subsection 3a: SDoH Outcomes

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| This section includes example questions that can support your data collection around CDPHE Priority Metrics: Type and extent of documented Social Determinants of Health (SDoH) and Health Outcomes improvements by Healthy People 2023 (HP 2023) Domains. Follow the below instructions. These questions are best used for surveys but can be refined and reformatted to be used in qualitative methods like interviews or focus groups.   1. Select the type of change you want to capture. Use the CAPTURE DEFINITION TABLE for definitions around types of SDoH Changes you can measure. 2. Use the SDOH objectives to help guide you around certain content areas and activity types. 3. View the provided example question. From there, consider how you might adjust it to fit your context, method, or collection of data. For example, if you are collecting data using an interview instead of a survey, how might you adjust this question to best meet your data collection needs. |

| **Type of Change you want to Measure**  ***Individual, family or community behaviors*** | **SDoH Domain** | **HP 2030 SDoH Objective** | **Example Tool + Questions** |
| --- | --- | --- | --- |
| ***Individual, family or community behaviors***  ***Individual, family or community behaviors*** | Neighborhood and Built Environment  (Individual Behaviors and Connections) | [Increase the proportion of adolescents who walk or bike to get places — PA‑11](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity/increase-proportion-adolescents-who-walk-or-bike-get-places-pa-11) | **Survey**  As a result of [program name], have you observed an increase in the number of adolescents in your neighborhood who walk or bike to get places?  **Response Options:**   * Yes, significantly more youth walk or ride their bikes to get places. * Yes, somewhat more youth walking or riding their bikes to get places. * No, there hasn’t been a noticeable change. * Not sure. |
| Social and Community Context  (Family Behaviors and Connections) | [Increase the proportion of adolescents who have an adult they can talk to about serious problems — AH‑03](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/adolescents/increase-proportion-adolescents-who-have-adult-they-can-talk-about-serious-problems-ah-03) | **Survey**  Since participating in [program name], do you feel more comfortable talking to one of your parents or adult caregivers in your family about serious problems?  **Response Options:**   * I now feel comfortable talking to at least one of my parents or adult caregivers. * I was somehow comfortable before and I’m ever more comfortable now talking to at least one of my parents or caregivers. * No, I still don’t feel comfortable talking to any of my parents or adult caregivers in my family. * Not sure. |
| Neighborhood and Built Environment  (Community Behaviors and Connections) | [Increase the proportion of worksites with policies that ban indoor smoking — ECBP‑D06](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/workplace/increase-proportion-worksites-policies-ban-indoor-smoking-ecbp-d06)  [Increase the number of states, territories, and DC that prohibit smoking in worksites, restaurants, and bars — TU17](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/tobacco-use/increase-number-states-territories-and-dc-prohibit-smoking-worksites-restaurants-and-bars-tu-17) | **Survey**  As a result of [program name], have you observed an increase in the number of worksites, restaurants, and bars in your neighborhood adopting policies that ban indoor smoking?  **Response Options:**   * Yes, significantly more worksites have adopted these policies. * Yes, somewhat more worksites have adopted these policies. * No, there hasn’t been a noticeable change. * Not sure. |
| ***Individual, family or community living conditions***  ***Individual, family or community living conditions*** | Economic Stability & Neighborhood and Built Environment (Individual & Family Living Conditions) | Reduce the proportion of families that spend more than 30 percent of income on housing — SDOH‑04 | **Survey**  Since the start of your participation in [program name], has your ability to afford your rent or mortgage improved?  **Response Options:**   * Yes, significantly improved. * Yes, somewhat improved. * No, remained the same. * No, worsened. * Not sure. |
| Economic Stability (Family Living Conditions) | [Reduce household food insecurity and hunger — NWS01](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/nutrition-and-healthy-eating/reduce-household-food-insecurity-and-hunger-nws-01) | **Survey**  Since participating in [program name], have you noticed any changes in the following areas?  **Response Options:**   * Healthy and nutritious foods affordability:   + Yes, significantly improved   + Yes, somewhat improved   + No, remained the same   + No, worsened * Healthy and nutritious foods availability   + Yes, significantly improved   + Yes, somewhat improved   + No, remained the same   + No, worsened |
| Neighborhood and Built Environment (Individual, Family, and Community Living Conditions) | Reduce the number of days people are exposed to unhealthy air — EH‑01 | **Survey**  **Individual Level:** Since your participation in [program name], have you noticed any changes in your personal exposure to air pollution? If so, please describe.  **Response Options:**   * Yes, I have noticed a decrease in my exposure to air pollution. * Yes, I have noticed an increase in my exposure to air pollution. * No, I have not noticed any changes in my exposure to air pollution. * Not sure.   Follow-up Question  If you answered "Yes," please describe the changes you have noticed. For example, have you noticed improvements in the air quality in your home, workplace, or during your daily commute?  **Family Level:** Since your participation in [program name], have you noticed any changes in your family's exposure to air pollution? If so, please describe.  **Response Options**   * Yes, I have noticed a decrease in my family’s exposure to air pollution. * Yes, I have noticed an increase in my family’s exposure to air pollution. * No, I have not noticed any changes in my family’s exposure to air pollution. * Not sure.   Follow-up Question  If you answered "Yes," please describe the changes you have noticed. For example, have you noticed improvements in the air quality in your home, in the neighborhood where your children play, or during family outings?  **Community Level:** Since your participation in [program name], have you noticed any changes in the air quality in your community? If so, please describe.  **Response Options**   * Yes, I have noticed a decrease in my community’s exposure to air pollution. * Yes, I have noticed an increase in my community’s exposure to air pollution. * No, I have not noticed any changes in my community’s exposure to air pollution. * Not sure.   Follow-up Question  If you answered "Yes," please describe the changes you have noticed. For example, have you noticed improvements in the air quality in parks, along streets, or in public spaces? |
| ***Medical services***  ***Medical services*** | Health Care Access and Quality  (Increased Healthcare Coverage) | [Increase the proportion of people with health insurance — AHS‑01](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality/increase-proportion-people-health-insurance-ahs-01) | **Survey**  Has your health insurance situation changed because of your participation in [program name]?   * Yes, I now have health insurance because of the program. * Yes, I have better health insurance because of the program. * No, my health insurance situation has not changed. * No, my situation has changed, but not because of the program. * Other (please specify): \_\_\_\_\_\_\_\_\_\_\_   If yes, please indicate how:   * I received support to enroll in \_\_\_\_\_\_\_\_. * I switched to a plan with better coverage. * I now have more affordable health insurance. * I gained access to additional benefits (e.g., dental, vision, mental health services). * I learned how to better use my existing health insurance. * Other (please specify): \_\_\_\_\_\_\_\_\_\_\_   **Focus Group with Staff**   1. Do you think [program name] is successfully improving participants' health insurance situations? If so, how? For example, is the program helping uninsured individuals enroll in health insurance, assisting participants in switching to plans with better coverage, making insurance more affordable, or teaching them how to use their existing insurance more effectively? 2. Are there any specific groups that seem to benefit more, or any that may be excluded from these benefits? 3. Please share your experiences and any specific changes you’ve observed in other participants to help us understand the trends you are observing. |
| Increase the ability of primary care and behavioral health professionals to provide more high-quality care to patients who need it — AHS‑R01 | **Survey**  Since [program start date or specific action], do you feel the quality of interactions with your healthcare provider has improved?   * Yes, significantly * Yes, somewhat * No, it has stayed the same * No, it has worsened   To what extent would you agree that, since [program name or intervention], your healthcare provider has:   * Become more attentive to your needs and preferences * Put greater effort into explaining your medical condition or treatment in a way that is clear to you * Improved their overall communication approach with you * Demonstrated increased empathy and understanding * Treated you with greater respect * Shown greater awareness of and respect for your cultural background or personal preferences * Involved you more in decisions about your care   + Response Options (for each statement):   + Strongly agree   + Agree   + Neutral   + Disagree   + Strongly disagree |
| [Increase the proportion of adults who get recommended evidence-based preventive health care — AHS‑08](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality/increase-proportion-adults-who-get-recommended-evidence-based-preventive-health-care-ahs-08) | **Survey**  Since when has your doctor started recommending the following preventive health services?   |  |  |  |  | | --- | --- | --- | --- | | Preventive services | Started recommending this service before [program start date or specific action] | Started recommending this service after [program start date or specific action] | Never recommended this service | | Flu shot |  |  |  | | Pneumonia vaccine |  |  |  | | Colonoscopy or Colorectal Screenings |  |  |  | | Mammogram |  |  |  | | Pap smear |  |  |  | | Blood pressure screening |  |  |  | | Cholesterol screening |  |  |  | | Diabetes screening |  |  |  | |
| [Reduce the proportion of people who can't get prescription medicines when they need them — AHS06](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality/reduce-proportion-people-who-cant-get-prescription-medicines-when-they-need-them-ahs-06) | **Survey**  Since the start of your participation in [program name], has your ability to access prescription medicines improved?  **Response Options:**   * Yes, significantly improved. * Yes, somewhat improved. * No, remained the same. * No, worsened. * Not sure. |
| Social and Community Context | [Reduce anxiety and depression in family caregivers of people with disabilities — DHD01](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/parents-or-caregivers/reduce-anxiety-and-depression-family-caregivers-people-disabilities-dh-d01) | **Survey for Caregivers of people with disabilities**  Has your participation in [program name] helped reduce symptoms or suffering related to stress, anxiety, or depression?   * Yes, it has had a significant positive impact * Yes, it has had a slight positive impact * No change * It has had a negative impact * Not sure   **Follow up open question**  In what ways do you believe your participation in [program name] has impacted your mental health or well-being? |
| ***Non-medical services***  ***Non-medical services***  ***Non-medical services*** | Neighborhood and Built Environment | [Increase the proportion of schools with policies and practices that promote health and safety — EHD01](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/neighborhood-and-built-environment/increase-proportion-schools-policies-and-practices-promote-health-and-safety-eh-d01) | **Survey for School-based Stakeholders**  Because of [program name] implementation, has your school adopted new policies or practices that promote health and safety in your students?  **Response Options:**   * Yes, new policies and practices have been adopted. * No, though the school has identified policies or practices to be adopted. * No, there have been no changes in school practices or policies. * No, there have been changes, but not because of [program name]. * Not sure.   **Follow up question**  What areas of health and safety to your policies or practices aim to impact:   * Physical Safety:   + School violence prevention (bullying, harassment)   + Emergency preparedness (fire drills, lockdown procedures)   + Safe transportation   + Playground safety   + Physical education and physical activity * Mental and Emotional Health:   + Social-emotional learning   + Stress management and coping skills   + Mental health awareness and support   + Substance abuse prevention   + Suicide prevention * Nutrition and Physical Activity:   + Healthy food and beverage options   + Physical activity opportunities   + Nutrition education   + Chronic Disease Prevention:   + Tobacco prevention   + Asthma management   + Diabetes prevention * Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **Follow up open-ended question**  Describe the new practices or policies that your school as implemented: \_\_\_\_\_\_\_\_\_\_ |
| Social and Community Context | [Increase the proportion of children and adolescents who show resilience to challenges and stress — EMCD07](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/children/increase-proportion-children-and-adolescents-who-show-resilience-challenges-and-stress-emc-d07) | **Survey Question for Adolescents or Children** *(when conducting research involving minors, it's essential to adhere to federal regulations and state-specific laws to ensure legal compliance and ethical practices)*  Since participating in [program name], have you noticed any changes in how you deal with stressful situations?   * Yes, I feel better equipped to handle stress now. * No, I don't feel any different in how I deal with challenges or stress. * Not sure.   If you answered "Yes" to either of the first two options, please select all that apply:   * I feel more confident in my ability to overcome obstacles. * I am better able to manage my emotions when things are difficult. * I am more likely to ask for help when I need it. * I can bounce back from setbacks more quickly. * I have developed new coping skills (e.g., relaxation techniques, positive self-talk). * I have a stronger support system to rely on. * Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **Focus Group/Interviews with Adolescents or Children** *(when conducting research involving minors, it's essential to adhere to federal regulations and state-specific laws to ensure legal compliance and ethical practices)*   1. How has [program name] helped you develop better coping skills or deal with stress more effectively? 2. What specific activities or experiences in the program have been most helpful in building your resilience? 3. What are some of the biggest challenges you face in dealing with stress or overcoming obstacles? 4. What other things would you like to learn or do to improve your ability to cope with challenges and stress? |
| Social and Community Context | Increase the health literacy of the population — HC/HIT‑R01 | **Survey or Interview Question**  Do you feel you better understand your health history, needs, and behaviors since participating in [program name]?  **Response Options:**   * Yes, my understanding has improved significantly * Yes, my understanding has somewhat improved. * No, my understanding remained the same. * No, my understanding worsened. * Not sure. |
| Health Care Access and Quality | [Increase the proportion of women who get needed publicly funded birth control services and support — FP09](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/family-planning/increase-proportion-women-who-get-needed-publicly-funded-birth-control-services-and-support-fp-09)  *(Could be Medical Services if intervention is a medical service)* | **Since your participation in [Program Name], have you received any of the following publicly funded birth control services or support?** (Please check all that apply)   * Information about different types of birth control. * Counseling on choosing a birth control method. * Assistance in obtaining a prescription for birth control. * Financial assistance to cover the cost of birth control. * Help accessing a healthcare provider to discuss birth control options. * I did not receive any publicly funded birth control services or support. * Not sure. * Other:   **Focus Group Questions for Staff**   1. How does [Program Name] help women access publicly funded birth control services and support? 2. Are there any specific barriers women face in accessing these services, and how does the program address them? 3. What are some success stories of women who have benefited from the program's efforts to increase access to birth control? 4. What are some areas where the program could improve in helping women access publicly funded birth control services and support? |

#### Section 3b: Health Outcomes and Health Equity

Consider including questions to capture participants' perspectives on how your intervention has influenced participants’ health, considering CDPHE health outcome categories.  Measuring health outcomes, whether through participants' perceptions or other sources, may not be relevant for every organization.

By collecting and analyzing data across key demographic variables over time, you can identify changes in trends as well as shifts in unfair health disparities or gaps.

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| **A Note about Secondary Data Analysis for Communicating Health Outcomes**  Collecting data directly from participants can provide valuable insights into how and why changes occurred, as well as how participants perceived improvements in their health. Clinical records offer an objective means to confirm or quantify these changes, adding credibility to your findings. Additionally, health statistics can highlight broader trends and demonstrate the impact of your intervention on population-level outcomes.  Health outcome data is often best collected using secondary data sources, like clinical records or health statistics. The table below highlights the key metrics to look for in secondary data sources. ResultsLab recommends creating a system to document these key metrics over time to report to the CDPHE Priority Metrics. |

| **Health Outcome Type** | **HP 2030 Objective** | **Example Tools + Questions** |
| --- | --- | --- |
| Overall Health | [Overall well-being — OHM-01](https://odphp.health.gov/healthypeople/objectives-and-data/overall-health-and-well-being-measures/overall-well-being-ohm-01) | **Survey Question**  How would you rate the changes in your overall health since participating in [program name] or receiving [services]?   * Significant improvement * Some improvement * No change * Worsened |
| Cancer | Reduce the overall cancer death rate — C‑01 | **Secondary Data Analysis**  **Key Metrics that could be pulled from Grantee Identified Source:**   * **Coronary Heart Disease:** Increased percentage of individuals achieving target blood pressure (<130/80 mmHg), broken down by key demographic variables. * **Coronary Heart Disease:** Higher percentage of people with LDL cholesterol levels within recommended ranges, broken down by key demographic variables. * **Diabetes** Decrease in cases of retinopathy, neuropathy, or foot ulcers, broken down by key demographic variables. * **End-Stage Kidney Disease**: Fewer patients progressing to advanced stages of kidney disease, broken down by key demographic variables. |
| Cardiovascular Diseases | Reduce coronary heart disease deaths — HDS‑02 |
| Pulmonary Diseases | Reduce deaths from COPD in adults — RD‑05 |
| Diabetes | Reduce the rate of death from any cause in adults with diabetes — D‑09 |
| Kidney disease | [Reduce the rate of new cases of end-stage kidney disease — CKD07](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/chronic-kidney-disease/reduce-rate-new-cases-end-stage-kidney-disease-ckd-07) | **Secondary Data Analysis**  **Key Metrics pulled from Grantee Identified Source:**   * [Condition] Morbidity Rate of incidence Change * Change in complications due to [Condition] * Reductions in prevalence of [Condition] across demographic groups |
| Substance Use | Reduce the proportion of people who had drug use disorder in the past year — SU‑15 | **Survey Question**  How would you rate any changes in your substance use since participating in [program name] or receiving [services]?   * I no longer use substances * I have reduced my substance use * There is no change in my substance use * I use substances more often   **Secondary Data Analysis**  **Key Metrics that could be pulled from Grantee Identified Source:**   * Decrease in the proportion of individuals reporting drug use disorders in the past year, broken down by substance type |
| Mental Health and Mental Disorders | Reduce anxiety and depression in family caregivers of people with disabilities — DH‑D01 | **Survey Question**  Has your participation in [program name] helped reduce symptoms or suffering related to stress, anxiety, or depression?   * Yes, it has had a significant positive impact * Yes, it has had a slight positive impact * No change * It has had a negative impact * I am not sure   **Secondary Data Analysis**  **Key Metrics that could be pulled from Grantee Identified Source:**   * Decrease in prevalence of anxiety and depression among patients, broken down by key demographic variables. |
| Pregnancy and Childbirth | [Reduce the rate of fetal deaths at 20 or more weeks of gestation — MICH01](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/reduce-rate-fetal-deaths-20-or-more-weeks-gestation-mich-01) | **Secondary Data Analysis**  **Key Metrics that could be pulled from Grantee Identified Source:**   * Decreased in prevalence of gestational diabetes, broken down by income. * Decrease in percentage of pregnant women who smoke, use alcohol, or misuse substances during pregnancy, broken down by key demographic variables. * Decrease in rates of preterm birth (<37 weeks of gestation) and very preterm birth (<32 weeks), broken down by key demographic variables. |
| Sexually Transmitted Infections | [Reduce the number of new HIV infections — HIV01](https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/sexually-transmitted-infections/reduce-number-new-hiv-infections-hiv-01) | **Secondary Data Analysis**  **Key Metrics that could be pulled from Grantee Identified Source:**   * Decrease in number of new HIV infections |