6TH ANNUAL FOOD AS MEDICINE SYMPOSIUM

BNMC
HEALTH & WELL-BEING

Participant Resource Guide

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Food as Medicine Local Buffalo Resources: for October/November 2026:

Category	Name	Link
Fresh Markets	The Peoples Free Market 1353 Jefferson Ave, Buffalo NY 14208 Every Friday Sept-Nov 3pm	https://thebuffalohive.com/event/buffalo-community-holistic-cycles-the-peoples-free-market-2/2025-12-05/
	Rooted In Love WNY Tuesdays 12-6PM	https://www.rootedinloveinc.com Accepts SNAP/EBT
	Truly Rooted Community Market	https://www.rootedinloveinc.com/truly-rooted-community-market/ Accepts SNAP/EBT
	Farmers Markets in Buffalo	https://stepoutbuffalo.com/guide-to-farmers-markets-in-wny/t
	Elmwood Farmers Market	https://www.elmwoodmarket.org/ Accepts SNAP/Double uo Food Bucks
Mobile Markets	Buffalo Go Green + Massachusetts Avenue Project	https://www.mass-ave.org/mobilemarket, https://66fedab0-2584-41b0-aab8-189bdfdb3c4e.filesusr.com/ugd/48bb22_36018ff49108477c8922c221dba801b7.pdf Accepts SNAP/FNMP/EBT, Double up Food Bycks, Freshconnect coupons.
	Veggie Van UB	https://publichealth.buffalo.edu/veggievan
Restaurants	Big Big Table	https://www.bigbigtable.org
Community Fridge	Buffalo Community Fridge	https://www.buffalocommunityfridges.com
Delivery	Fresh Fix	https://freshfix.com/ Certain buffalo zipcodes get 50% off Accepts SNAP, Double up Food Bucks



Food as Medicine Local Buffalo Resources: Community
Products and Services

Category	Name	Link
Food Pantries	FeedMore WNY Food Pantry Locator	https://www.feedmorewny.org/programs-services/find-food/pantry-locator/
	FeedMore WNY Mobile Food Pantry Distribution	https://docs.google.com/spreadsheets/d/1mMUCmU04bOkqiAgnu4oDhRteQGdXK6QpgRaCCOJBJoY/edit
Community Gardens	Grassroots Garden of Western New	https://www.grassrootsgardens.org
	FeedMore WNY Community Garden	https://www.feedmorewny.org/programs-services/nutrition-education/community-garden/
	BFNC Community Gardens	https://bfnc.org/program/community-gardens/
Mobile Markets	New York State Mobile Markets List	https://agriculture.ny.gov/system/files/documents/2025/09/fmnpmobilemarketscheduleallcounties_0.pdf
	UB Veggie Van Mobile Farmers Market	https://publichealth.buffalo.edu/veggieva n
	Buffalo Go Green	https://buffalogogreen.org/mobile-markets/
Urban Farm Stands	WNY Region Food System Initiative Map	https://www.arcgis.com/apps/dashboards/01d8d8db057e4f9da51479f6f51e8c5d#
Registered Dietitians (medical nutrition therapy and coaching)	Groundwork Market Garden	https://www.groundworkmg.com/ Accepts SNAP/EBT/FMNP, WIC Farmers' Market Nutrition Program checks
	Academy Find a Nutrition Expert	https://www.eatright.org/find-a-nutrition-expert?city=14222
Cooking Classes	D'lish kitchen FeedMore WNY Food Farmacy	https://dlishkitchen.org/ https://www.feedmorewny.org/programs-services/food-farmacy/
	Massachusetts Ave	https://www.mass-ave.org/classes
	Thyme-N-Honey	https://buffalocookingclass.com/



Cooking Class	**Culinary Arts Center**	https://www.culinaryartscenter.org/
	Artisan Kitchen and Baths	https://artisankitchensandbaths.com/artisan-culinary-loft/?utm_source=scripps_wkbw&utm_medium=sem&utm_campaign=sem_2025&gad_source=1&gad_campaignid=1482043124&gbraid=0AAAAAC915-5-IJkL-hOfi7Ihr-kOJyImu&gclid=Cj0KCQjw0NPGBhCDARIsAGAzpp1jl49kfUFBijVHA09A_tVdyenZrf8E66-M65T7ajCOvtRK0i-qCk4aAjFJEALw_wcB
	SUNY Niagara Public Cooking Class	https://sunyniagara.edu/nfci/community-education/public-classes/
Food Box Programs	**Food Box Program in the Lighthouse Free Clinic**	https://www.buffalo.edu/ubnow/stories/2023/07/food-box.html
	Buffalo Go Green	https://buffalogogreen.org/programs/
	Community Nutrition Partnership	https://cnpwny.org/
Lifestyle Medicine	**Start with sleep**	https://www.startwithsleep.com/global-adult-sleep-coach
	Sleep Medicine Outpatient	https://www.kaleidahealth.org/care/Sleep-Medicine/Outpatient-Locations
	Smoking Cessation Resources	https://www.lighthousefreemedicalclinic.com/smoking-cessation
	Fitness in the Park	https://www.independenthealth.com/in-the-community/programs/fitness-in-the-parks
	Tonawanda Fitness and Swimming Center	https://www.tonawanda.ny.us/youth-parks-recreation/aquatic-fitness-center.html
	Mental Health Advocates	https://mhawny.org/
	Erie County Mental Health Assistant Resources	https://www3.erie.gov/mentalhealth/i-need-help-now
	Erie County's Free Mental Health App	https://www3.erie.gov/mentalhealth/erie-path
	ECMC Behavioral Health Outpatient Services	https://www.ecmc.edu/health-services/behavioral-health/outpatient-behavioral-health-services/
	Roswell Park Nutrition Education Videos	https://www.roswellpark.org/nutrition/nutrition-education-videos



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Fruit/Vegetable Prescription Programs

Operating Organization	Entity Type	Program Name	Redemption Sites	Voucher Type	Incentive Amount	Eligibility Criteria	Areas Served
Buffalo Go Green	Nonprofit Organization	Fruit & Veggie Prescription Program	Mobile markets	Paper	$5/week May-October	At the discretion of the healthcare provider	Erie County
Cornell Cooperative Extension of Erie County	Nonprofit Education Organization	Fruit and Vegetable Prescription Program/ Produce Bucks	Farmers markets, Mobile markets, Grocery stores	Paper	$20/nutrition education session, 6-8 weeks in length	Food insecurity	Erie, Genesee County
The Chautauqua Center	Federally Qualified Health Center	Veggie Rx Program	Farmers markets, Mobile markets	Paper	4 free produce items/week for the season	Open to all patients, geared towards those with or at risk for chronic health conditions	Chautauqua County

Medically Tailored Meals



1) **Mom's Meals**
https://www.momsmeals.com/ny-programs/
2) **Buffalo Go Green**
https://buffalogogreen.org/programs/
3) **Community Nutrition Partnership**
https://cnpwny.org/
4) **Rx-Diet**
https://www.rx-diet.com/
5) **Epicured**
https://www.epicuredinc.com/healthcare-partnerships
6) **God's Love We Deliver**
https://www.glwd.org/healthcare-partnerships/gods-love-and-the-1115-waiver/
7) **Hearth Meals**
https://www.hearthmeals.com/
8) **Feedmore WNY**
https://www.feedmorewny.org/programs-services/meal-services/home-delivered-meals/
9) **Project Food Box**
https://projectfoodbox.org/lp-medically-tailored-meal-programs-improve-health-outcomes-new-york
10) **Hearty Helpings inc.**
https://www.heartyhelpings.org/

Food as Medicine Technology Platforms

Flourish Nutrition
https://www.flourishnutrition.io/?

Healthifi
https://healthifi.app/

Season Health
https://www.seasonhealth.com/

Diet-ID
https://www.dietid.com/

Healthnix
https://healthnix.io/

Parsley Health
https://www.parsleyhealth.com/

Free From Market
https://freefrommarket.com/

Umoja
https://umojasupply.com/food-for-health/ -



Buffalo's Local Markets Accepting SNAP Benefits

SEASONAL LOCATIONS

Name	Location	Time	Type	Website
Downtown Buffalo Country Market	Fountain Plaza - Main St. between Chippewa and Huron Buffalo 14202	Thursday 10:00 AM - 2:00 PM	**Location Type**: Farmers Market **Currency Type**: Tokens	https://www.facebook.com/DowntownBuffaloCountryMarket/
MAP – Buffalo Adult Education	254 Virginia St Buffalo 14201	Thursday 10:00 AM – 12:00 PM	**Location Type**: Mobile Market **Currency Type** Loyalty Card	https://www.mass-ave.org/findourtruck
MAP Mobile Market – Jericho Road Community Health Center	1100 Jefferson Ave Buffalo 14204	Wednesday 10:30 am - 12pm	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	https://www.mass-ave.org/findourtruck
MAP – Neighborhood Health Center Mattina	300 Niagara St Buffalo 14201	Wednesday 11:00 AM – 12:30 PM	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	https://www.mass-ave.org/findourtruck
Urban Fruits & Veggies – Mrs. Frances Nash's Garden Basket	36 Nash Street Buffalo, NY 14204	Tuesday 4:30 PM – 6:30PM	**Location Type**: Mobile Market **Currency Type**: Loyalty	https://buffalogogreen.org/mobile-markets/
Urban Fruits & Veggies – Delevan Grider Community Center	788 E Delevan Ave Buffalo 14215	Thursday 4:00 PM – 6:30 PM	**Location Type**: Mobile Market **Currency Type**: Loyalty	https://buffalogogreen.org/mobile-markets/
MAP – Jami Masjid/Muslim Society	1955 Genesee St Buffalo 14211	Friday 1:30 PM – 3:00PM	**Location Type**: Mobile Market **Currency Type**: Loyalty	https:/ /www.mass-ave.org/findourtruck



Check each website for updates as hours of operation may change

Buffalo's Local Markets Accepting SNAP Benefits

Check each website for updates as hours of operation may change

SEASONAL LOCATIONS

MAP Mobile Market – Mrs. Frances Nash's Garden Basket	136 Broadway Buffalo 14203	Tuesday 4:30 PM - 6:30 PM	**Location Type:** Mobile Market **Currency Type:** Loyalty Card	**https:/ /www.ma ss-ave.org/findourtruck**
FeedMore WNY Mobile Market – D'Youville	301 Connecticut St Buffalo 14213	Tuesday and Thursday 10:00 PM – 2:00 PM	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	**https://www.feedmorewny.org/p r ograms-services/farm-market/**
MAP Mobile Market – Johnnie B. Wiley Stadium	1100 Jefferson Ave Buffalo 14208	Staturday 10:30 am - 12 pm	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	**https:/ /www.ma ss-ave.org/findourtruck**
MAP – MAP Farmhouse ***Year-Round Location**	387 Massachusetts Ave Buffalo 14213	Thursday 3:00 PM – 6:00 PM	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	**https:/ /www.ma ss-ave.org/findourtruck**
Lexington Co- op Elmwood	807 Elmwood Buffalo 14222	Monday – Sunday 7:00 AM – 11:00 PM	**Location Type**: Grocery Store **Currency Type**: Internal Loyalty System	**https:/ /l exin gton .coop/ doubl e-up- food-bucks** ***Note:*** *Interested customers can sign up to shop with DUFB at the Co-op using this link lexingtoncoopsurvey*
MAP - Neighborhood Health Center, Riverway	1059 Niagara St Buffalo 14213	Wednesday (specific dates) 1 pm - 2:30 pm	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	**https://www.mass-ave.org/findourtruck**



Buffalo's Local Markets Accepting SNAP Benefits

SEASONAL-ROUND LOCATIONS

Urban Fruits & Veggies Mobile Market – Community Health Center of Buffalo	34 Benwood Ave Buffalo 14214	Wednesday 10:00 AM–12:00PM	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	**https:/ /buf fa l ogogreen .org/even ts /**
MAP – Neighborhood Health Center, Blasdell	4233 Lake St. Buffalo, NY 14219	Wednesdays 1 pm - 2:30 pm	**Location Type**: Mobile Market **Currency Type**: Loyalty	**https:/ /www.ma ss-ave.org/findourtruck**
MAP – Neighborhood Health Center, Northwest	155 Lawn Ave, Buffalo, NY 14207	Wednesdays 11 am - 12:30 pm	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	**https:/ /www.ma ss-ave.org/findourtruck**
MAP – Elim Church at Holden & Chalmers	70 Chalmers Ave Buffalo 14214	Wednesday 4:30 PM – 6:00 PM	**Location Type**: Mobile Market **Currency Type**: Loyalty	**https:/ /www.ma ss-ave.org/findourtruck**
FeedMore WNY Mobile Market – Old First Ward Community Center	62 Republic St Buffalo 14204	Thursday 10:00 AM – 11:00 AM	**Location Type**: Mobile Market **Currency Type**: Loyalty Card	**https://www.feedmorewny.org/p r ograms-services/farm-market/**
Buffalo's Golden Corner	1715 Jefferson Buffalo 14208	Friday 10 AM – 1:00 PM; 2:00 PM – 9:00 PM	**Location Type**: Corner Store **Currency Type**: Loyalty Card	**https://buffalos-golden-corner.res-menu.com/#google_vignette**
Clinton Bailey Farmers Market	1443 Clinton St Buffalo 14206	Everyday 8:00 AM – 5:00 PM	**Location Type**: Farmers Market **Currency Type**: Loyalty	**https://clintonbaileymarket.com**



Check each website for updates as hours of operation may change

Buffalo's Local Markets Accepting SNAP Benefits

SEASONAL LOCATIONS

MAP – Broadway Pediatrics	1021 Broadway Buffalo 14212	Friday 10:00 AM – 12:00 PM	**Location Type**: Mobile Market **Currency Type**: Tokens	**https://www.mass-ave.org/findourtruck**
Westsid Tilth Farmers Market	246 Normal Avenue Buffalo 14213	Saturday 10:00 AM – 2:00 PM	**Location Type**: Farmers Market **Currency Type**: Loyalty Card	**https://www.facebook.com/westsidetilthfarm/**
MAP – Undergrounds Coffee House	580 South Park Ave Buffalo 14210	Saturday 1 pm - 2:30 pm	**Location Type**: Farmers Market **Currency Type**: Loyalty Card	**https://www.mass-ave.org/findourtruck**
Providence Farm Collective Farmers Market	130 Grant Street Buffalo 14213	Saturday 10:00 AM – 2:00 PM	**Location Type**: Farmers Market **Currency Type**: Tokens	**https://providencefarmcollective.org/farmersmarket/**
Elmwood-Bidwell Farmers Market	Elmwood & Bidwell Parkway Buffalo 14222	Saturday 8:00 AM – 1:00 PM	**Location Type**: Farmers Market **Currency Type**: Tokens	**https://www.elmwoodmarket.org**



Check each website for updates as hours of operation may change

Buffalo's Local Markets Accepting SNAP Benefits

SEASONAL LOCATIONS

MAP Parkside Community	1021 Broadway Buffalo 14212	Friday 10:00 AM – 12:00 PM	**Location Type**: Mobile Market **Currency Type**: Tokens	**https://www.mass-ave.org/findourtruck**
Urban Fruits and Veggies Mobile Market - Kenmore Farmers Market	2919 Delaware Ave, Kenmore, NY 14217	Sunday 9:00 AM – 1:00 PM	**Location Type**: Farmers Market **Currency Type**: Loyalty Card	**https://www.facebook.com/westsidetilthfarm/**
Urban Fruits and Veggies Mobile Market - Westminster Senior Homes	419 Monroe Street Buffalo 14210	Specific dates 12 pm - 1:00 pm	**Location Type**: Farmers Market **Currency Type**: Loyalty Card	**https://www.mass-ave.org/findourtruck**
Urban Fruits and Veggies Mobile Market - Niagara Street Pediatrics	1050 Niagara Street Buffalo 14213	Fridays 10:00 AM – 1:00 PM	**Location Type**: Farmers Market **Currency Type**: Tokens	**https://providencefarmcollective.org/farmersmarket/**

Check each website for updates as hours of operation may change

Embracing Health, Empowering Communities

Healthy Options Restaurants

Useful website: https://www.healthyoptionsbuffalo.com/app/restaurant/search
Can filter by: Restaurant Name, Region, Budget Range, or Food Festival

Restaurant Region: Buffalo

Babcia's Pierogi
- **999 Broadway, The Broadway Market, Buffalo, NY 14212**
- Healthy Option Suggestion: Sweet and Sour Cabbage, Cabbage Salad

- **The Babarian Nut Company**
  - **822 Elmwood Avenue, Buffalo, NY 14222**
  - Healthy Option Suggestion: Bavarian Train Mix, Buffalo Hot Nuts
- **Big Ditch Brewing Company**
  - **55 E Hurron Street, Buffalo, NU 14203**
  - Healthy Option Suggestion: Roasted Brussels Sprouts
- **Bratts Hill**
  - **719 Seneca St, Buffalo, NY 14210**
  - Healthy Option Suggestion: Tally man Boat, Blackened Salmon, Burrata Salad
- **Brothers Restaurant & Bar**
  - **475 Ellicott St, Buffalo, NY 14203**
  - Healthy Option Suggestion: Lemon Pepper Salmon with Broccoli Rice and Cabbage

Buffalo Riverworks
- **359 Ganson St, Buffalo, NY 14203**
- Healthy Option Suggestion: House Salad, Black Bean Corn Salsa, GLF Grilled Chicken Sandwich, Cobb Salad, Chicken Wheeler's Wrap, Autumn Veggie Wrap

Betty's Restaurant
- 379 Virginia St, Buffalo, NY, 14201
- From scratch kitchen, offering diverse meals and plant-based dishes

Restaurant Region: Cheektowaga

Sakura Sushi
- **3719 Union Road, Cheektowaga, 14225**
- Healthy Option Suggestion: Seaweed Salad

Salvatore's Italian Gardens Restaurant
- **6461 Transit Road, Depew, NY, 14043**

Healthy Option Suggestion: Grilled Vegetable Quinoa, Caprese Pasta Salad, Caprese Skewers, Tuna Tarter Shooter

Restaurant Region: Tonawanda

Go Veggies
- **1290 Sheridan Drive, Tonawanda, NY 14217**

Healthy Option Suggestion: Black Bean Burger, Coconut Curried Lentil Soup, Spinach Curry, Spicy Mushroom, Spinach Burger, Mango Avocado Salad

Hen House
- **200 Main Street, Tonawanda, NY 14150**

Healthy Option Suggestion: Grilled Chicken Salad

Additional WNY Food and Health Resources

Seasonal Fruits and Vegetables in NYS

https://agriculture.ny.gov/system/files/documents/2019/03/harvestchart2016english.pdf

Erie Grown Passport

https://www3.erie.gov/eriegrown/erie-grown-passport

Little Free Pantry

https://www.facebook.com/profile.php?id=100069055890254#

Healthy Corner Store, now Healthy Community Store Initiative

https://erie.cce.cornell.edu/healthy-community-store-initiative

Community Fridge

https://www.buffalocommunityfridges.com/

Fall Fun in Erie County

https://www3.erie.gov/eriegrown/sites/www3.erie.gov.eriegrown/files/2025-09/falleriegrownmap.pdf

Stay Fit Dining Program for Seniors

https://www3.erie.gov/aging/stay-fit-dining-program



Clinician Resources

Mayo Clinic Well-Being Index (Healthcare Version): A validated 9-question tool designed specifically for physicians, nurses, RDs, and clinicians to measure distress and burnout.
https://www.mywellbeingindex.org/demo-account/

Lifestyle Medicine Short Assessment Form.....14-18
Diet Screener 9Q.....19-20
Diet Screener 27Q.....21-25
Oldenburg Burnout Inventory 26
ProQOL (Professional Quality of Life Scale).....27-30



Lifestyle Medicine Short Assessment Form

AMERICAN COLLEGE OF Lifestyle Medicine

The following questions comprise the core metrics we propose using to capture readiness, willingness and confidence to change, as well as health behaviors that are aligned with the six pillars of lifestyle medicine. This assessment tool was adapted from the original Loma Linda University/American College of Lifestyle Medicine short form published in 2019 and updated in 2024.

Readiness to Change

On a scale of 0-10, with 0 being least and 10 being most, how important is it that you make lifestyle changes to improve your health?

0 1 2 3 4 5 6 7 8 9 10

Not Ready — Somewhat Ready — Very Ready

On a scale of 0-10, with 0 being least and 10 being most, how confident are you to make lifestyle changes to improve your health?

0 1 2 3 4 5 6 7 8 9 10

Not Confident — Somewhat Confident — Very Confident

Motivation

Please rank the top 3 areas you are most motivated to change in order to improve your current overall LEVEL OF HEALTH (1 being most motivated).

___ Avoidance of Risky Substances
___ Nutrition
___ Physical Activity
___ Sleep
___ Social Connectedness
___ Stress Management

Nutrition: ACLM Diet Screener 9

This brief questionnaire will ask about your usual diet over the last 4 weeks. Please try to answer as accurately as possible – there are no right or wrong answers. Your best guess is better than leaving a blank.
It's ok if something that you eat falls into more than one category.

Over the last 4 weeks, how often did you eat or drink the following items?

	Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day
Fruit (Apples, bananas, oranges, melon, berries, or any other fruit)						

Nutrition: ACLM Diet Screener 9

Vegetables (Cooked and raw leafy greens, tomatoes, carrots, potatoes, peas, or any other vegetables or dishes that are mostly made from vegetables)

Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day

Whole Grains (Oats, brown rice, whole grain bread or whole grain cereal, or any other 100% whole grain products)

Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day

Refined Grains or Refined Grain Products (Any items made from white flour or white rice, like bread, tortillas, baked goods or snacks, pasta, or other foods)

Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day

Packaged/Prepared, Restaurant, Takeout, or Fast Food Meals (Any store-bought dishes or meals, refrigerated or frozen, or any kind of ready-to-eat meals or dishes, take-out, or meals from a restaurant)

Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day

Sugary Foods and Beverages (Sweetened (sugar added) breakfast cereals, sweetened yogurts, candy, other desserts, or other foods with added sugar, or any sweetened beverages including soda/pop, sweetened tea or coffee drinks, energy drinks, etc.)

Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day

Salty Foods (Chips, crackers, or other salty snacks; canned soups, sauces, salad dressings, or other foods with added salt)

Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day

Fried Foods (Fried foods such as French fries, onion rings, fried chicken or other meat, fried potatoes, fry bread, tempura, or other fried foods)

Never	Less than 1x/week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/day

Nutrition: ACLM Diet Screener 9

Whichsources ofprotein doyou eat frequently (at least a few times a week)?

Please select all that apply.

___ Beef,pork, or lamb

___ Lunchmeat, bacon, or sausage

___ Poultry or poultry-based dishes

___ Wild game (venison, elk)

___ Nuts andseeds

___ Fish or shellfish or seafood-based dishes

___ Beans/legumes, or products made from them

___ Dairy and dairy products

___ Eggs or egg-based dishes

Physical Activity: Exercise Vital Sign1

Foran average week in thelast 30 days,how many days per week did you engage in moderate to vigorous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)? _____ days

On those days that you engage in moderate to vigorous exercise, how many minutes, on average, do you exercise? _____ minutes

During the past month, how many times per week did you do physical activities or exercises to strengthen your muscles? _____ times per week

Sleep

Over the last 2 weeks, how many hours of sleep did you average in a 24-hour period?

Less than 4 hrs	4-5 hrs	5-6 hrs	6-7 hrs	7-8 hrs	8-9 hrs	9 or more hrs

Over the last 2 weeks, how often did you feel tired or have difficulty staying awake during routine tasks in the day?

Not at all	Several days	More than half the days	Nearly every day

Stress - PSS-42 *(if not already present in electronic health record)*

In the last month, how often have you felt

	Never	Almost never	Sometimes	Fairly often	Very often
That you were unable to control the important things in your life?					
Confident about your ability to handle your personal problems?					
That things were going your way?					
Difficulties were piling up so high that you could not overcome them?					

3

Meaning and Connectedness

Over the last 2weeks,howoften have you felt like your life had purpose or meaning?

Notat all	Several days	More than half the days	Nearly every day

Over the last 2 weeks, how often have you felt connected with any support network (e.g. community, spiritual, friends/family, nature, yoga, or meditation)?

Not at all	Several days	More than half the days	Nearly every day

Substance Use

In the case that something in the electronic medical record already exists to assess for the following substances, we recommend you use those assessment tools.

Have you usedNICOTINE(cigarettes, e-cigarettes/vaping, chewing tobacco, cigars) in the past year? _____ Yes ____ No

If you marked "YES", how many (cigarettes, e-cigarettes/vaping, chewing tobacco, cigars) do you usually use a week? _____ per week

Are you currently using any over-the-counter or prescription nicotine replacement products? _____ Yes ____ No

Are you interested in quitting? _____ Yes ____ No

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your nicotine use?

0 1 2 3 4 5 6 7 8 9 10

Not Concerned Somewhat Concerned Very Concerned

Have you used ALCOHOL (12 oz beer, 5 oz wine, 1.5 oz liquor) in the past year? _____ Yes ____ No

If you marked "YES", how much alcohol do you usually use a week? _____ per week

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your alcohol use?

0 1 2 3 4 5 6 7 8 9 10

Not Concerned Somewhat Concerned Very Concerned

Have you used MARIJUANA / THC / CBD in the past year? _____ Yes ____ No

If you marked "YES", is this marijuana prescribed by a healthcare professional? _____ Yes ____ No

If you marked "YES", how much marijuana do you usually use a week? _____ per week

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your marijuana use?

0 1 2 3 4 5 6 7 8 9 10

Not Concerned Somewhat Concerned Very Concerned

Substance Use Cont.

Have youused Other DRUGS(cocaine, heroin, meth, opioids etc.) in the past year? _____ Yes ____ No

If you marked “YES”, how much do you usually use a week? _____ per week

On a scale of 1-10, with 1 being least and 10 being most, how concerned are you about your recreational drug use?

0 1 2 3 4 5 6 7 8 9 10

Not Concerned Somewhat Concerned Very Concerned

References:

1. Golightly YM, Allen KD, Ambrose KR, Stiller JL, Evenson KR, Voisin C, Hootman JM, Callahan LF. Physical Activity as a Vital Sign: A Systematic Review. Prev Chronic Dis. 2017 Nov 30;14:E123. doi: 10.5888/pcd14.170030. PMID: 29191260; PMCID: PMC5716811.2.
2. Cohen S, Kamarck T, Mermelstein R. A global measure of perceived stress. Journal of health and social behavior. 1983;24(4):385-396. 3.
3. Simon J, Panzer J, Wright KM, et al. Reduced accuracy of intake screening questionnaires tied to Quality Metrics. Annals of Family Medicine. September 1, 2023. Accessed September 19, 2024. https://www.annfa-mmed.org/content/21/5/444.

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ACLM Diet Screener 9 (ACLM DS-9)

Instructions

This brief questionnaire will ask about your usual diet over the last 4 weeks. Please try to answer as accurately as possible – there are no right or wrong answers. Your best guess is better than leaving a blank.

Please consider what you have typically eaten over the last 4 weeks when answering the following questions.

It's ok if something that you eat falls into more than one category.

Over the last four weeks, how often did you eat or drink the following items?



Fruit

(Apples, bananas, oranges, melon, berries, or any other fruit)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day



Vegetables (Cooked and raw leafy greens, broccoli, carrots, potatoes, peas, or any other vegetable or dishes that are mostly made from vegetables)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day



Whole Grains or Whole Grain Products

(Oats, brown rice, whole grain bread or cereal, whole grain flour, or any other 100% whole grain products)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day



White Bread, White Pasta, White Rice, or Foods Made from White Flour

(Any items made from white flour or white rice, like bread, tortillas, baked goods or snacks, pasta, or other foods)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day



Packaged/Prepared, Restaurant, Takeout, or Fast Food Meals

(Any store-bought dishes or meals, refrigerated or frozen, or any kind of ready-to-eat meals or dishes, take-out, or meals from a restaurant)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day



Sugary Foods and Beverages

(Sweetened (sugar added) breakfast cereals, sweetened yogurts, candy, other desserts, or other foods with added sugar, or any sweetened beverages including soda/pop, sweetened tea or coffee drinks, energy drinks, etc.)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day

Diet Screener 9Q

Overthelastfourweeks,howoften did you eat or drink the following item?





Salty Foods (Chips, crackers, or other salty snacks; canned soups, sauces, salad dressings, or other foods with added salt)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day





Fried Foods

(Fried foods such as French fries, onion rings, fried chicken or other meat, fried potatoes, fry bread, tempura, or other fried foods)

- ◯ Never
- ◯ Less than once a week
- ◯ 1-3 times a week
- ◯ 4-6 times a week
- ◯ 1-2 times a day
- ◯ 3 or more times a day

Which sources of protein did you eat frequently (2-3 times a week or more)? Please select all that apply.



◯ Beef, pork, or lamb



◯ Lunchmeat, bacon, hot dogs, or sausage



◯ Poultry or poultry-based dishes



◯ Wild game (venison, elk)



◯ Fish, shellfish, or seafood-based dishes



◯ Beans, peas or lentils, or products made from them



◯ Nuts, Seeds, or Avocado



◯ Dairy and dairy products



◯ Eggs or egg-based dishes

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ACLM Diet Screener 27 (ACLM DS-27)

Instructions

This brief questionnaire will ask about your **usual diet over the last 4 weeks**. Please try to answer as accurately as possible – there are no right or wrong answers. Your best guess is better than leaving a blank.

Please **consider what you have typically eaten over the last 4 weeks** when answering the following questions.

You may need to answer "yes" multiple times for the same food, such as smoothies, which may include fruits, nuts, or other ingredients, or lasagna, which may include pasta, meat, vegetables, tomato sauce, cheese, added salt, and added fats/oils. **It's okay to answer yes to more than one question** for the same food because the questions capture different aspects of the foods.

Over the last four weeks, how often did you eat or drink the following items?

	EXAMPLES		
 **Fruit**	apples, bananas, pears, Asian pears, oranges, tangerines, or other citrus fruit, peaches, plums, cherries or other stonefruit, melons, grapes strawberries, blueberries, blackberries, chokeberries, or other berries, jack fruit, guava, kiwi, watermelon, breadfruit, papaya, prickly pear, passionfruit, custard apple, pineapple, plantains, pomegranate, mangos, durian, lychee, starfruit, or any other tropical fruit, dried fruit, **or any other fruit** (do not include avocado)	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Leafy green vegetables**	cooked and raw leafy greens such as lettuce or romaine, spinach, kale, collards, chard, Chinese broccoli, beet greens, arugula, parsley, purslane, sorrel, cilantro, ramps, sochan, tat soi, bok choi, cabbage, napa cabbage, mustard greens, moringa, amaranth leaves, fenugreek leaves, drumstick leaves, watercress, micro-greens, any kind of sprouts, seaweed, **or other leafy green vegetables or dishes** made w/ them	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Other vegetables or vegetable dishes**	asparagus, cucumbers, tomatoes, root vegetables such as potatoes, sweet potatoes or yams, taro, carrots, jicama, or daikon, broccoli, bamboo shoots, cauliflower, celery, onions, garlic, ginger, beets, green plantain, green beans, green peas, cactus, snowpeas, sugar snap peas, bean sprouts, bell peppers, eggplant, lotus roots, okra, water chestnuts, mushrooms, zucchini, squash or gourd, winter melon, pumpkin, yuca, **or any other vegetables or dishes** made from them	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Whole grains or food made from whole grain flour**	any kind of brown, black, purple, or red rice, quinoa, millet, barley, bulgur, buckwheat, wheat berries, millet, corn, maize, or polenta, grits, tamales, sorghum, amaranth, oat groats, farro, steel-cut oats, or thick-rolled oats, teff, 100% whole grain bread, tortillas, roti, or whole grain pasta/noodles, waffles, pancakes, muffins, baked goods, instant or quick-cooking oats, or whole grain ready-to-eat cereal, **or any other 100% whole grain products**.	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

	EXAMPLES		
 **White bread, white pasta, white rice, or foods made from white flour**	any kind of white flour bread, tortillas, flatbreads, naan, roti, pita, bagels, buns, Native American bean bread, or other baked goods made with white flour or white rice, white rice dishes, mochi, white flour or semolina flour pasta/noodles, ramen, glass noodles, wonton skin, couscous, ready-to-eat white flour cereal, waffles, pancakes, muffins, **or any other items made from white flour** such as brownies, cookies, croissants, pastries, biscuits, donuts, muffins, crackers, cereal bars, pretzels, etc.	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Beans, peas, or lentils, or products made from them**	baked beans, black beans, kidney beans, navy beans, pinto beans, chickpeas, pigeon peas, black-eyed peas/cowpeas, lima beans, white/navy beans, red, green, brown or black lentils, split peas, edamame/soybeans, mung beans, black gram, red beans, red bean paste, refried beans, or any other beans, tofu/bean curd, tempeh, bean dip, hummus, dal, homemade bean burgers, falafel, **or other bean products or dishes** made with them (do not include green beans or green peas)	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Nuts, nut butters, seeds, avocado, or coconut**	nuts such as almonds, cashews, pistachios, peanuts, pecans, walnuts, peanut butter or any nut butters, seeds such as chia, flax, sesame pumpkins sunflower or any other seeds, tahini or any seed butters, avocado, or coconut, **or dishes** made from these foods	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Meat or poultry or meat-based dishes**	beef of any kind including steak, beef ribs, veal, etc., lamb, pork, pork belly or pork ribs, chitlins/chitterlings, or any other pork, bison, venison, moose, or any other wild game, hamburgers, hot dogs, frankfurters, kebabs, bulgogi, satay, kalbi, sausage, ham, lunchmeats, corned beef, beef jerky, liver, kidney, or other organ meat, canned meat, bacon, goat, duck, chicken, turkey, turkey necks, **or any other dishes made with meat or poultry**	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Fish, shellfish or seafood-based dishes**	bass, catfish, cod, flounder, tuna, mackerel, perch, salmon, tilapia, trout, halibut, swordfish, sardines, snapper, whitefish, eel, mussels, oysters, lobster, crab, crawfish, shrimp, clams, scallop, octopus, other fish or shellfish, or sushi, sashimi, fish balls, fish soup, **or any other dishes made with fish or shellfish**, etc.	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Eggs or egg-based dishes**	eggs or egg whites cooked any way such as fried, boiled, poached, or deviled eggs etc., or egg-based dishes such as breakfast egg sandwiches, quiche, frittata, souffle, omelet, **or any dishes using eggs**, etc.	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

	EXAMPLES		
 **Dairy milk**	milk including skim milk, low-fat milk, full-fat milk, milk tea, chocolate milk, **or any other milk**, etc.	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Other dairy foods**	yogurt, butter, ghee, buttermilk or buttermilk drinks/dressings, evaporated or condensed milk, cream, any kind of cheese (including hard, soft, etc), cottage cheese, cream cheese, sour cream, ice cream, frozen yogurt, puddings, shakes or other milk-based desserts, **or any dishes made with milk, butter, cheese or other dairy products**, etc.	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Non-dairy milk**	plant-based milk/beverages such as almond, soy, nut, oat, rice, hemp, pea, coconut, **or any other plant-based milks**, etc.	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Plant-based meat/fake meat, dairy substitutes**	store-bought plant-based/mock "burgers," deli "meats," "chicken", nuggets, "hot dogs," seitan, etc., or plant-based cheeses, yogurt, sour cream, cream cheese, ice cream, whipped cream, **or any other fake "meat" or "dairy" products** *(do not include plant-based milks)*	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Packaged/ prepared foods or frozen meals**	**any** store-bought dishes or meals, refrigerated or frozen, **not from** restaurants, delis, or fast food	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day
 **Restaurant/ takeout foods**	**any kind of** ready-to-eat meals or dishes from a deli, takeout/quick-service restaurant, pizzeria, taqueria, grill bar, etc., or sit-down restaurant	○ Never ○ Less than once a week ○ 1-3 times a week	○ 4-6 times a week ○ 1-2 times a day ○ 3 or more times a day

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

	EXAMPLES		
 **Fast foods**	foods from well-known chain restaurants that emphasize "burgers and fries", fried chicken, tacos, burritos, nuggets, hoagies, sandwiches, Asian street food, Indian street food, fish n' chips, **and other similar type meals**, etc.	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Packaged bars, shakes, or powders**	protein bars, breakfast bars, granola or nut-based bars, liquid meals/meal replacement shakes, smoothie powders, or protein powders	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Salty snacks or foods w/ added salt**	chips, crackers, pretzels, popcorn, or other salty snacks; pickles, box or canned soups, sauces, salad dressings, jerky, salted nuts, seaweed snacks, wasabi peas, namkeen, **other prepared salty foods, or adding salt** to food	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Sweetened foods w/ added sugar**	sweetened breakfast cereals, brownies, cookies, croissants, pastries, cakes, donuts, muffins, sweetened yogurts, candy, other desserts, crackers, **other foods with added sugar, or adding sweeteners** such as sugar, honey, molasses, agave, or other sweeteners to food	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Fried foods or foods w/ added butter, fats, or oil**	fried foods such as French fries, onion rings, fried fish, fried chicken, fried cheese or other meat, fried potatoes, fry bread, fried dough, donuts or hushpuppies, tempura, samosa, scallion pancakes, other fried foods, potato chips or other chips, salty snacks, salad dressings, pastries, cookies, and **other similar foods etc., or adding butter, oil, mayonnaise, lard, margarine, or any other fat/oil to food**	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Water or plain herbal beverages**	plain water, carbonated unsweetened water, any kind of unsweetened herbal or noncaffeinated tea, or other unsweetened waters	◯ Never ◯ Less than once a week ◯ 1-3 times a week	◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day

ACLM Diet Screener 27Q

Over the last four weeks, how often did you eat or drink the following items?

	EXAMPLES	
 **100% juice (fruit or vegetable)**	juice made from fruits or vegetables with nothing added to it	◯ Never ◯ Less than once a week ◯ 1-3 times a week ◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Beverages with added sugars/ sweeteners**	soda/pop/cola, sports/energy drinks, sweetened hot or ice tea or coffee, bubble tea, lemonade, fruit drinks, fruit punch, agua fresca, hot chocolate, other powdered drinks or drink mixes, sweetened plant-based milks, sweetened coconut water, sweetened liquid yogurt/kefir, milkshakes, atole, horchata, kombucha, cocktails, or **any other sweetened beverage**, etc.	◯ Never ◯ Less than once a week ◯ 1-3 times a week ◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Coffee or other caffeinated beverages**	any kind of coffee, green, black, chai, or other caffeinated tea, energy drinks, soda with caffeine, or **any other caffeinated beverage**, etc.	◯ Never ◯ Less than once a week ◯ 1-3 times a week ◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **Alcoholic beverages**	beer, wine, hard cider, mixed drinks/cocktails, sake, or liquor/spirits, **or any other alcoholic drink**	◯ Never ◯ Less than once a week ◯ 1-3 times a week ◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day
 **B12 supplement or B12-fortified foods**	B12 in the form of fortified foods and beverages, multivitamin containing B12, pure B12 supplements, or injections	◯ Never ◯ Less than once a week ◯ 1-3 times a week ◯ 4-6 times a week ◯ 1-2 times a day ◯ 3 or more times a day

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Administer Online

Oldenburg Burnout Inventory (OLBI)

OLBI · SELF-REPORT

RESPONDENT NAME _____ DATE _____ CLINICIAN _____

Instructions

Below is a series of statements with which you may agree or disagree.

Using the scale, please indicate the degree of your agreement by selecting the response option that corresponds with each statement.

1	I always find new and interesting aspects in my work.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE
2	There are days when I feel tired before I arrive at work.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
3	It happens more and more often that I talk about my work in a negative way.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
4	After work, I tend to need more time than in the past in order to relax and feel better.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
5	I can tolerate the pressure of my work very well.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE
6	Lately, I tend to think less at work and do my job almost mechanically.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
7	I find my work to be a positive challenge.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE
8	During my work, I often feel emotionally drained.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
9	Over time, one can become disconnected from this type of work.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
10	After working, I have enough energy for my leisure activities.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE
11	Sometimes I feel sickened by my work tasks.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
12	After my work, I usually feel worn out and weary.	1 STRONGLY DISAGREE	2 DISAGREE	3 AGREE	4 STRONGLY AGREE
13	This is the only type of work that I can imagine myself doing.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE
14	Usually, I can manage the amount of my work well.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE
15	I feel more and more engaged in my work.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE
16	When I work, I usually feel energised.	4 STRONGLY DISAGREE	3 DISAGREE	2 AGREE	1 STRONGLY AGREE

Exhaustion (Items 2, 4, 5, 8, 10, 12, 14, 16): _____

Disengagement (Items 1, 3, 6, 7, 9, 11, 13, 15): _____

Total (sum of Exhaustion + Disengagement) _____

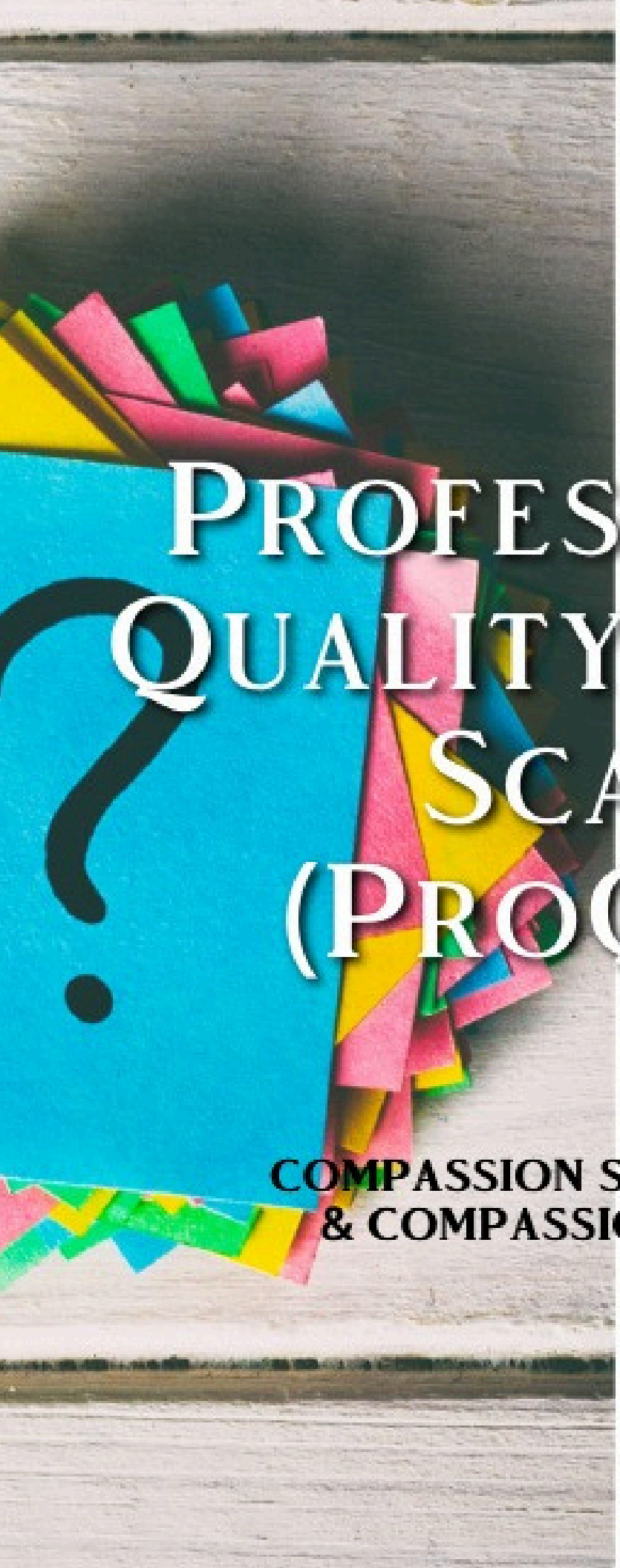
Developer Reference:

Demerouti, E. (1999). Burnout: Eine Folge konkreter Arbeitsbedingungen bei Dienstleistungs- und Produktionstätigkeiten [Burnout: A consequence of specific working conditions among human services, and production tasks]. Peter Lang.

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Scan to administer the OLBI online



Professional Quality of Life Scale (ProQOL)

COMPASSION SATISFACTION & COMPASSION FATIGUE

Professional Quality of Life Scale(ProQOL)

Compassion Satisfaction and Compassion Fatigue (ProQOL) Version 5 (2009)

When you *[help]* people you have direct contact with their lives. As you may have found, your compassion for those you *[help]* can affect you in positive and negative ways. Below are some-questions about your experiences, both positive and negative, as a *[helper]*. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the *last 30 days*.

1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often

1. _____ I am happy.
2. _____ I am preoccupied with more than one person I *[help]*.
3. _____ I get satisfaction from being able to *[help]* people.
4. _____ I feel connected to others.
5. _____ I jump or am startled by unexpected sounds.
6. _____ I feel invigorated after working with those I *[help]*.
7. _____ I find it difficult to separate my personal life from my life as a *[helper]*.
8. _____ I am not as productive at work because I am losing sleep over traumatic experiences of a person I *[help]*.
9. _____ I think that I might have been affected by the traumatic stress of those I *[help]*.
10. _____ I feel trapped by my job as a *[helper]*.
11. _____ Because of my *[helping]*, I have felt "on edge" about various things.
12. _____ I like my work as a *[helper]*.
13. _____ I feel depressed because of the traumatic experiences of the people I *[help]*.
14. _____ I feel as though I am experiencing the trauma of someone I have *[helped]*.
15. _____ I have beliefs that sustain me.
16. _____ I am pleased with how I am able to keep up with *[helping]* techniques and protocols.
17. _____ I am the person I always wanted to be.
18. _____ My work makes me feel satisfied.
19. _____ I feel worn out because of my work as a *[helper]*.
20. _____ I have happy thoughts and feelings about those I *[help]* and how I could help them.
21. _____ I feel overwhelmed because my case [work] load seems endless.
22. _____ I believe I can make a difference through my work.
23. _____ I avoid certain activities or situations because they remind me of frightening experiences of the people I *[help]*.
24. _____ I am proud of what I can do to *[help]*.
25. _____ As a result of my *[helping]*, I have intrusive, frightening thoughts.
26. _____ I feel "bogged down" by the system.
27. _____ I have thoughts that I am a "success" as a *[helper]*.
28. _____ I can't recall important parts of my work with trauma victims.
29. _____ I am a very caring person.
30. _____ I am happy that I chose to do this work.

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Your Scores on the ProQOL: Professional Quality of Life Screening

Based on your responses, place your personalscoresbelow.Ifyouhaveanyconcerns,youshoulddiscussthem with a physical ormental health care professional.

Compassion Satisfaction

Compassion satisfaction is aboutthe pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positive about your colleagues or your ability to contribute to the work setting or even the greater good of society. Higher scores on this scale represent a greater satisfaction related to your ability to be an effective caregiver in your job.

The average score is 50 (SD 10; alpha scale reliability .88). About 25% of people score higher than 57 and about 25% of people score below 43. If you are in the higher range, you probably derive a good deal of professional satisfaction from your position. If your scores are below 40, you may either find problems with your job, or there may be some other reason—for example, you might derive your satisfaction from activities other than your job.

Burnout

Mostpeople have an intuitive idea of what burnout is. From the research perspective, burnout is one of the elements of Compassion Fatigue (CF). It is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment. Higher scores on this scale mean that you are at higher risk for burnout.

The average score on the burnout scale is 50 (SD 10; alpha scale reliability .75). About 25% of people score above 57 and about 25% of people score below 43. If your score is below 43, this probably reflects positive feelings about your ability to be effective in your work. If you score above 57 you may wish to think about what at work makes you feel like you are not effective in your position. Your score may reflect your mood; perhaps you were having a "bad day" or need some time off. If the high score persists or if it is reflective of other worries, it may be a cause for concern.

Secondary Traumatic Stress

Thesecond component ofCompassionFatigue(CF) is secondary traumatic stress (STS). It is about your work-related, secondary exposure to extremely or traumatically stressful events. Developing problems due to exposure to other's trauma is somewhat rare but does happen to many people who care for those who have experienced extremely or traumatically stressful events. For example, you may repeatedly hear stories about the traumatic things that happen to other people, commonly called Vicarious Traumatization. If your work puts you directly in the path of danger, for example, fieldwork in a war or area of civil violence, this is not secondary exposure; your exposure is primary. However, if you are exposed to others' traumatic events because of your work, for example, as a therapist or an emergency worker, this is secondary exposure. The symptoms of STS are usually rapid in onset and associated with a particular event. They may include being afraid, having difficulty sleeping, having images of the upsetting event pop into your mind, or avoiding things that remind you of the event.

The average score on this scale is 50 (SD 10; alpha scale reliability .81). About 25% of people score below 43 and about 25% of people score above 57. If your score is above 57, you may want to take some time to think about what at work may be frightening to you or if there is some other reason for the elevated score. While higher scores do not mean that you do have a problem, they are an indication that you may want to examine how you feel about your work and your work environment. You may wish to discuss this with your supervisor, a colleague, or a health care professional.

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What is my score and what does it mean?

In this section,you will scoreyour testand thenyoucan compareyour scoreto theinterpretation below. To find your score on each section, total the questions listed on the left in each section and then find your score in the table on the right of the section.

Compassion Satisfaction Scale:

3. ____
6. ____
12. ____
16. ____
18. ____
20. ____
22. ____
24. ____
27. ____
30. ____
Total:_____

The sum of my Compassion Satisfaction Questions	So My Score Equals	My Level of Compassion
22 or less	43 or less	Low
Between 21 and 41	Around 50	Average
42 or more	57 or more	High

Burnout Scale:

*1. ____ = ____
*4. ____ = ____
8. ____
10. ____
*15. ____ = ____
*17. ____ = ____
19. ____
21. ____
26. ____
*29. ____ = ____

Reverse the scores for those that are starred.
0=0, 1=5, 2=4, 3=3,4=2, 5=1
Total: _____

The sum of my Burnout Questions	So My Score Equals	My Level of Burnout
22 or less	43 or less	Low
Between 21 and 41	Around 50	Average
42 or more	57 or more	High

Secondary Trauma Scale:

2. ____
5. ____
7. ____
9. ____
11. ____
13. ____
14. ____
23. ____
25. ____
28. ____
Total: _____

The sum of my Secondary Traumatic Stress Questions	So My Score Equals	My Level of Secondary Traumatic Stress
22 or less	43 or less	Low
Between 21 and 41	Around 50	Average
42 or more	57 or more	High

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What to do moving forward?

1. Immediate Peer & Confidential Support:
    a. NY State OMH Emotional Support Helpline/Healthcare Worker Support: Dedicated resources for NY medical professionals.
    b. Physician Support Line: Free, confidential peer support by volunteer psychiatrists (1-888-409-0141).
2. Institutional & Professional Referral:
    a. Contact Employee Assistance Programs (EAP) or hospital Wellness Officers (e.g., Kaleida Health / ECMC / UBMD Wellness Initiatives).
    b. Engage certified Health & Wellness Coaches or therapists specializing in clinician distress.
3. Emotional PPE Project:
    a. Connects healthcare workers individually with licensed mental health professionals who provide free, confidential therapy sessions with no insurance billing.
    b. Website: emotionalppe.org
4. Mental Health Advocates of WNY (MHAWNY) – Workplace Well-Being:
    a. Local mental health navigation, peer support linkage, and workplace wellness tools designed for regional workers.
    b. Contact: 716-886-1242 mhawny.org
5. Medical Society of the County of Erie (MSCE) Physician Wellness Committee:
    a. MSCE provides dedicated physician wellness advocacy, peer-led support initiatives, and connections to confidential local support tailored to WNY practitioners.
    b. Contact: 716-852-1810 wnydocs.org/physician-burnout
6. Medical Society of the State of New York (MSSNY) Peer Support Line:
    a. Confidential 1-to-1 peer support for NY physicians, residents, and medical students delivered by trained physician peers who understand clinical burnout, moral injury, and administrative distress.
    b. Access Line: 1-840-200-5128



Additional Resources related to this years topics

Women's Health: PCOS, PMDD/PMOS & Perimenopause Providers

- UBMD Obstetrics & Gynecology (Integrative Women's Health): Specialized clinics for hormonal disorders, PCOS, and menopausal transition.
- Local Women's Health Practices:
  - Lifestyle Nutrition Counseling PLLC - Beth Machnica MPH MS RDN CDN
  - Melissa Groves Azzaro, RDN, LD, The Hormone Dietitian, LLC
  - Basma Faris, MD, FACOG, CCMS, Obstetrician and Gynecologist
- Local Integrative and Functional Health Practices:
  - Flourish Nutrition - Catherine Brown, MS, RDN, CDN, FAND
  - Illuminate Functional Health - Rachel Kronemann, MS, RDN, LD
  - Jennifer Jennings, DNP, MS, APRN, FNP-BC, Integrative and Functional Medicine
  - Noelle Citarella, MS, RDN, CDN, IFNCP, Integrative and Functional Health

Recommendations for Student & Attendee Engagement

- UB Lifestyle Medicine Interest Group (LMIG): Student-run group for medical and health professions students focused on lifestyle medicine pillars. ubplminterestgroup@gmail.com
- UB Clinical Nutrition Club: Co-led Clinical Nutrition MS student organization promoting nutrition education, community outreach, and professional development. UBNutritionClub@Buffalo.edu
- Lighthouse Free Medical Clinic: Student-run clinic initiative connecting medical, dietetics, and public health students with community care.
- UB School of Public Health and Health Professions: Networking hubs for students and trainees in clinical nutrition and community health.



BIG BIG TABLE

BIG BIG BASH

SUPPORT BUFFALO'S FIRST PAY-AS-YOU CAN CAFE!

RAFFLES - MUSIC - GAMES - FOOD & DRINKS

SAVETHEDATE!

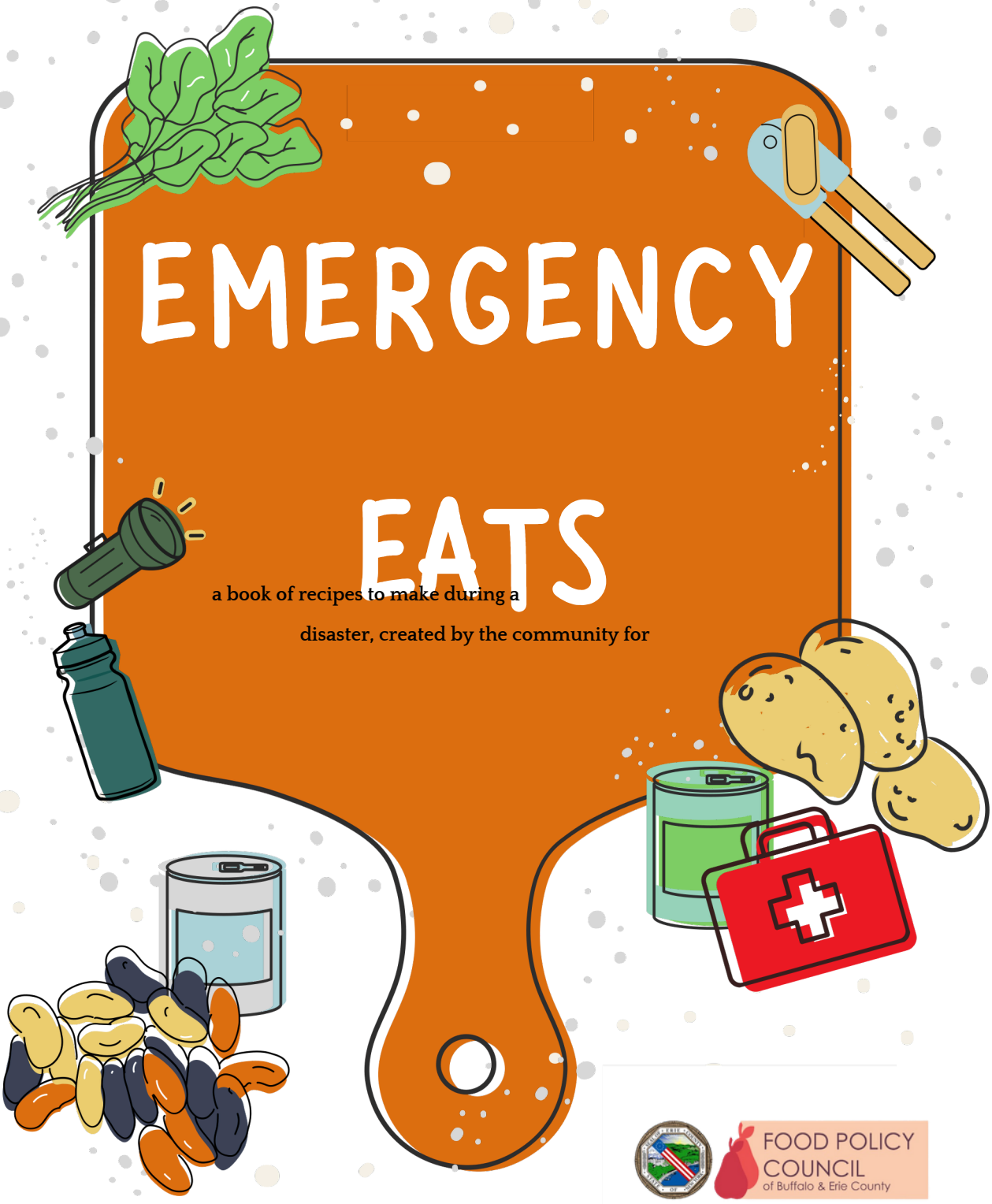
BIGBIGTABLE.ORG

RIFF CITY SOCIAL

166 Chandler St
Buffalo, NY

FRIDAY, OCT. 23

Doors open at 6;00p
Raffles close at 8:30p



EMERGENCY EATS

a book of recipes to make during a disaster, created by the community for

FOOD POLICY COUNCIL of Buffalo & Erie County

Get cooking this winter with the Buffalo and Erie County Food Policy Council's Emergency Eats Cookbook. This cookbook is filled with recipes that can be made during emergencies, especially when power, resources and fresh food may be limited. Scan the code to download. Happy cooking!

erie.gov/emergencyeats

FOOD POLICY COUNCIL
of Buffalo & Erie County

- The Food Policy Council of Buffalo and Erie County (FPC) is a collective of appointed and community members - from consumer advocates to farmers to local governments.
- The FPC's mission is to advocate for an equitable & sustainable food system for all of Buffalo & Erie County.
- Email us to find out how you can get involved!

CONNECT WITH US!

WEBSITE
www.erie.gov/fpc

INSTAGRAM
@fpcbuffaloerie

FACEBOOK
@BuffaloErieFPC

EMAIL
fpc@erie.gov

EMAIL UPDATES
erie.gov/fpcupdates

LET'S TALK ABOUT PRIMARY CARE

ERIE COUNTY OFFICE OF HEALTH EQUITY

Finding the right primary care provider can take time and effort. You may have to try a few providers before you find one that works for you. Your health is personal, and trust takes time to build. When you have a provider who listens, understands, and supports you, you'll have a partner in your health journey for a long time. With regular visits, your primary care provider can help:

- Prevent problems before they start
- Manage existing or ongoing problems
- Keep track of your overall health
- Avoid time spent in the hospital



WHAT IS PRIMARY CARE?

This is where you will receive credible or trustworthy information and professional advice about how to maintain your health and prevent illness. Your primary care provider is trained to recognize possible health concerns even when you feel healthy and well. It is important to visit your primary care provider at least once per year, even if you feel well. This gives your provider the chance to identify any potential problems early on. Primary care is also called family medicine, general practice (GP), or internal medicine. Primary care focuses on:

- **Wellness,** or your overall health, is affected by choices you canmake about whatyoueat, how you move your body, and other habits.
- **Preventive medicine** focuses on what you and your provider can do to keep an illness, disability, or early death from happening. Your provider will discuss things like vaccines, testing for diseases, and regular check-ups. The goal is to identify risk factors, notice early signs and symptoms, and promote healthy choices to avoid future illnesses. **Chronic care**
- **management** refers to all the ways your provider can watch and treat long- lasting conditions. It is normal for your provider to ask to see you in their office more than once a year when you are watching or working to improve a chronic health condition. Your provider may also want you to get testing done such as blood work or imaging, also called x-rays or scans.

TYPES OF PRIMARY CARE

A **primary care provider** is a medical professional who helps you manage your health. Many providers will use the term "**practice**" to mean the place where providers offer care. A **clinic** is type of practice that typically offers more than one type of care. **You may choose more than one primary care provider to meet your unique healthcare needs.**

Doctors who provide primary care typically have the letters "MD" (Medical Doctor) or "DO" (Doctor of Osteopathic Medicine) after their names. These are both types of medical doctors who can diagnose, treat, and prescribe medication. Doctors can also be called a physician or "GP" (general physician).

PEDIATRICIAN

Provider who sees infants, children, and young adults.

FAMILY MEDICINE

Provider who sees patients of all ages.

INTERNIST

Provider who sees adults.

OB/GYN: OBSTETRICIAN/GYNECOLOGIST

Provider who specializes in pregnancy, childbirth, postpartum (after birth), and reproductive health.

GERIATRICIAN OR GERIATRIC DOCTOR

Provider who focuses on the health of older adults.

OTHER TYPES OF PROVIDERS

A primary care provider is a medical professional who helps you manage your health. They are not always a medical doctor. It is common for patients to see a PA or NP for the majority of a doctor's appointment and visit with the MD or DO only briefly or occasionally.

PA: PHYSICIAN ASSISTANT AND NP: NURSE PRACTITIONER

APA or NP can diagnose, treat, and prescribe medication under the guidance of a doctor.

ARE PAs and NPs NURSES or DOCTORS?

An NP is a nurse who has had more advanced education and training. NPs and PAs are not doctors, but they have been trained and are licensed to provide medical care.

HEALTH INSURANCE



A health insurance plan can reduce the cost of doctors visits, tests, procedures, medicine, and other bills that can come up due to an accident or illness. You or your child may be eligible for free or lower cost health insurance.

To get health insurance, you can:

- Ask your employer about health insurance benefits
- Call 211 WNY by dialing 2-1-1 or texting your ZIP code to 898211
- Visit nystateofhealth.ny.gov to see what plans you qualify for. See tip below.
- Call Erie County Department of Social Services at (716) 858-8000 or visit https://www3.erie.gov/socialservices/medicaid-program

TIP: Search for "Find local help" on the NY State of Health website to access assistors offering FREE help exploring plans and enrolling in health insurance, including Child Health Plus. Assistance is available in multiple languages and on evenings and weekends.

CHOOSING A PROVIDER

Therearemanywaystofindahealthcareprovider.



Search online. Many websites will provide contact information and reviews. Search "find a primary care provider near me" in any internet browser to search for providers close to your location.



Ask your health insurance company. Insurance providers have an online tool or a phone number you can call to discuss your options.



Ask your community. People you trust and groups you are a part of may have a great recommendation. Use the guide below to know what questions to ask.



Your local hospital can help you find a health care provider. Some hospitals even have their own primary care clinics.

Here are some things to consider when choosing a provider:

- **Skills.** If you have a chronic illness, like diabetes, or are experiencing a big change in your life, like menopause, look for a provider that specializes in that area.
- **Needs.** Some providers are multilingual, specialize in treating immigrant or LGBTQIA+ communities, or provide additional services within their practice such as social workers or mental health care. You may want to look for a provider you feel culturally connected to, or you may prefer a particular age range, gender, race, or ethnicity.
- **Location**. Find a provider that you can get to. Some providers are on public transit routes. Some providers may only have street parking. Medicaid, your insurance company, or organizations for older adults may be able to help you get to your appointment.
- **Hours.** Look for an office with hours and locations that meet your schedule and travel needs. Some offices have evening and weekend hours. Others offer live support online when offices are closed.
- **Dignity.** Finding a provider you can trust and who respects your choices is important.
- **Fit.** Think about your experience after your first visit. If it was not a good fit, you can choose to find a different provider.

Changing providers can be stressful, but it is important to have a provider who listens to you and understands you.

RESPECT&DIGNITYAREKEY

It is okay to ask your provider about their understanding of your culture, race, or ethnicity. This will help them understand what is important in your care. Here are 3 questionsto ask:

1. Have you treated people like me or received training in cultural competence?
2. How do you see our different cultural backgrounds impacting communication and my treatment?
3. What is your understanding of differences in health outcomes for patients like me?

Sometimes providers explain medical terms in a way that does not make sense to you. It is okay to ask questions. It is your provider's job to explain things in a way that you understand.

You hired your provider to help you manage your health and wellness. You are in charge. **Trust is an important part of your relationship with your provider.** If you feel that your provider does not believe or respect you, you have the right to find aprovider who does.



Find lower cost primary care, behavioral health & dental care at a health care center near you. Visit www.snapcapwny.org/#safety.

TYPES OF VISITS



- Your **annualwellness visit** includes a physical exam and may also include vaccinations and lab tests. Your provider will check your general health by listening to your heart and lungs, looking at your nose and mouth, and more. Your provider can track changes over time and make recommendations based on the information you share during your visit.
- **Vaccinations** or **immunizations** like the flu shot help prevent illness by teaching your body's immune system how to defend itself against germs.
- **Screening lab tests** are usually ordered by your provider before your annual wellness visit. "Physical labs" refers to a collection of lab tests that is recommended each year. The lab collects samples of your blood, urine, and other body fluids to test for information about your health.
- **Preventive care screens** are tests designed to detect health concerns early on. These screens look for things like cancer, potential risks for falls, mental health changes, and more.



Most insurance plans cover or pay for preventive care measures like your annual wellness visit and cancer screenings. Be sure to check with your insurance company to find out which preventive care measures are covered under your plan.
Services and visits that are not considered preventive care may require you to pay a **copay or co-payment** for the service provided. This means you will need to pay a fee at the time of the visit. Check with your insurance plan to see what your copay will be.

ROUTINE CHECKUPS & CHRONIC CARE VISITS

- **Diagnostic tests** are exams, procedures, or assessments that help your provider determine if a disease or medical condition is present, how serious it is, and (sometimes) what caused it. One common diagnostic test is a biopsy. A **biopsy** is a laboratory test that examines a sample of tissue or fluid from your body for disease.
- If you have been diagnosed with a chronic medical issue, your provider will ask you to visit on a regular basis in order to manage the problem, watch for any changes, and make recommendations about what you can do to manage and improve your health.

ACUTE CARE VISITS

- **Sick visits** focus on a specific health concern like a sore throat or broken finger.
- Emergency room (ER) or hospital follow-up visits area form of acutecare visitcalled **transitions ofcare.**These visits occur after an ER orhospital stay. These visits arean opportunity foryouto ask questions about instructions from the hospital and for your provider tomakesure you understand these instructions and are takingany new medications correctly.

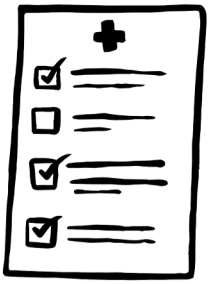
YOU KNOW YOUR BODY BEST



Tell your provider if you think something is wrong.
If you do notthink your providerislisteningtoyouwhenyousharesignsandsymptoms,tellyour doctor thatyoufeel this way.Iftheystillwillnotlisten,youmayneedtofindanewdoctor.Ifyoufeel as though youare being treatedunfairly,reportyourdoctortoyourhealthinsuranceprovider. Changing providers can bestressfulbutitisimportanttohaveaproviderwholistenstoyouand understands you.

PREPARING FOR YOUR VISIT

Before you see your provider, write a listof any signs (visible changesin your health) or symptoms (conditions you may feelor noticebut that others might notsee) you may have noticed. Bring your listof concerns and questions with youto your visit.If you are open and honest with your doctor, you may be able to learn about acondition or disease before it becomes very serious. Finding a disease in its early stages give you more treatment options and better outcomes. Your provider will order tests based on your signs and symptoms. These can include blood tests, x-rays, andmore.



WHAT TO EXPECT AT YOUR VISIT

- **A physical exam** to check your overall health at least once a year. Your provider will:
  - Check how well your organs are working
  - Check your eyes, ears, skin, heart, lungs, and more
  - Offer to update vaccinations
  - Review any lab tests you completed before your exam

- **A review of your medical history**, including any surgeries and conditions you have had in the past. Understanding your medical history helps your provider see the full picture of your health and create a treatment plan tailored to your specific medical needs.

- **A review of your family medical history** (conditions of people related to you). This is important because some diseases and conditions run in families. This information adds to the overall picture of your health. If your provider knows your family medical history, they can make more specific recommendations to help you stay healthy.

TIPS

- **Bring a list of questions** you may have so you don't forget them in the moment.
- **Bring a list of all the prescriptions**, over-the-counter medicines, and vitamins you take.
- **Bring a friend or family member** if you are concerned you might not remember or understand what your provider tells you.
  - You can also ask your provider if you can record the visit on your phone.
- **Take notes** to help you remember what your provider says.
- **Ask your provider to speak slowly, use simple language, and explain** anything you did not understand.
  - Repeat what they have said back to them. Try saying, *"I am hearing you say:_____. Did I get that right?"*
- **Request a printed copy of any test orders**. Many provider offices will tell you they are sending lab or x-ray orders directly to the lab or x-ray facility. Sometimes the script does not make it there, causing you to have to reschedule your appointment. A printed copy of the test order could save you time.

AFFIRMING CARE



Affirming care refers to a range of services that carefully consider and respect your physical, mental, and spiritual health. **Everyone deserves affirming care.** Some types of affirming care include **gender-affirming care**, which recognizes an individual's gender identity and **palliative care**, which focuses on providing relief from symptoms of serious illnesses and improving quality of life. If you are not receiving the respect you deserve, you can let your provider know or report your feedback to your health insurance company. Changing providers can be stressful, but it is important to have a provider who listens, understands you, and supports your individual needs.

GETTING TO YOUR APPOINTMENT



Once youscheduleyourappointment,itistimetoplanhowtoget there. It can be difficult to find transportation,buttherareoptionsthatmayworkforyou.TheNFTA website has information on routes that mayworkforyou. BothGoogleandApplemaps will help you navigate public transportationusingthebusand transitschedules.Youcanalsoask a friend or family member for a ride if you do nothaveaccessto a carordriver'slicense.Somecommunity centers and health clinics may offer transportationforthoseinneed.IfyouhaveMedicaid, you may be eligible for non- emergency medical transportation (NEMT).AskyourproviderorcallMedicaid for more information. Some cities, towns, and villagesin ErieCountyhavetheirowntransportation services for older adults Check to see if you qualify for transportationservices.TheErieCountyDepartment for the Aging has a list of transportation services. Visit https://www3.erie.gov/aging/transportation or call (716) 858-8526.

TIP! **CARRY A LIST OF ALL YOUR DIAGNOSES & MEDICATIONS WITH YOU AT ALL TIMES**
Ask your PROVIDER for a medicine wallet card or a printout from your patient portal.

GETTING YOUR MEDICATION

A**prescription** or **script**is a writtendirection fromalicensed health care provider thattells your pharmacy what medication you need. The scriptincludesinstructions from yourproviderlike how much and how oftenyouare supposed to take yourmedication. Youused to receive a papercopyof your script, but mostprescriptionsare sent electronicallynow, and sometimes called "e-scripts."

If you have health insurance, call the member services phone number on your health insurance card to find out which pharmacies you can use. You can also ask about **mail-order or mail-awaypharmacy** options. Mail-order pharmacies send your medication directly to your home address, making refills convenient. Some mail-order pharmacies offer pill packaging that will help you organize your medications by the time of day you need to take them. Be sure to let your health care provider know which pharmacy to send your prescriptions to.

To find a pharmacy near you and learn time-saving tips, visit https://www3.erie.gov/health/pharmacies-and-prescriptions.



Ask your health care provider:

- Can you prescribe a 90-day supply?
  - If you take a medication for conditions like blood pressure, diabetes, or asthma, ask about a 90-day supply. This can help with fewer trips to the pharmacy and could mean fewer copayments.
- Do you have samples of this medication?
  - Some pharmacies send samples to healthcare providers. Your provider may have samples or promotional coupons.

Ask your pharmacist:

- Doyou deliver?
  - Some pharmacies will deliver medications to your home. Some pharmacies have a drive-thru window or curbside pick-up or so you do not have to get out of the car.
  - These programs often require you to keep a credit or debit card on file for payments and may also require you to show photo identification.
- Do you make pill packs?
  - If you take several medications, there may be an option to have the pharmacy sort your medications into individual packets. Each packet is labeled with the day and time you are supposed to take the medication.

PATIENT PORTAL



Many health care providers have a portalorwebsitewhereyouviewyour health information. Your provider willhelpyoucreatean accountwith a secure username and password to usewhenyoulogintothewebsite.There you can find test results, ask questions,andrequestappointments.Askyour provider about patient portal access. **Ask forhelpifyouare not surehowto use your portal website. Say, "*I need help learning how to use the patientportal*."**

In your patient portal, you can:

- Send and receive messages about symptoms, medication, and appointments
- View your list of medications
- Updateyour medicalhistory
- View test resultsand appointment summaries
- Request anappointment
- See upcomingscheduled appointments

HEALTH LITERACY

Health literacy refers to how well peoplefind,understand,anduseinformation and services like the patient portal to make healthdecisions.

Erie Countylibrarians can help youincreaseyourhealthliteracyandteach you how to use websiteslikeyourpatient portal. Somelibrariesholddigitalskillsclasses,others can assist you directly.Askyourlocallibrarian formoreinformation.Visithttps://www.buffalolib.org for programsandeventinformation. ContactLiteracyBuffalo-Niagaratolearn more about their Digi-Skills program. Call 716-876-8997.

REQUESTING MEDICAL RECORDS



You have a right to see your own health records. New York State Law requires all health care practitioners and facilities to allow patients to have access to their health records. You can make a request to have your medical records sent to specialists or to a new primary care provider. You can also request these records to keepfor yourself. If youprefer aphysicalprintout thatyou can take with you, ask for a **hard copy** of your records.

Records requests must be made in writing. Ask your provider if they have a form to complete or if you can just write a short letter requesting your records. This can be as simple as writing, "*I would like a hard copy of my medical records,*" with your name, birthdate, and address included.

New York State Law allows health care facilities to charge up to $0.75 per page, plus the cost of postage to provide medical records. The same law protects you from being denied access to your records if you are unable to pay that fee. If you cannot afford the fee say, "*I cannot afford the printing costs for my medical records.*"

For answers to frequently asked questions about accessing your medical records in New York State, visit https://www.health.ny.gov/publications/1443

SEARCHING FOR HEALTH INFORMATION ONLINE

Finding reliable and factual information online about public health can be difficult. There are many websites and social media accounts that look and feel professional, even when they are not. When searching for health information online, look for local government agencies (like your local health department), reputable medical institutions (like well-known medical schools such as University at Buffalo or Johns Hopkins University), professional medical associations (like the American Academy of Pediatrics), or ask your local librarian for help. Use these tips to detect false information:

- Check the source: Look for credentials, qualifications, skills, training or knowledge. Think about whether the person sharing the information will make money off of what they are claiming, if you choose to believe it.
- Look for evidence: Reliable and factual information is based on significant scientific studies and clinical research, not recommendations or claims from social media influencers.
- Verify the date and source: Health information can become outdated quickly. Quality public health information is updated at least yearly and credible messengers are always willing to share their sources.
- Be skeptical: Things that sound too good to be true often are.
- Ask your provider: If you are seeking a treatment plan or prescription choice, ask for information or studies that show the plan or product works well for people like you.

Visit www.erie.gov/health for reliable and factual public health information.

The Erie County Department of Health shares important public health information on Erie County's website and on social media. Visit www.erie.gov/health, follow @ecdoh on Facebook, or follow @eriecohealth on Instagram to find out about local health programs, learn more about chronic illness and important health topics, find nearby clinics and services, and more.

The Erie County Office of Health Equity publishes information about the social determinants of health, or factors that influence your health. You can subscribe to receive these publications and other important health equity information in your inbox. For more information, visit erie.gov/health-equity.



These publications are available for download in Arabic, Bengali, Burmese, English, Spanish, and Swahili.

THIS IS A PUBLICATION OF THE

ERIE COUNTY OFFICE OF HEALTH EQUITY

This publication is available in 5 additional languages.

The Erie County Office of Health Equity's vision is for everyone in Erie County to achieve maximum health and wellness. The Office of Health Equity is located within the Erie County Department of Health.

Want to learn more?

Visit www.erie.gov/health-equity
Email us at HealthEquity@erie.gov

Erie County Department of Health
Public Health
Prevent. Promote. Protect.

OFFICE OF HEALTH EQUITY

Find fresh food near you

Text "FINDFRESH" to 898211



2·1·1

Get Connected. Get Help.™

3 Easy ways to find fresh food near you!

1. Text "FINDFRESH" 898211 t
2. Dial 211 and reque
3. Visit211WNY.organ
   for "food"

WNY211willhelp you find fres
vegetables, including
food pantries, grocery
stores, farmstands,
farmers markets, mobile
markets, and corner
stores.

For more information about F
County, visit: bit.ly/findf



Social Determinants of Health DataBrief

NUTRITION & FOOD ACCESS

C NO EU RN ITEY

ERIECOUNTYDEPARTMENT OF HEALTH OFFICEOFHEALTHEQUITY (ECOHE)

Many factors influence diet, including:

- **EconomicStability:** Affordability of food aswell as the resources to obtain and preparefood, such as transportation and cooking tools
- **Neighborhood and Built Environment:** Availability of stores that sell healthy foods, access to transportation to obtain healthy foods
- **Social and Community Context:** Cultural and family norms, attitudes and beliefs related to diet as well as systems and policies that impact food access
- **Education:** Knowledge and skills regarding healthy food choices and preparation (1)



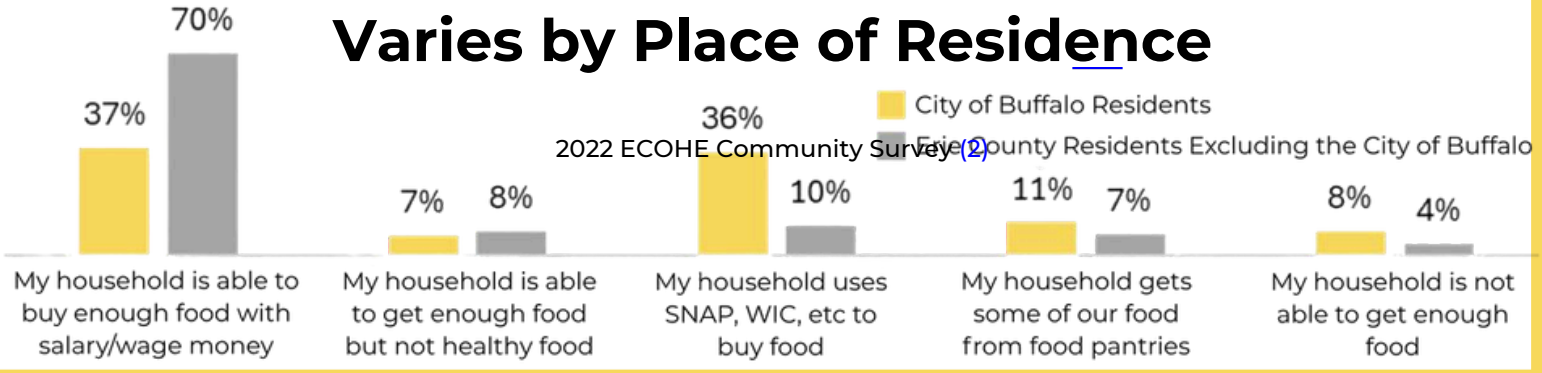
Systems & Policies

In both the **2022ECOHE Community Survey** (2) and the **2023 focusgroups** (3), Erie County residents reported that obtaining enough food for their families is difficult due to high food prices while not qualifying forSNAP.

1 in 5

of respondents to the **2022 ECOHE Community Survey** (2) who reported that they use SNAP/WIC to buy food also reported their household is not able togetenough food.

Food Access in Erie County Varies by Place of Residence

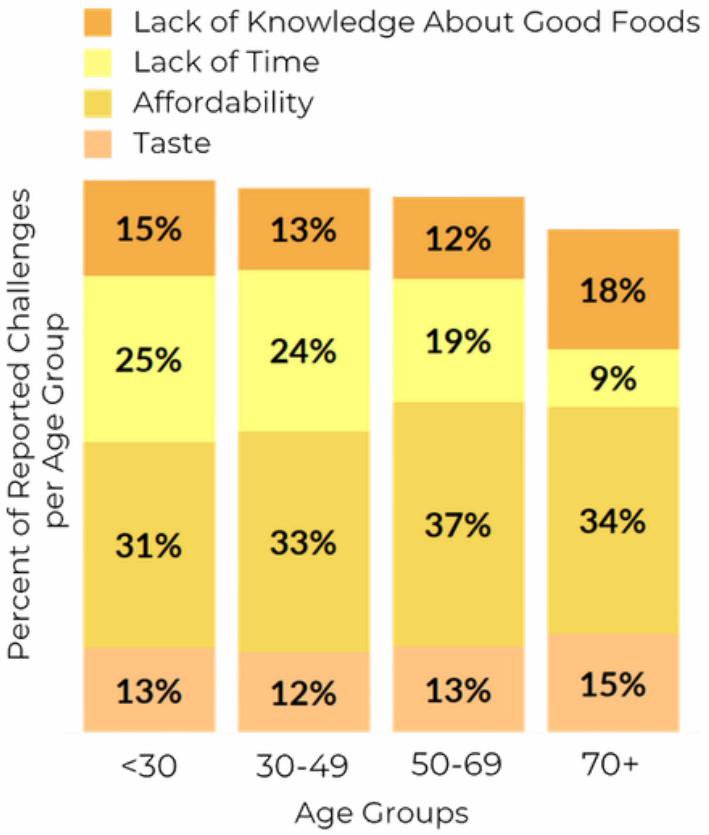


2022 ECOHE Community Survey (2)

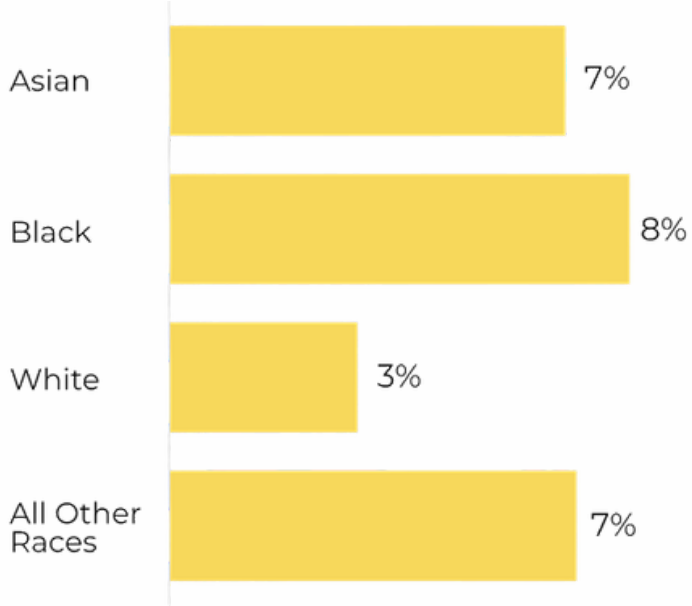
Challenges to Healthy Eating Vary Across Demographics

2022 ECOHE CommunitySurvey (2)

Top 4 Challenges toHealthyEating by Age Group



Percent ofRespondents Who Indicated That Healthy Eating Is Challenging Due to a Lack of Healthy Foods Sold in Their Community by Race



Food Insecurity Has Increased Among Buffalo Public High School Students Since 2021

Food Insecurity Indicators	2021	2023	2025
Worried that food at home wouldrun outbeforefamilygotmoneytobuy more	19.6%	28.8%	28.3%
Food ran out and didn't have money to get more	14.3%	22.4%	21.8%
Meals only included a few kinds of cheap foods because of money	18.8%	28.0%	27.6%
Were not able to eat a balanced meal because of money	17.3%	25.9%	24.3%
Ate less because of money	13.0%	19.3%	19.0%
Skipped a meal because of money	11.2%	15.8%	16.7%
Were hungry but didn't eat because of money	11.7%	17.3%	18.0%
Did not eat for a whole day because of money	9.3%	12.9%	14.0%

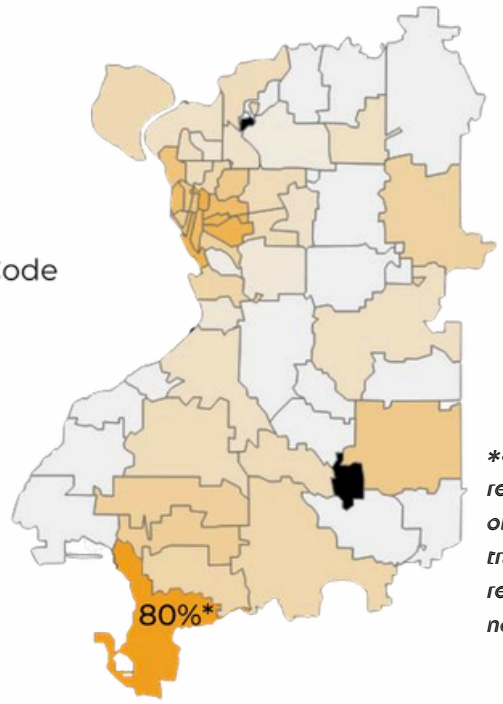
2024 Buffalo Public Schools High School Risk Behavior Survey Report (4)

Lack of Reliable Transportation is a Challenge for Some County Residents to Access Food

2022 ECOHE Community Survey (2)*

Percentof Respondents Reporting Challenges Accessing Food and Needed Goods Due to Lack of Transportation per ZIP Code





16%

ofthetotalpoolofsurvey respondentsreportedthat accessingfoodorneeded goods is a challenge due to a lack of transportation.

**80% of respondents from ZIP Code 14070 reported challenges to buying food and other needed goods due to lack of transportation. However, there were only 5 respondents from this ZIP Code, which is not entirely in Erie County.*

In the 2023 focus groups (3) conducted by the ECOHE, participants discussed both challenges and assets to healthy eating in Erie County.

Challenges included:

- ·High pricesandineligibilityforSNAP benefits
- ·Lack of adequate transportation or grocery stores in close proximity
- ·Lack of available foods that are healthy and culturally appropriate

Assets included:

- Increasing access to culturally appropriate foods by the Bangladeshi group
- ·Availability of fresh produce from farmers markets by participants from multiple groups

"So,yeah,it's easier for themtowalk tothat corner store [...] rather thantogo tothe grocery store and buy something healthy- [...]And you're probably spending more money at the corner store as well. Which is, you know, like kind of like a lose-lose. You're not getting really the healthiest option and you're spending more money. But it's like if you don't have a car what you gonna do? You know, if you don't got a car and you got two babies? So, you could, you know, put them in a stroller. And as far as that's going to get you, then you still got to bring the groceries back."

-Black East Side Residents Focus Group Participant

Check out our references to dig deeper!

(1) Healthy People2030. ***Access to Foods That Support Healthy Dietary Patterns.*** https://odphp.health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/access-foods-support-healthy-dietary-patterns

(2) Erie County Department of Health Office of Health Equity. (2024). *Health Equity in Erie County 2023 Annual Report*. https://www3.erie.gov/health/health-equity-annual-report

(3) Erie County Department of Health Office of Health Equity. *2023 Focus Group Report*. https://www3.erie.gov/health/health-equity-focus-group-report

(4) Market Decisions Research. ***Buffalo Public Schools Youth Risk Behavior Survey Reports.*** https://www.buffaloschools.org/o/dept-social-emotional-and-wellness-supports/page/youth-risk-behavior-survey

Explore more information about food access:

Searchonlineforthe followingresources.

County Health Rankings Roadmaps :Food Environment Index

Map the Meal Gap: Hunger & Poverty in the United States

Economic Research Service: FoodAccess Research Atlas



For questions about this data or support using this data in your work, email healthequity@erie.gov.

THIS IS A PUBLICATION OF THE
ERIE COUNTY OFFICE OF HEALTH EQUITY

The Erie County Officeof HealthEquity's vision is foreveryonein ErieCountyto achieve maximum health and wellness. The Office of Health Equity is located within the Erie County Department of Health.

Want to learn more?

Visit www.erie.gov/health-equity
Email us at HealthEquity@erie.gov

Erie County Department of Health | Public Health

OFFICE OF HEALTH EQUITY
www.erie.gov/health-equity

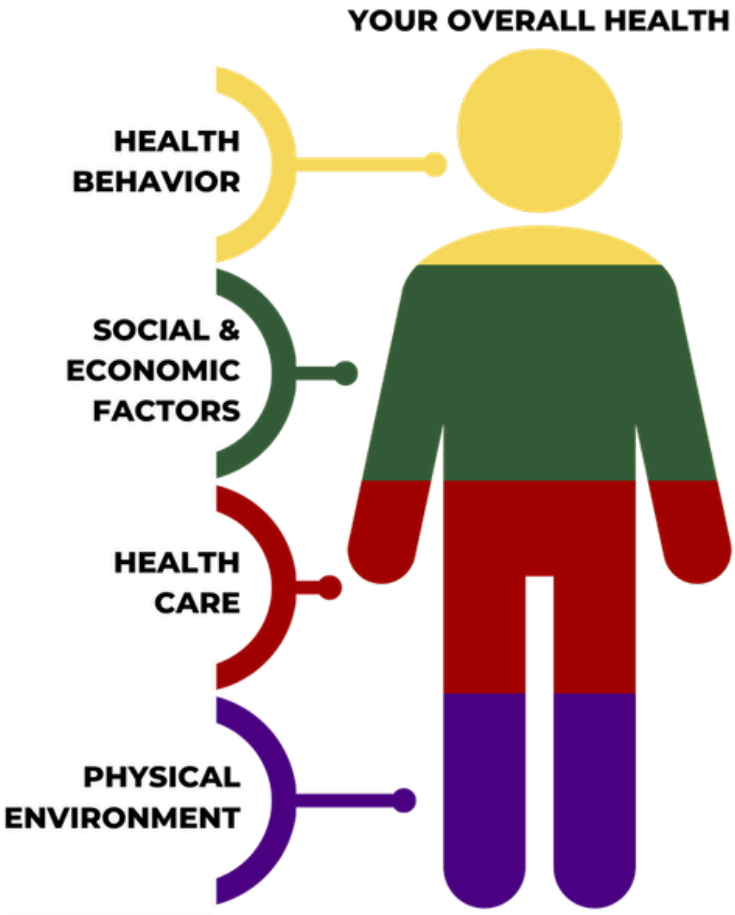
LET'S TALK ABOUT HEALTH EQUITY

ERIECOUNTYOFFICEOFHEALTHEQUITY

Health Equity existswhenall people have a fairandjustopportunitytobe healthy, especiallythose who have experienceddisadvantage,injustice,and other avoidable inequalities that are often associated withrace,gender, ethnicity, social position, sexual orientation and disability.

WHAT IMPACTS YOUR HEALTH?

Health factors are things that can improvetohelp uslive longerand healthierlives.They include health behaviors, health care, social andeconomic factors, and the physical environment. **Health behaviors** include smoking, diet, exercise, substance use and sexual activity. We tend to have more control over health behaviors compared to other health factors. Making a change in health behaviors can make a big difference in our health and health outcomes. However, other factors shape our health behavior options. **The social determinants of health** are factors that can influence your health and health behaviors. These factors have a big impact on health and are changed through policy, programs and power.



Social and economic factors include education, employment, income, socialsupport and community safety. Health care includes access, availability and quality ofcare. Physical environment includes airandwaterquality, housing and transit.

All of these factors can be influenced by policies, programs, and power.

Erie County Department of Health | Public Health

OFFICE OF HEALTH EQUITY
www.erie.gov/health-equity

ENGLISH

SOCIAL DETERMIN

FACTORS THAT CAN INFLU

ECONOMIC STABILITY

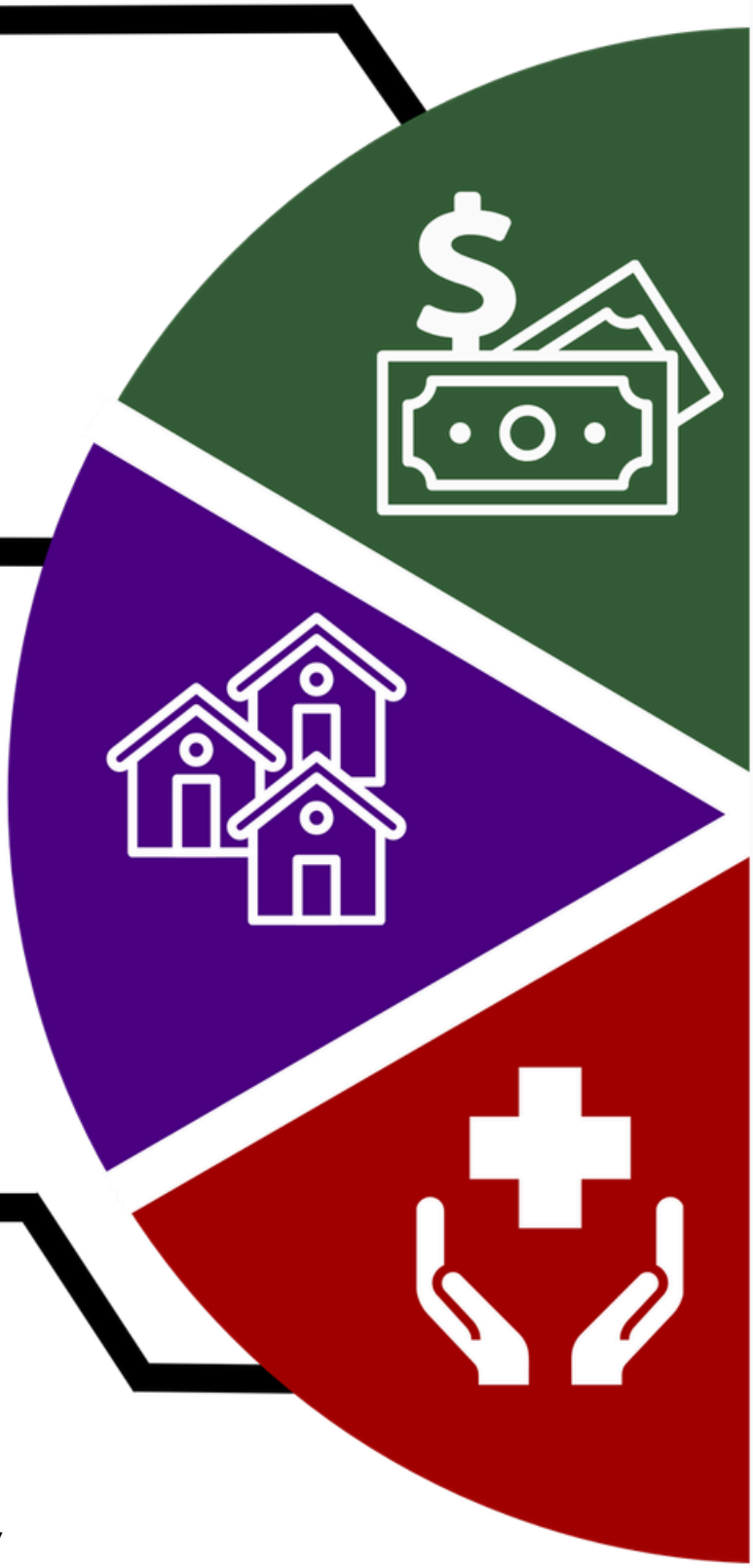
- Poverty
- Housing Security & Stability
- Employment
- Food Security & Hunger
- Transportation
- Medical Bills
- Expenses & Debt

NEIGHBORHOOD AND BUILT ENVIRONMENT

- ZIP Code & Geography
- Affordable & QualityHousing
- Access to HealthyFoods
- Crime & Safety
- Safe Green Spaces& Play Spaces
- Air Quality & WaterQuality
- Walkability & Sidewalks
- Grocery Store LocationGaps
- Medical Service LocationGaps
- Access to Transportation

HEALTH CARE SYSTEM

- Access to Health Care
- Access to Primary Care & Trusted Providers
- Quality of Care
- Health Literacy
- Availability of Health Care
- Cultural & Linguistic Competency
- Trauma Informed Care



AdaptedfromNewYorkStateDepartmentofHealth,"The6Domains of Social Determinants of Health."

NTS OF HEALTH

LUENCE YOUR HEALTH



LANGUAGE ACCESS

- Translation
- Interpretation
- Health Literacy
- Digital Literacy
- Technology & Language Lines
- Financial Literacy

SOCIAL AND COMMUNITY CONTEXT

·Social Support
·Isolation & Integration
· Trauma
· Stress
·Community Empowerment
·Racism & Oppression
·Discrimination & Inequities
· Stigma
·Incarceration
· Institutionalization

EDUCATION

·Early Childhood Education & Development
·High School Education
·Enrollment in Higher Education
·Language & Literacy
·Workforce Development
·Lived Experience
·Formal Education
·Trades & Skills
·Vocational & Educational Training

WHAT IS



HEALTH EQUITY?

Tounderstand **health equity** , we must alsounderstandthekeydifferences between equity andequality. The RobertWood Johnson Foundation offerstheimages below to help us describe the main differences. Equality is offeringthe samesupport to every person. Equity is offering the type and amount of support that meets a personwhere they are at.

EQUITY AND EQUALITY

EQUALITY:

Everyone gets the same - regardless if it's needed or right for them.



EQUITY:

Everyonegetswhatthey need - understanding thebarriers,circumstances, and conditions.



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HEALTH OUTCOMES

Improving health outcomes is a big part of healthequity.Healthoutcomesmeasure how health interventions like screening and education change the level of health of a person or community. Health outcomes for a person can reflect good health—like staying out of the hospital or not experiencing any physical pain—or they can reflect poor health—like becoming sick with an illness or dying young. The length of your life and the quality of your life are key health outcomes. Health outcomes are connected to health factors like the Social Determinants of Health.

TYPES OF HEALTHINTERVENTIONS:

- **Outreach** - sharing information with the people that need it most
- **Screening** - testing people for disease
- **Epidemiology and Surveillance** - studying how many and what types of people live with disease and how disease spreads in a community
- **Health Education** - teaching the public about diseases and how to stay healthy
- **Social Marketing** - promoting practices that prevent disease
- **Policy Development** - changing the way we support disease prevention in communities

HEALTH EQUITY EXISTS WHEN:



> "HealthEquityexists when **allpeoplehave a fair and justopportunitytobehealthy**, especially those who have experienced socioeconomic disadvantages, historical injustices, and other avoidable systemic inequalities that are often associated with social categories of race, gender, ethnicity, social position, sexual orientation, and disability."
>
> -Kelly MarieWofford, Directorofthe Erie County Office of Health Equity

Everyone in Erie County deserves to live in communities that are built to help them be healthy. This means homes, workplaces, schools, neighborhoods and the environment should be safe and free from harmful conditions. Laws, policies and ways of treating people can create harmful conditions that can lead to poor health.

HISTORICALLY

POLICIES, PROGRAMS, AND POWER → CREATE → *DISPARITIES IN THE CONDITIONS OF THE PLACES* **WHEREWE ARE BORN,LIVE, WORK, PLAY, WORSHIP, AND AGE** → CAUSE → *MORE PEOPLE EXPERIENCING POOR HEALTH OUTCOMES*

WHEN HEALTH EQUITY IS IN ACTION

SUPPORTIVE POLICIES, PROGRAMS, AND POWER → CREATE → *IDEAL COMMUNITIES AND NEIGHBORHOODS* **WHERE WE ARE BORN, LIVE, WORK, PLAY, WORSHIP, AND AGE** → CAUSE → *MORE PEOPLE LIVING LONGER, HEALTHIER LIVES*

For example, when health equity is in action, our local food system has policies and programs that meet people where they are at. These supports include an active food policy council, development incentives for local grocery stores, medically tailored meals at health care providers, distribution networks for small farmers, neighborhood-based food distribution, healthy emergency food, culturally-appropriate foods, healthy and free school meals, community garden protections, increased SNAP funding, and more. These policies and programs support and strengthen ideal communities where people have access to the foods they want and need to live longer, healthier lives.

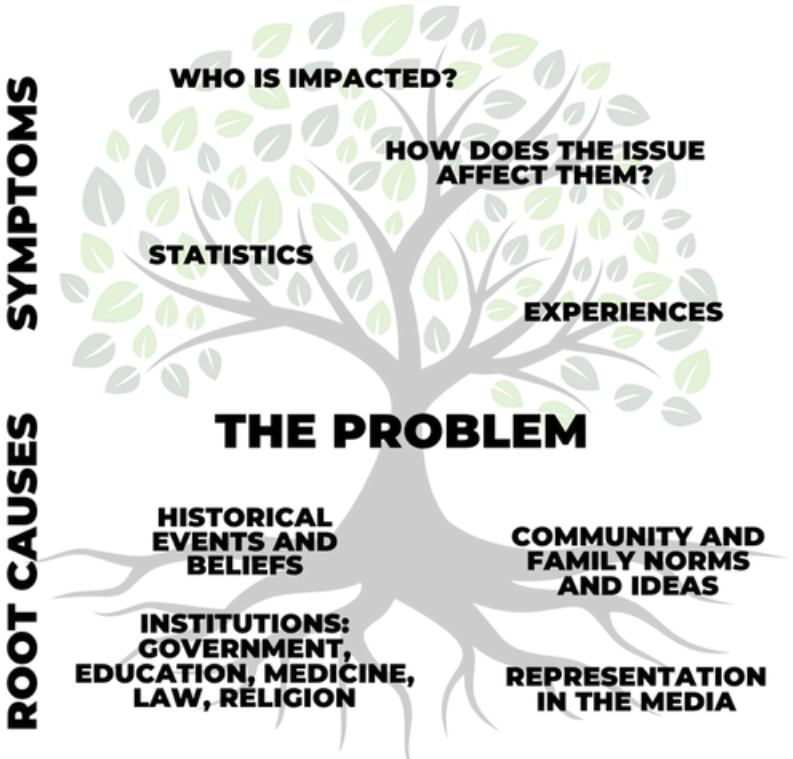


"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."

-Alexander den Heijer

WHAT ARE ROOT CAUSES?

Root causes are the reasons behind a problem or issue we see in our community. Societies often create policies and rules that mean well but do not address the reasons a particular issue exists. For example, we need to find solutions that address the symptoms of heart disease and also figure out why people are developing heart disease to begin with. People may develop heart disease because of many factors, including stress level, diet, physical activity level and genetics. However, there are often root causes behind why some people may be more likely to develop heart disease. For example, someone's diet may put them at increased risk of heart disease because they are not able to afford to buy fresh fruits and vegetables or live in a neighborhood that does not have a grocery store. To reduce the number of people who have heart disease in a community, we have to address the reasons people are living with heart disease, the root causes of those reasons and the symptoms of heart disease people experience. It takes all of us working together to change health outcomes like heart disease.



"WHAT CAN I DO?"

Most people agree that creating healthy communities for everyone is a difficult problem to solve. When you look at all the things that need to be fixed or created, the goal of health equity may seem impossible. However, if we all take responsibility of a small piece of the solution, it becomes much easier to reach the goal of healthy communities for all Erie County residents. Learn how you can take action on the last page of this publication.

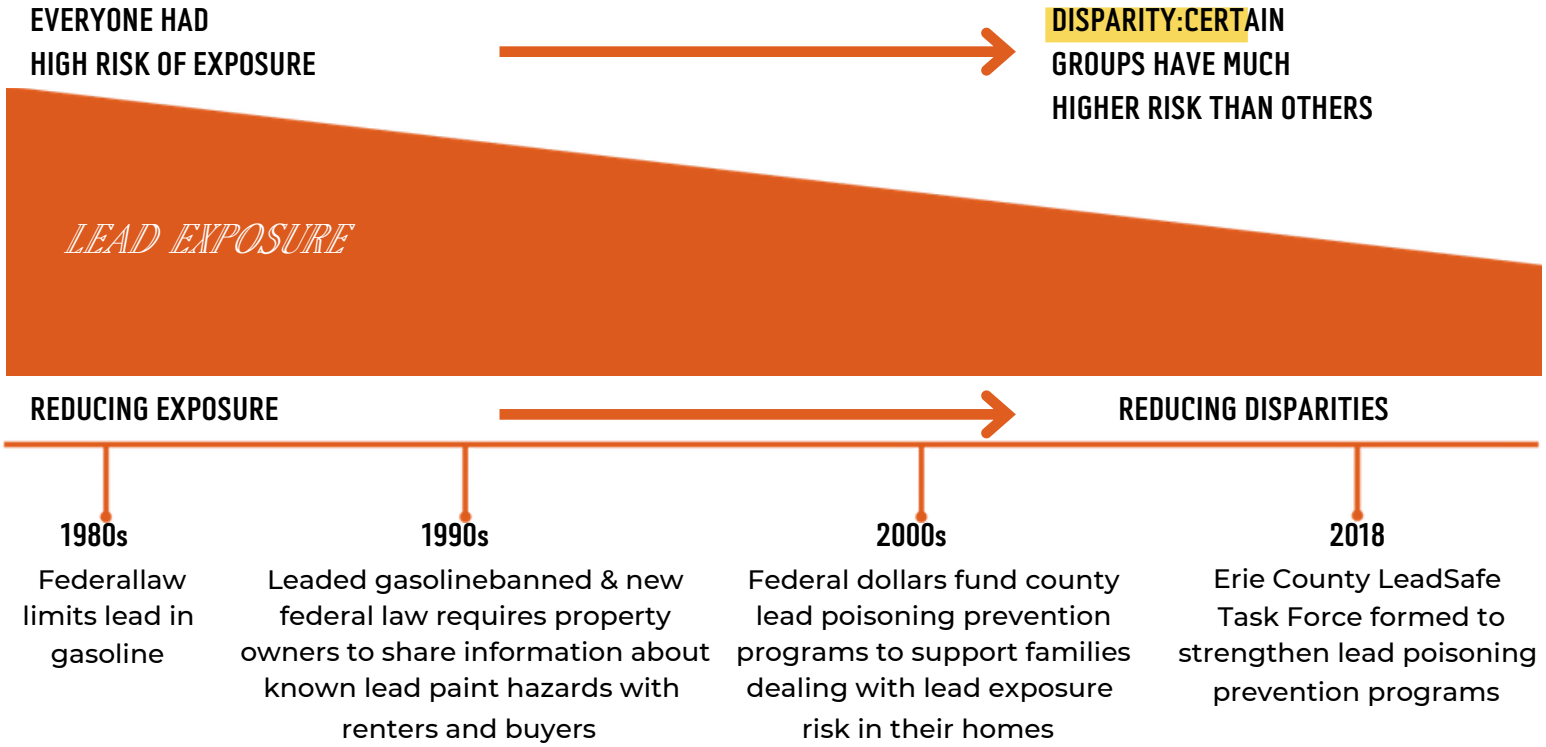
WHAT ARE HEALTH DISPARITIES?



Healthdisparities are preventable differences inhowmany people get sickand how bad the sicknessis if they get the illness. Health disparities can be found across ZIP codes, race and ethnicity, age, sexual orientation, social and economic status, education level, and more.

Policies and programs can help to reduce health disparities. For example, when lead exposure was found to cause harmful health problems in children and adults, policies were introduced to reduce exposure to lead. As these policies and programs increased and strengthened over time, the number of people getting sick from lead poisoning went down. In Erie County, we have many programs to support people who have been exposed to lead. We also have many health interventions that work to reduce lead exposure in our County.

Today, illnesses from lead poisoning are an example of health disparity because people who live in newer homes or can afford to remove lead from their home rarely get sick. There is a large group of people that do not have to worry about lead exposure. On the other hand, people living in older homes and those who cannot afford to remove the lead get sick much more often. This group of people includes anyone living in a home built before 1978, or almost all City of Buffalo residents. Children under age 6, pregnant people, and immigrants and refugees are at higher risk than any other group. This complex problem requires effective housing code enforcement, public health interventions, school district support, informed pediatricians and community leaders, and more to reduce lead exposure for the groups experiencing the highest risk.



THE ERIE COUNTY HEALTH EQUITY ACT OF 2021

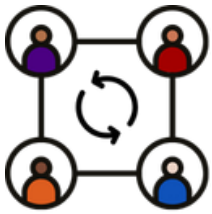
The Erie County Health Equity Act of2021establishedthe Erie County Office of Health Equity with the goal of supporting,educating and planning for improved health outcomes for people from disadvantaged backgrounds, including but not limited to, racial and ethnic minorities, as well as people from rural areas. The role of the Office of Health Equity is to:

- **Analyzedisparities** inhealthamongdisadvantagedandmarginalized Erie County residents
- **Understand and connect factors** thatcontributetohealthoutcomes including the physical environment, the social determinants of health, access to clinical care and health behaviors
- **Make recommendations** forimprovinghealthservicesfordisadvantaged and marginalized Erie County residents
- **Pilot models and programs** to improve health disparities;
- **Promote public awareness and coordinate educational events** that support healthy lifestyles in disadvantaged and marginalized communities and groups
- **Publish reports** describinghealthdisparitiesamongracialandsexual minority populations in Erie County
- **Collaborate** with other sectors and institutions focused on health disparities

Read the law here: erie.gov/heact

TAKE ACTION

WAYSTOADVANCEHEALTHEQUITY IN YOUR COMMUNITY



SHARE INFORMATION



SIGN UP FOR A CLASS



TAKE A SURVEY



ADVOCATE



QUESTION



INVITE

You cansupport health equityin yourcommunitywith a few simple actions. **Share** information about health equity with your colleagues, friends and neighbors. This newsletter is a great place to start. **Sign up** for a training that increases your knowledge of equity or supports the reduction of a health disparity. **Participate** in health and community surveys. It is important for survey responses to reflect the diversity of our county. **Advocate** for others. In the workplace, you could do something like ask your employer to update their gender identity policies. **Question** policies and programs that exclude groups or fail to represent everyone's needs. If you are in a position of power, **invite** more groups to the table. Health equity takes all of us working together.

THISISAPUBLICATIONOFTHE

ERIE COUNTY OFFICE OF HEALTH EQUITY

Thispublicationisavailablein5additionallanguages.

The Erie County Office of Health Equity's vision is for everyone in Erie County to achieve maximum health and wellness. The Office of Health Equity is located within the Erie County Department of Health.

Want to learn more?

Visit www.erie.gov/health-equity
Email us at HealthEquity@erie.gov

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Public Health
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