

Qualitative Questions for Social Determinants of Health from a Biohacking Perspective

Social Support and Relationships

- How often do you feel supported by your family and friends in pursuing your health and wellness goals?
- Do you have someone to talk to when you're feeling stressed or overwhelmed?
- How would you describe the quality of your relationships with those closest to you?
- How often do you engage in social activities that you find fulfilling or enjoyable?
- Do you feel that your social circle positively or negatively influences your health habits?

Work and Occupational Environment

- How would you describe the level of stress associated with your current job?
- Do you feel your workplace promotes a healthy work-life balance?
- How much control do you have over your work schedule and environment?
- Are there any aspects of your job that contribute to physical discomfort or strain?
- How supported do you feel in making healthy lifestyle choices in your workplace?

Economic Stability

- How much does financial stress impact your mental and physical health?
- Do you feel financially secure enough to invest in your health, such as purchasing healthy foods or engaging in wellness activities?
- How often do financial concerns influence your decisions about healthcare or wellness practices?
- Do you have access to affordable healthcare and wellness resources?
- How does your financial situation impact your ability to prioritize self-care?

Education and Knowledge

- How knowledgeable do you feel about the health and wellness practices that are best for your body?
- How often do you seek out new information on health, wellness, and biohacking?
- Do you feel that you have the resources necessary to educate yourself on optimizing your health?
- How would you rate your ability to critically evaluate health-related information?

- How has your level of education influenced your health and wellness decisions?

Neighborhood and Built Environment

- How safe do you feel in your neighborhood, and how does this impact your physical activity levels?
- Do you have access to green spaces or areas where you can engage in outdoor activities?
- How would you describe the availability of healthy food options in your community?
- How often do environmental factors like noise, pollution, or lack of access to health facilities impact your well-being?
- Do you feel your living environment supports or hinders your health goals?

Cultural and Community Influences

- How does your cultural background influence your approach to health and wellness?
- Do you feel connected to a community that shares your health and wellness values?
- How often do community events or cultural practices influence your health habits?
- How do societal norms and expectations in your culture affect your mental and physical health?
- How supported do you feel in making health choices that may differ from your cultural or community norms?