Heritage Assessment Tool

Note: The greater the number of positive responses, the greater the person's identification with a traditional heritage. The one exception to positive answers is the question about family name change. This question may be answered negatively.

- 1. Where was your mother born?_____
- 2. Where was your father born? _____
- 3. Where were your grandparents born?
 - (1) Your mother's mother?
 - (2) Your mother's father?
 - (3) Your father's mother?
 - (4) Your father's father?
- 4. How many brothers _____ and sisters _____ do you have?
- 5. What setting did you grow up in? Urban _____ Rural _____ Suburban _____
- 6. What country did your parents grow up in? Father _____ Mother _____
- 7. How old were you when you came to the United States? _____
- How old were your parents when they came to the United States? Mother _____ Father _____
- 9. When you were growing up, who lived with you? _____
- **10.** Have you maintained contact with
 - a. Aunts, uncles, cousins? (1) Yes _____ (2) No _____
 - b. Brothers and sisters? (1) Yes _____ (2) No _____
 - c. Parents? (1) Yes _____ (2) No _____
 - d. Your own children? (1) Yes _____ (2) No _____
- Did most of your aunts, uncles, cousins live near your home?
 (1) Yes _____ (2) No _____
- 12. Approximately how often did you visit your family members who lived outside your home?

(1) Daily _____ (2) Weekly _____ (3) Monthly _____ (4) Once a year or less _____ (5) Never _____

- 13. Was your original family name changed?(1) Yes _____ (2) No _____
- 14. What is your religious preference?
 - (1) Catholic _____ (2) Jewish _____ (3) Protestant _____ (4) Denomination (5) Other _____ (6) None _____
- 15. Is your spouse the same religion as you?
 - (1) Yes _____ (2) No _____

- Is your spouse the same ethnic background as you?
 (1) Yes _____ (2) No _____
- 17. What kind of school did you go to?(1) Public _____ (2) Private _____ (3) Parochial _____
- 18. As an adult, do you live in a neighborhood where the neighbors are the same religion and ethnic background as yourself?
 (1) Yes _____ (2) No _____
- 19. Do you belong to a religious institution? (1) Yes _____ (2) No _____
- 20. Would you describe yourself as an active member?(1) Yes _____ (2) No _____
- 21. How often do you attend your religious institution?
 - More than once a week ______ (2) Weekly ______
 - (3) Monthly _____ (4) Special holidays only _____
 - (5) Never ____
- 22. Do you practice your religion at home?
 - (1) Yes _____ (2) No _____
 - (If yes, please specify)
 - (3) Praying _____ (4) Bible reading ____
 - (5) Diet _____ (6) Celebrating religious holidays _____
- 23. Do you prepare foods of your ethnic background?(1) Yes _____ (2) No _____
- 24. Do you participate in ethnic activities?
 - (1) Yes _____ (2) No _____
 - (If yes, please verify)
 - (3) Singing _____ (4) Holiday celebrations _____
 - (5) Dancing _____ (6) Festivals _____
 - (7) Costumes _____ (8) Other _____
- 25. Are your friends from the same religious background as you?(1) Yes _____ (2) No _____
- Are your friends from the same ethnic background as you?
 (1) Yes _____ (2) No _____
- 27. What is your native language? _____
- 28. Do you speak this language?(1) Prefer _____ (2) Occasionally _____ (3) Rarely _____
- 29. Do you read your native language? (1) Yes _____ (2) No _____

Source: Spector, R. E. (2000). CulturalCare: Guide to heritage assessment and health traditions (5th ed.). Pearson Education/PH College.