First Nations Health Authority
Health through wellness

Regional Health Survey Phase 4: Frequently Asked Questions (FAQs)

"The idea is for us to gather data that is meaningful to us. Not just data for data's sake, but data that speaks to us and enables us to take firm action"

Q: WHAT IS THE REGIONAL HEALTH SURVEY

A: The Regional Health Survey (RHS) is a national health survey conducted by and for First Nations. The survey addresses a comprehensive range of health status, wellness and health determinant measures for First Nations people living in community and is broken down into three parts: adult, youth and child. In BC, the First Nations Health Authority (FNHA) is responsible for gathering and sharing the knowledge for the survey. The First Nations Information Governance Centre is the national coordinating organization for this survey.

Q: WHY SHOULD I TAKE PART IN THIS SURVEY?

A: Your participation is voluntary, but important. This survey gathers information that will directly support First Nations communities and the FNHA in developing health and wellness programs and policies to improve the well-being of BC First Nations people. The data collected from this survey will guide decision-making that reflects the needs of First Nations communities.

Q: WHAT IS DIFFERENT ABOUT PHASE 4 OF THE RHS?

A: Three phases of the RHS have been conducted with First Nations in BC: Phase 1 in 2002-2003, Phase 2 in 2008-2010 and Phase 3 in 2015-2017. For Phase 4, all BC First Nations communities will be invited to participate. This will be the largest amount of data ever collected on the health and wellness of First Nations people in our province. We have also made some changes due to COVID-19, and communities and participants can now choose to take the survey over the Internet, by phone, or in person, if your community requests it. Communities with poor internet or phone connectivity will receive priority.

Q: HOW WAS I CHOSEN TO TAKE PART IN THE SURVEY?

A: If you live in a community with more than 80 people, your name was randomly selected from your band or community membership list. This means that your name was chosen by chance, which ensures that the people chosen to take part are representative of the entire population.

If you live in a community with fewer than 80 members, you and all other members of your community have been invited to participate.

Q: WHAT KIND OF QUESTIONS WILL I BE ASKED?

A: The survey contains questions about health and well-being. It was developed wholistically by First Nations people to make sure that the questions are relevant to life in your community. The survey contains three separate questionnaires: one for children (up to age 11), one for youth (age 12 to 17) and one for adults (age 18 and older). Topics will include: access to traditional foods, participation in cultural activities, senior's wellness, First Nations languages, housing conditions, diabetes, long-term injury, health services, physical activity, oral health and community wellness, among others.
The RHS questionnaires are comprehensive and include sensitive and personal questions. If any of the survey questions upset you, the data collector can share a list of community support services with you.

Q: HOW LONG WITH THE SURVEY TAKE?

A: The child survey will take about 30 to 45 minutes to complete. The youth survey will take about 45 minutes to one hour. The adult survey may take between one and 1.5 hours.

Q: CAN I STOP AND RESTART THE SURVEY?

A: Yes, you can stop the survey and come back to it later

Q: CAN I WITHDRAW MY CONSENT AT ANY TIME?

A: Your involvement is voluntary. You can stop the interview or withdraw from the survey at any time.

Q: CAN I REFUSE TO ANSWER OR SKIP CERTAIN QUESTIONS?

A: Yes, you can skip any questions that you do not want to answer.

Q: WHAT SHOULD I DO IF I EXPERIENCE TECHNICAL DIFFICULTIES?

A: Please call our phone line at 1-833-633-3642 and we can help you with any technical difficulties you are experiencing. Our hotline is open from 10 a.m. to 5 p.m. Monday to Friday, and not operational weekends or any statutory holidays.

Q: CAN I TAKE THE SURVEY OVER THE PHONE INSTEAD OF ONLINE?

A: Yes. Phone interviews can be scheduled by calling our team at 1-833-633-3642. Phone lines are open Monday to Friday from 10 a.m. to 5 p.m.

Q: I AM AN ADULT AND HAVE BEEN CONTACTED FOR A CHILD SURVEY. SHOULD I FILL IT OUT?

A: Yes. Parents and caregivers of children are contacted to fill in the child survey on the child's behalf.

Q: WHAT HAPPENS TO THE INFORMATION I PROVIDE?

A: The FNHA is partnering with the First Nations Information Governance Centre, a non-profit First Nations organization, to deliver the survey. Once you have completed the survey, the information you have provided will be sent directly to FNHA servers. This information is kept completely confidential. The results from the survey are owned by communities, but stewarded by the FNHA and FNIGC

Q: HOW WILL MY INFORMATION BE PROTECTED?

A: Everyone involved in FNHA surveys, including the data collectors, must sign confidentiality agreements to protect your privacy. No one in the community will be able to access anyone's survey. Personal information, including names and addresses, is kept separate from survey answers. Information gathered from the survey is kept strictly confidential and will be protected by the FNHA.

Q: WILL MY NAME APPEAR IN ANY OF THE REPORTS?

A: No individual data will be released in any report or publication. Information collected in these health surveys will only be published as "grouped results" and there will be no information that could identify you.

Q: WHO ELSE IS PARTICIPATING IN THE SURVEY?

A: All First Nations communities in BC will be invited to participate in the survey. First Nations communities across Canada will also be participating.

Q: WILL I RECEIVE ANYTHING FOR TAKING PART IN THE SURVEY?

A: Each survey participant will receive a $25 gift card. The organizations supported by the gift cards will be chosen by each community, with the opportunity to support local businesses.

Contact the RHS team at: RHS4@fnha.ca or call our toll-free line at: 1-833-633-3642
For more information, visit our web page HERE.