



First Nations Health Authority  
Health through wellness

# First Nations Regional Health Survey

FNHA has heard from communities and Nations that creating and communicating an accurate picture of community health and wellness is an important part of building responsive health and wellness plans

The Regional Health Survey (RHS) addresses a comprehensive range of health status, wellness and health determinant measures for First Nations communities at-home/on-reserve and is broken down into three parts: adult, youth and child. When combined, these parts provide comparability to other Canadian surveys while addressing First Nations priorities within a cultural and holistic framework.

## It is by First Nations, for First Nations.

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The RHS survey is voluntary. It is acknowledged and respected that First Nations rights to self-determination include the jurisdiction and authority to make decisions about information relevant to First Nations. Communities and individuals selected may choose whether or not to consent to participating in the survey and can withdraw their consent at any time.

RHS originated under the direction of the First Nations Information Governance Centre (FNIGC) and is supported by the AFN and Chiefs Committee on Health. It is a national project with roots in First Nations communities across Canada.

## It respects and protects our information.

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All information collected will be held in accordance with the First Nations Principles of Ownership, Control, Access and Possession (OCAP®). Anonymized data about your community, in the form of statistical tables, will be returned to your community as per OCAP®.

This provides a base to move forward with ongoing research, surveillance, identity management, and data governance strategies that will promote greater community-driven, regional, Nation-based knowledge gathering and data governance.

## Building community capacity to gather and own health and social determinant information.

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The model proposed will increase capacity to support future knowledge gathering and data initiatives, such as collecting information relating to health care transformation. Also this initiative will build support and capacity for regional data hubs and build Nation/Regional capacity for the foundation of a BC First Nations Epicenter that has a functional ability to perform reliable, quality data to communities in real time.

## Where is RHS taking place?

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RHS is taking place in all five regions of BC with approximately 150 communities identified to participate. FNHA RHS Regional Coordinators manage the implementation of the survey in collaboration with the FNIGC.

## Why was I selected to take part in the survey?

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Your community leadership was contacted in advance and has agreed to participate in this survey. A certain number of people in each chosen community have been selected at random to represent their community in the RHS — but only those who agree to participate in the survey will be interviewed.

## How did you get my name?

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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.

## What kind of questions will I be asked?

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The RHS contains questions that address health and well-being. It was developed holistically by First Nations people to make sure that the questions are relevant to life in your community. The RHS contains three separate questionnaires: one for children (up to 11-years-old), one for youth (12 to 17-years-old) and one for adults (18 years and older).

## How long will the survey take to finish?

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The child survey will take about 30 minutes.

The youth survey will take about 45 minutes.

The adult survey may take up to 1 hour.

## Benefits of the RHS for First Nations in BC

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- RHS aims to support community capacity for knowledge gathering and data governance at the Nation-Level.
- Current data on health indicators for First Nations in BC is slim. RHS is an opportunity for establishing First Nations health data sets.
- RHS provides a base to move forward with ongoing health research and surveillance, and data governance strategies for First Nations in BC.
- Previous RHS data has been used to inform FNHA service leads and provincial health partners on broad health indicators.
- The data collected from this survey can support policy and program development and inform decision-making that reflects the needs of First Nations communities.
- RHS adheres to the FNIGC principles of OCAP® (Ownership, Control, Access, Possession)
- RHS is by First Nations people for First Nations people
- RHS is voluntary

For further information please contact: [RHS@fnha.ca](mailto:RHS@fnha.ca)