

'Let's Talk Health' Survey



Xats'ull First Nation Health Department is conducting a survey for all Xats'ull First Nation on and off reserve community members.

WHAT IS THE XATSULL HEALTH SURVEY?

A: The "Let's Talk Health" Survey is being conducted by Xats'ull Health staff for Xats'ull community members. The survey addresses a comprehensive range of health status, wellness, and health determinant measures for Xats'ull First Nation community members on reserve and off reserve. It is broken down into two parts: Adult, and Elders. Xats'ull Health staff are responsible for gathering and sharing the knowledge obtained from the survey. Information shared is confidential and used to help direct programming.

Q: WHY SHOULD I TAKE PART IN THIS SURVEY?

A: Your participation is completely on a voluntary basis, but important. This survey is conducted to gather information that will directly support Xats'ull First Nation community members and our Health staff in developing health and wellness programs and policies to improve the well-being of Xats'ull First Nation community members. The data collected from this survey will guide decision-making that reflects the needs of our members.

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

A: Yes, each survey participant will receive a chance to win a wellness basket valued at \$200.

Q: WHO DO I SEND TO ONCE COMPLETED?

A: If you are emailing a copy back that is filled out, please email to Betty Price, Wellness Coordinator at wellness@xatsull.com.

'LET'S TALK HEALTH' SURVEY QUESTIONS

1. What is your age?

- 19-25
- 26-35
- 36-45
- 46-55
- 56-64
- Over 65

2. What is your gender:

- Female
- Male
- Two spirited
- Non-binary
- I prefer not to say

3. Do you live off or on reserve?

- off reserve
- on reserve

4. Have you (or your household) accessed services at Xatsúll Health in the recent past? If yes, please check when in the past:

- Month
- 3 months
- 6 months
- Year
- 2 years and beyond
- Never
- Other: _____

5. Currently, we offer the following programs. Check all that you have accessed:

- Adult Day Program (ADP) Luncheon
- Counselling
- Dental Therapist
- Elders Foot Care
- Gardening day
- Fitness activities: i.e., aerobics class, aquafit class, cross country skiing, or snowshoeing
- Lunch & Learns
- Massage Therapy
- Medicine Making
- Medical travel

- Nurse Practitioner
- Nurse checkup
- Physiotherapy
- Veggie Bag
- Wellness Day

6. If we were to offer the following, please check the ones you would be interested in accessing:

- Cultural Nights
- Dental Care
- Elders lunch (monthly)
- Elders meeting (monthly meeting to provide input into what is working and what is not working with the Xatsúll Health programs?)
- Forgiveness workshop
- Gardening Workshop (how to start you seeds for your garden)
- Grief and Loss workshop
- Hair cuts (men’s and women’s)
- Healthy Cooking Night (learn how to cook a nutritious dinner for your family)
- Learn about nutrition (i.e., Juicing, how it benefits your body)
- Medicine making (learn about natural medicine making to help heal ailments)
- Men’s Group
- Physician Care
- Wellness Day, every three months (i.e., haircuts, manicures, Reiki, etc.)
- Wellness and culture activities
- Welbriety Meetings (AA)
- Women’s Group
- Other: Please share your ideas: _____

7. Reasons you are not accessing our health programs:

- Accessing health programs in town (i.e., All Nations Wellness Centre, etc.)
- Lack of health programs for your needs
- Live out of area, so cannot access Xatsúll Health Station
- Not communicated in timely manner (i.e., posters, social media)
- Prefer to use online apps (i.e., Doctor of the Day, etc.)
- Transportation
- Other: Please share your reason: _____

8. Please provide your contact information for a chance to win the \$200 wellness basket:

Name: _____ **Phone #:** _____