



Self-Rated Health Survey

Hello, thank you for taking the time to participate in this short survey conducted on behalf of the government of Ontario. In this survey, you will be asked various questions related to your health and how you feel.

All data collected will remain strictly confidential and only used for research purposes. Please note this survey is only intended for people 18-65 and a part of the Indigenous communities in Ontario.

Are you a part of a Indigenous community within Ontario?

☐ Yes ☐ No

Please indicate your age group.

☐ 18-25 ☐ 26-33 ☐ 34-41

☐ 42-49 ☐ 50-57 ☐ 58-65

1. (Quantitative, Discrete) In an average year how many times do you fall sick?

☐ 0-3 times ☐ 4-6 times ☐ 7-9 times

☐ 10-12 times ☐ 13+ times

2. (Quantitative, Discrete) In the past 12 months, how many times have you gone to a hospital as a patient to receive medical care?

☐ 0 times ☐ 1 time ☐ 2 times ☐ 3 times ☐ 4+ times

3. (Quantitative, Discrete) On a weekly basis, how often do you perform any form of high intensity exercise?

☐ 0-2 times ☐ 3-4 times ☐ 5-6 times ☐ 7+ times

4. (Qualitative, Nominal) Which of the following do you think are factors that influence your health? (Tick all that apply)

☐ Availability of healthcare ☐ Exercise ☐ Environments
☐ Nutrition & Food ☐ Psychological condition ☐ Social networks
☐ Other:

5. (Qualitative, Nominal) What barriers do you experience in utilizing health care services provided in your community? (Select all that apply)

☐ Transportation ☐ Cost for health care services ☐ Cultural or trust issues
☐ Services not available ☐ Language ☐ Long wait times
☐ Other:

6. (Qualitative, Ordinal) How would you say that traditional practices and cultural beliefs affect the way you manage your health?

☐ It strongly influences my health practices ☐ It moderately influences my health practices ☐ It slightly influences my health practices ☐ It does not influence my health practices

7. (Open-Ended) Additional comments about healthcare in your community.

The End.
Thank you for your participation!



**Ontario Aboriginal
Head Start Association**



OFIFC

Ontario Federation of
Indigenous Friendship Centres