

Date completed:

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(month) (day) (year)

# BETTER Health Survey™ Traditional Medicine & Practices Module

Name: \_\_\_\_\_

Miigwetch! Hai-Hai! Nakurmiik! Thank you for doing the BETTER Health Survey™  
Traditional Medicine & Practices Module!

This module is meant to help capture holistic aspects of Indigenous health and wellness that are not included in the FNIM BETTER Health Survey™. Colonization and assimilation policies have prevented many Indigenous Peoples from learning and practicing their culture, language, and traditions. This module will allow the Prevention Practitioner to provide you with resources for Traditional Healers, medicines, and cultural practices if that is something that you are interested in.

## SECTION A: TRADITIONAL HEALERS

1. Do you have access to a Traditional Healer?

1. Yes  
 2. No

2. Do you visit a Traditional Healer for health and wellness?

1. Yes → go to question 5  
 2. No

3. Would you be interested in learning more about Traditional Healers?

1. Yes  
 2. No

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4. **Would you be interested in visiting a Traditional Healer?**

- 1. Yes
- 2. No

## SECTION B: TRADITIONAL MEDICINES

5. **Do you take any traditional medicines?**

- 1. Yes
- 2. No → go to question 7
- 3. Unsure → go to question 7

6. **Would you like to share any traditional medicines that you are currently taking?**

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## SECTION C: CULTURAL PRACTICES

7. **Do you participate in any cultural practices?**

- 1. Yes
- 2. No → go to question 9

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**8. Please put an “X” if you participate in any cultural practices:**

	Yes	No	Don't Know
a) Smudging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Sweat lodge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Drumming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Elder teachings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Gathering berries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) Medicine wheel teachings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) Medicine gathering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) Fishing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) Hunting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) Pow wows	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) Seasonal cycles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l) Language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m) Dancing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n) Singing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o) Other:			

**9. If no, are there any cultural practices that you would like to participate in? (If you are unsure if there are any cultural practices that you would like to participate in, Question 8 may provide you with some ideas.)**

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