



## Sample Article

Include following article on your newsletter or send it to your local media. You can adapt it to fit the voice of your organization or local media requirements.

### **Make your Voice Heard: In 30 minutes you can help yourself and your Native community become healthier**

If you are like most people, you don't like answering surveys, especially ones over the phone. But this year, with just one brief survey, you can help benefit the health of your Native community. The Behavior Risk Factor System is a special project that aims to collect data over the phone about the actions that affect health and the use of preventive services among American Indians and Alaska Natives. The information gathered will help inform the planning of present and future health programs that will benefit Native communities in both urban and rural areas.

If you live in Alaska, Arizona, Minnesota, Montana, Nebraska, New Mexico, North Carolina, North Dakota, Oklahoma, South Dakota, or Wisconsin, your state is included in this special project. Therefore, you may get a call from your local health department asking to answer a few questions about your health and health practices. If your number is chosen at random, you will get a call at home or on your cell phone. It takes less than 30 minutes to answer the survey and all information you provide is confidential. The higher the number of responses, the better health professionals will be able to understand and address the health needs of Native communities.

This survey started in January and is conducted by each state Department of Health with assistance from the Centers for Disease Control and Prevention and collaboration from the HHS Office of Minority Health.

For more information, please visit: [bit.ly/AIANhealthsurvey](https://bit.ly/AIANhealthsurvey).

