

This is our health.

HAVE YOUR SAY





What is “This is our health”?

“**This is our health**” is about helping people in Northern Ireland stay healthy by working together. It shows that health is not just about hospitals or doctors - it is also about how we live every day.

The idea is that everyone has a part to play. Health services will focus on what people really need; communities and people will be supported to look after themselves.

It also reminds us that simple things - like staying active, eating healthy, talking to others, and feeling part of a community can help us to stay well.

How do I take part?



<https://thisisourhealth.org.uk>



thisisourhealth@hscni.net



**This survey is
anonymous and will
take approx. 3-5
minutes to complete.**

