

# This is our health.

All answers are anonymous.

Do not write your name or anything that can identify you or someone else



**What helps you to stay well?**



**If the health service could promise you one thing, what would you want it to be?**

When we look after ourselves better, it helps the health service and means they can be there when people really need them.

**If the health service could make this promise:**



**A. What could you do to help yourself or others stay well?**



**B. How could you use health services better?**

# About you (Optional)



These questions are optional.

They help us make sure we hear from different people across Northern Ireland.

They cannot identify you.

## Your age group

- Under 16 |  16–24 |  25–44 |  45–64 |  65–74  
 75 or over

## Your gender

- Male |  Female |  Other

## Your postcode (first 5 letters/numbers only)

## Your ethnic group

- White |  Asian |  Black |  Mixed  
 Other

## Are you a carer? (Do you look after someone who needs help?)

- Yes |  No

## Do you have a disability or long-term physical or mental health condition?

- Yes |  No