Keeping a healthy weight

This is an EasyRead version of the Health Weight Questionnaire from Kent County Council Public Health.
Keeping a healthy weight

Kent County Council wants to help people in Kent have healthy lives and be a healthy weight.

What helps you to be a healthy weight?

Please tell us more so we can buy the best service to help.

You need to tell us by Thursday 18 September 2014
Keeping a healthy weight

This is an EasyRead booklet asking you about your weight.

A part of our job at Kent County Council is to help people keep healthy.

One thing that keeps people healthy is to be a healthy weight.

We know that:

- 2 out of 3 people weigh too much
- over weight can cause problems like diabetes and heart disease.
We want to know what would help you keep to a healthy weight.

We can then buy the best service for Kent people to help as many people as possible keep healthy.

We want to make sure:

- people can get the same service all over Kent
- people will use the service
- the service works well.
To start, we want to ask you more about your weight.

You can answer these questions online at:
www.tinyurl.com/kenthealthyweight

Or fill in this answers booklet and send it back by Thursday
18 September 2014 to:
Val Miller Public Health Specialist
Public Health
Kent County Council
Room 3.45 Sessions House
County Road
Maidstone Kent
ME14 1XQ
Credits

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It meets the European EasyRead Standard.

It has been user-checked by the Making It Easier Group of people with learning disabilities.

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