

Choosing Health

*A booklet about plans for improving
people's health*



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A CD-ROM of this easy read booklet is at the back of this booklet.

What is this easy read booklet about?

The Government wants to help people in England to be healthier.

The Government has written a booklet called *Choosing Health*. It says what the Government is going to do to help people in England to be healthier.

This easy read booklet tells you all about *Choosing Health*. You can find out:

- why we need things to change
- what people want from the Government to help them to be healthier
- what the Government wants
- what the Government is going to do
- how to find out more.



The key points in *Choosing Health*

This box tells you the most important things in *Choosing Health*.

Many people in England are unhealthy.

The Government listened to what people said they want from the Government to help them to be healthier.

The Government has made plans saying what it is going to do to help people be healthier.

The most important things the Government will do to help people be healthier are:



Make it easier for people to choose healthy lives.

The Government will do things like give people good information about health so they can make good choices.

