

## **Healthy Meath - Healthy Lifestyle Campaign Partners Information Sheet**

The Healthy Meath - Healthy Lifestyle Campaign aims to raise awareness of the association between lifestyle habits and the risk of chronic diseases such as heart disease, diabetes and cancer occurring amongst the population of County Meath.

Healthy Meath is leading this campaign with the support of the Meath LCDC Health and Wellbeing Subgroup.

### **The purpose of Healthy Meaths Healthy Lifestyle Campaign**

The purpose of this campaign is to convey the message that adopting a healthy lifestyle can help reduce the risk of developing a chronic disease. The 6 messages included in the campaign highlight the importance of:

- Having regular health checks
- Protecting your skin from the harmful rays of the sun
- Not smoking
- Maintaining a healthy balanced diet
- Participating in regular physical activity
- Keeping alcohol intakes below the safe intake levels

### **How to get involved**

- Sign up to the campaign by completing the sign-up form [here](#) and displaying the Healthy Meath Healthy Lifestyle Campaign signage and other resources on your property in a location where individuals will be able to read it.
- Use your organisations website and social media account to promote the campaign by posting the images and messages provided by Healthy Meath.
- Share images with Healthy Meath and post images on social media of your organisation displaying the Healthy Meath Healthy Lifestyle Campaign signage on your property.
- Commit to making healthy lifestyle changes to improve your own and your family's health and wellbeing

### **What does our organisation get if we sign up?**

- A campaign sign suitable for outdoor use
- A campaign poster
- A collection of campaign images & messages for online use
- Healthy Meath merchandise (first 10 sign ups)
- A free healthy lifestyle talk delivered by the Healthy Ireland Coordinator for your group (first 5 sign ups)
- Advice on how to promote health & wellbeing within your community

For more information on this campaign please call 0469097400 or email [healthymeath@meathcoco.ie](mailto:healthymeath@meathcoco.ie)

### **NB please read before completing the sign-up form**

The personal information (data) collected on this form, including any attachments, (which may include the collection of sensitive personal data) is collected for the purpose of processing this application and any data collected is subject to Meath County Council's privacy statement which can be found [here](#).