

# ONE YOU KENT

Unhealthy lifestyles cause around 40% of all deaths in England and cost the NHS more than £11 billion a year.

## SUPPORTING THE CAMPAIGN

As part of a **ONE YOU KENT** network you can encourage people you meet to visit [oneyoukent.org.uk](http://oneyoukent.org.uk) and take the first step towards a healthier lifestyle.



The website, [oneyoukent.org.uk](http://oneyoukent.org.uk) provides free tips, apps and services to help **people** to move more, stop smoking, drink less, eat well and take back control of their health.

**ONE YOU KENT** is part of the national **ONE YOU** campaign.