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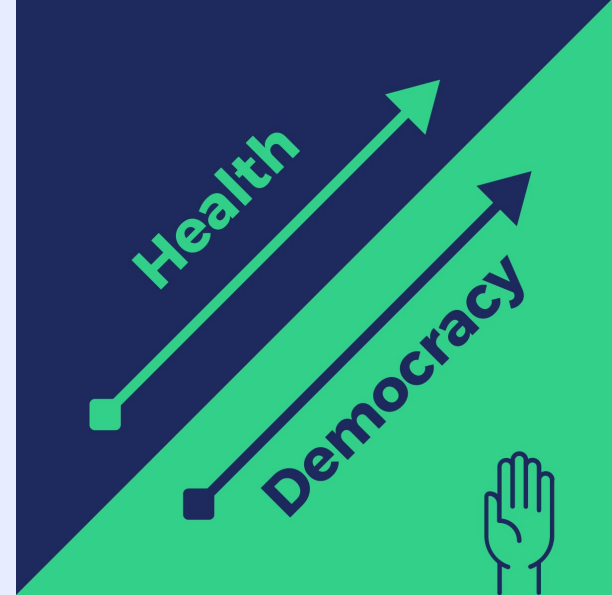
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Healthy Democracy Healthy People

[healthydemocracyhealthypeople.org](http://healthydemocracyhealthypeople.org)

# Health is always on the ballot

- Public Safety & Violence prevention
- Health care access
- Early childhood investments
- Climate resiliency
- Pandemic & infectious disease prevention
- Maternal and Infant Health
- Reproductive Health
- Public Health Authority
- Housing, water, food, education, transportation, civil rights.....



# Public Health Is...



“... Public Health is what we... do *collectively to assure the conditions* in which (all) people can be healthy”

- Institute of Medicine (1988), Future of Public Health

# Healthy Democracy Healthy People is...

.... dedicated to building our collective power to realize health and racial equity by strengthening democracy through inclusive civic and voter participation



# 2020 Brought Public Health and Elections Together

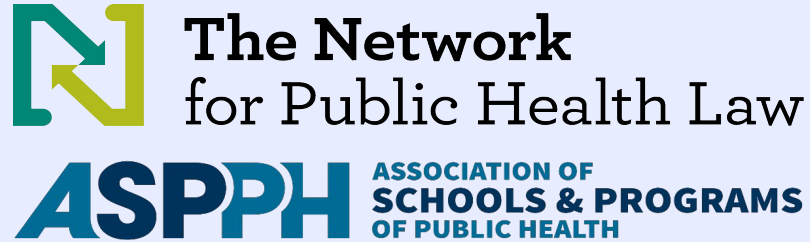
Healthy  
Democracy

Healthy  
People

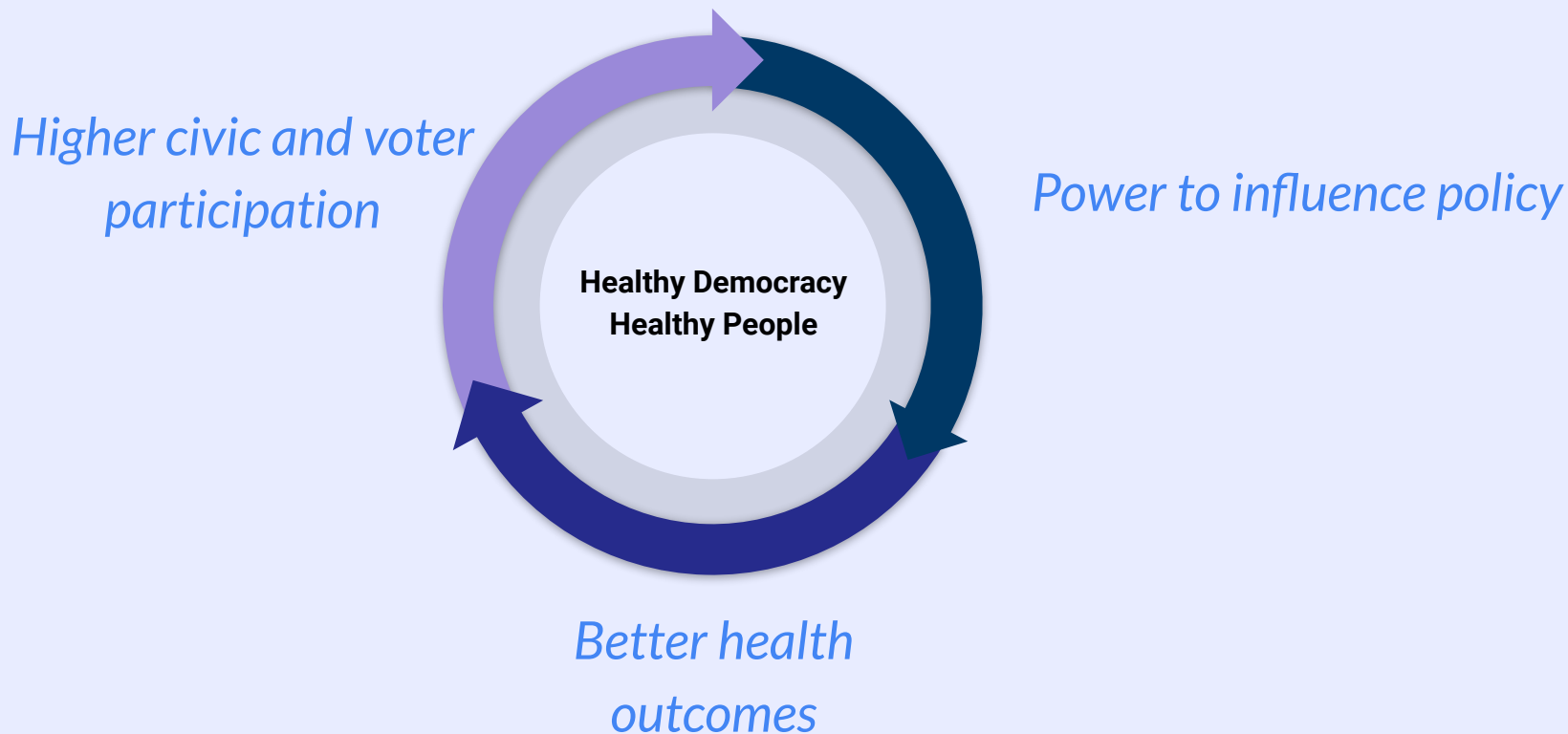


We can vote.

Healthy Voting



# Health and Democracy are Interdependent



# How is Democracy Related to Health?

Representation

Political Decisions

More Influence & Power

More Civic and Voter  
Participation

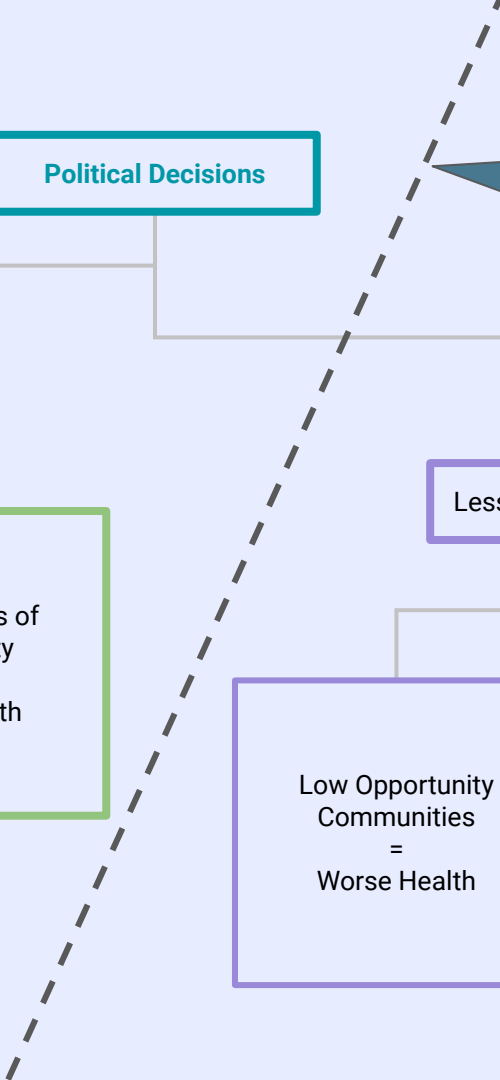
Communities of  
Opportunity  
=  
Better Health

Less Influence & Power

Low Opportunity  
Communities  
=  
Worse Health

Less Civic and Voter  
Participation

Intentional  
political decisions  
disempower  
communities and  
reinforcing  
inequities



# History: Expansion of Electoral Power Improves Health

Expansion of Voting Access	Health Improvement
Women's Suffrage	Child mortality rates declined
Civil Rights Movement	More inclusive policies in education, housing, economic opportunity, and health care including Medicare and Medicaid
Voting Rights Act of 1965	Reductions in Black infant deaths in Southern counties subject to preclearance

*All steps forward were contested “continuous struggle for power...”*

# Health & Democracy Index

- Compares 12 public health indicators and voter turnout to the restrictiveness of voting policies in each state.
- States with more voting access and greater civic participation have better health outcomes
- When communities vote they influence policy decisions that have a big effect on their health.



**Health &  
Democracy  
Index**

OVERALL FINDINGS:

# More Voting Access, Better Health Outcomes

States with more inclusive voting policies and greater levels of civic participation are healthier.



# Additional Research: Consistent association between civic/voter participation and health

- States where it is easier to vote are more likely to have *better rates of state-level self-reported health* across time (1996-2020); Schraufnagle 2023
- States where it is easier to vote have *lower uninsured rates*; Pabayo et al., 2021
- Counties in states where it is easier to vote had *lower pre-vaccine COVID case and mortality rates*; Pabayo et al., 2022
- Civic engagement (voting, volunteering, and activism) among adolescents and young adults is positively associated with better future income, education levels and mental health compared to non-voters; Ballard et al., 2019

# Voter suppression disproportionately impacts Black, Latino, American Indian, young, and low-income voters

- Black, Latino, and American Indian Voters are more likely to experience
  - longer polling lines
  - Fewer polling places per capita
- Black, Latino, American Indian, Young, and low-income voters are disproportionately burdened by stringent voter ID laws
- Black voters are more likely to be flagged for removal from voter rolls

*These same communities are most impacted by health inequities*



**What can Public  
Health do?**

# System Change at Every Level:

**Organization level:** adopt policies to change the narrative and context for advocacy– Ex. SOPHE, AMA, APHA

**State and local level:** join efforts to promote state and local policies expanding voting access and incorporating measures of civic participation into health goal setting (ex MN, MI)

**National level:** to promote voter registration and participation using administrative levers- HealthCare.gov, Healthy People 2030, County Health Rankings and Roadmaps.



## Related Objectives (1)

Here's a snapshot of the objectives related to topics covered in this literature summary.  
[Browse all objectives.](#)

- [Increase the proportion of the voting-age citizens who vote — SDOH-R02](#)

## County Health Rankings & Roadmaps

Building a Culture of Health, County by County

**PROMOTE**   
the **VOTE**



# Thrive through Civic Health: *We Will Vote*



CIVIC  
HEALTH  
ALLIANCE



Healthy  
Democracy

Healthy  
People

A diagram consisting of two grey lines forming a U-shape. One line starts at the bottom left of the 'Healthy Democracy' text and points up to the 'Healthy People' text. The other line starts at the top right of the 'Healthy Democracy' text and points down to the 'Healthy People' text.

# Why Organize The Health Sector?

- Largest workforce and accounts for at least 22 million workers which represents about 14% of all workers in the United States.
  - In 2020 a third of U.S. eligible voters did not cast a ballot and more than half of eligible voters did not vote in 2022.
- Healthcare workers including physicians, nurses, physician assistants, and dentists are *12-23% less likely to vote than the general population.*

***Opportunity: Pledge to Vote***

# Thrive Through Civic Health: *We Will Vote* *Organizational Commitment*



As a leading health organization, we commit to strengthening our democracy by encouraging nonpartisan voter participation across our memberships, employees, and affiliates.

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**Your Organization's Name Here**



# Current Organizational Champions

- Advocates for Better Health
- American Public Health Association
  - Iowa Public Health Association
  - Kansas Public Health Association
  - Michigan Public Health Association
  - Minnesota Public Health Association
  - Nevada Public Health Association
  - Pennsylvania Public Health Association
  - Southern California Public Health Association
- American Medical Women's Association
- Association of Schools and Programs of Public Health
- Big Cities Health Coalition
- Blue Cross Blue Shield Minnesota
- California Primary Care Association
- Center for Health Interprofessional Programs (CHIP), U of MN
- Civic Health Alliance
- College of Nursing & Health Sciences - Winona State University
- CUNY Graduate School of Public Health & Health Policy
- Division of Public Health, Central Michigan University
- Doctors for America
- Engaging Communities to Change Health Outcomes (ECCHO)
- Ecumen
- Eta Sigma Gamma
  - Eta Gamma Chapter
- Frey Evaluation LLC
- Grantmakers In Health
- Healing the Vote
- Health Begins
- HealthPartners
- HealthPartners Institute
- Health Policy Institute of Ohio
- Health Professionals for a Healthy Climate MN
- Healthy Democracy Healthy People
- Human Impact Partners
- ITest Health
- Michigan Organization on Adolescent Sexual Health
- Minnesota Alliance on Problem Gambling
- Minnesota Doctors for Health Equity
- Minnesota Organization of Leaders in Nursing
- National Disability Rights Network
- National Network of Public Health Institutes
  - Hawai'i Public Health Institute
  - Public Health Institute of Oklahoma
- Network for Public Health Law
- Ohio Academy of Family Physicians
- Oklahoma Turning Point
- Open Pixel Studios
- Oregon Health and Science University's Richmond Community Clinic
- Society for Public Health Education
  - Great Lakes SOPHE
  - Minnesota Society for Public Health Education
  - Utah Chapter of the Society for Public Health Education
- Positive Aging Sourcebook
- Public Health Accreditation Board
- Skyview Family Medicine
- Tanya Honderick Consulting, LLC
- Transition Health
- Tri County Health Department, Missouri
- University of Minnesota Health Emergency Response Office
- University of Minnesota Boynton Health
- University of Wisconsin Population Health Institute
- Unruhly Medicine
- Vitalyst Health Foundation
- Vot-ER
- Woods Family Medicine



**HEALING  
THE VOTE**



**University of Wisconsin  
Population Health Institute**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



**The Network  
for Public Health Law**



**Public Health  
Institute of  
Oklahoma**



# Thrive Through Civic Health:

## *We Will Vote*

### *Pledge to Vote*

Healthy  
Democracy

Healthy  
People



The health of my community hinges on the health of our democracy and that robust civic participation is required to advance health and racial equity. I understand that the first step starts with me. I join with my colleagues and institutions across the health sector. I will:

- ☐ Vote in upcoming elections.
- ☐ Encourage friends, family, and/or colleagues to vote in upcoming elections.
- ☐ Work with my professional organizations and/or workplace to promote the Thrive Through Civic Health: We Will Vote initiative this year.
- ☐ Support elections through volunteer roles in my local community.

I will vote because I care about: \_\_\_\_\_

