



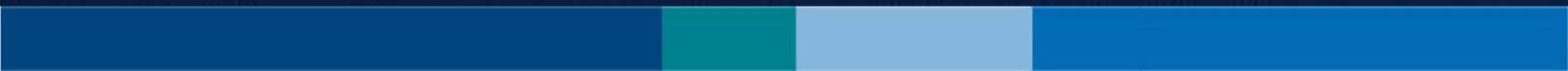
WASHTENAW
HEALTH
INITIATIVE



 **VOTE**
FOR
HEALTH



2022 VOTING TOOLKIT



OVERVIEW

This “Vote for Health” toolkit includes education around the connection between health and voting access, alongside practical tools to help voters educate themselves before casting their ballot.

Research from the Healthy Democracy, Healthy People initiative shows that states with more inclusive voting policies and greater levels of civic participation have better health outcomes.

Furthermore, the research demonstrates that low voter participation drives health disparities, as barriers become self-reinforcing. People experiencing poor health are less likely to vote because they must manage their health foremost, while healthy people are more likely to have the time, energy, and a greater ability to follow the necessary policies and procedures to vote.

WHAT’S INSIDE

HEALTH AND THE BALLOT - This informational document highlights the link between health and voting, including access to it.

VOTE FOR HEALTH FLYER - This printable flyer provides information on the connections between voting and health, along with a notice about changes to legislative districts and polling places from recent redistricting. It also includes a link to resources on registering to vote, finding a polling place, requesting an absentee ballot, and getting a sample ballot.

SOCIAL MEDIA CAMPAIGN - To help get the word out, we have scheduled several posts related to this toolkit on WHI social media which includes [Facebook](#), [Twitter](#), and [LinkedIn](#).

HOW TO USE THIS TOOLKIT

The WHI hopes to make a positive impact by informing Washtenaw County residents about how voting affects their health, and the health of their community. Please consider:

- Sharing the “Health and the Ballot” informational paper within your organization to educate staff on the connections between voting and community health.
- Posting the “Vote for Health” flyer in your offices. Consider encouraging clients and staff to check out the list of resources linked to the QR code on the flyer. If you provide direct services, consider encouraging clients to vote and assisting them with voter registration, if needed.
- Spreading the word and share our social media posts. We have scheduled a series of posts to help bring awareness and encourage participation in the upcoming election.

ONE-PAGER: HEALTH AND THE BALLOT

The toolkit includes a one-pager that explores civic participation as a social determinant of health, focusing on the connection between health and voting access.

It discusses how electoral outcomes are largely influenced by differences in participation—often, due to social, economic, and health inequities. When low-income community members abstain from voting because of their health, elected officials are less representative of the entire community's needs.

ACCESS THE ONE-PAGER HERE

WASHTENAW HEALTH INITIATIVE

HEALTH AND THE BALLOT

Civic participation is not only a great way to engage with the community, but it can also result in significant impact to improve individual and community health.

- Voting has been shown to be a significant predictor of better individual health and wellbeing.
- Greater voter participation leads to more equitable health policy outcomes.
- Washtenaw County may benefit from engaging low-income low-health constituents in the electoral process.

Civic Participation as a Social Determinant of Health

Social and Community Context is a Social Determinant of Health (SDoH) that represents the group environment in which people work, live, and regularly take part. Like all SDoH, this context can magnify health inequities, meaning that individuals' communities influence a wide range of their health outcomes.

Civic Participation such as volunteering, community groups, and voting can help to create a sense of impact and belonging as well as lead to overall improvements in the community. Individuals who engage in civic participation report:

- Better overall subjective health than those who do not vote or participate in community social activities.
- Lower levels of psychological distress than non-participants, which may help to offset the negative mental health effects of other social disadvantages.

Health and Voting

Voting is a form of civic participation. Not voting has been shown to have negatively impact the health of low-income voters, where:

- Low-income individuals are more likely to not participate in voting if they have poor health compared to people with higher incomes and poor health.
- Not participating in the electoral process is associated with subsequent reductions in health in following years, unrelated to one's initial health status.

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HEALTH AND THE BALLOT

Health on Policy

Electoral outcomes are largely influenced by differences in voter participation due to social, economic, and health inequities. Community residents with low-incomes do not vote, elected officials are less representative of the entire community's needs.

Community members who are more likely to be engaged with "wealthy-healthy" constituents while in office rather than those who are less likely to participate in election participation.

Elected officials that are not adequately representing residents with low-income and health inequities hinder efforts to improve community health.

Community members with poorer health tend to support a more expansive role of government. At a community level, a "wealthy" voter bias has been shown to unfavorably affect the scope of coverage in health care.

Washtenaw County

Washtenaw County may be particularly affected by this "wealthy-healthy" voter bias as it ranks as the third highest in income inequality in Michigan. While the county does score high in terms of overall health outcomes, these measures are not equal across racial and economic lines.

Community members experience further disenfranchisement at a county level due to income and health inequities. While an income that is only 59% of that of the total population, they also have the highest rates of health care costs:

- Mental Health Concerns
- Heart Attacks

To address these inequities and reduce "healthy-wealthy" voter turn-out bias at the polls, Washtenaw County is working to engage residents with low-income and low-health status in the electoral process.

Voting Initiative

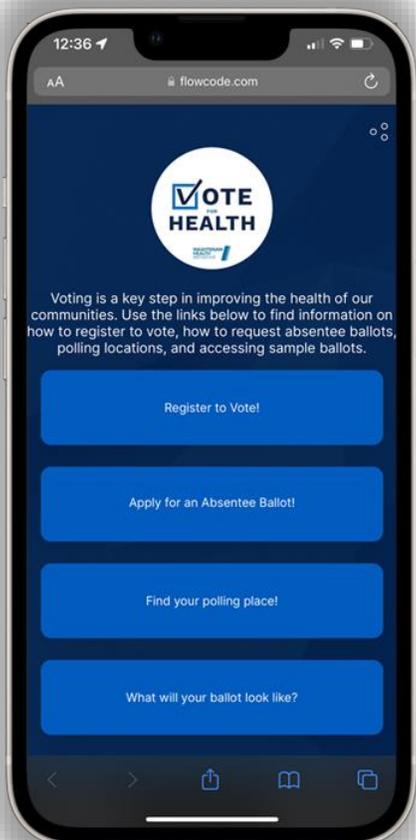
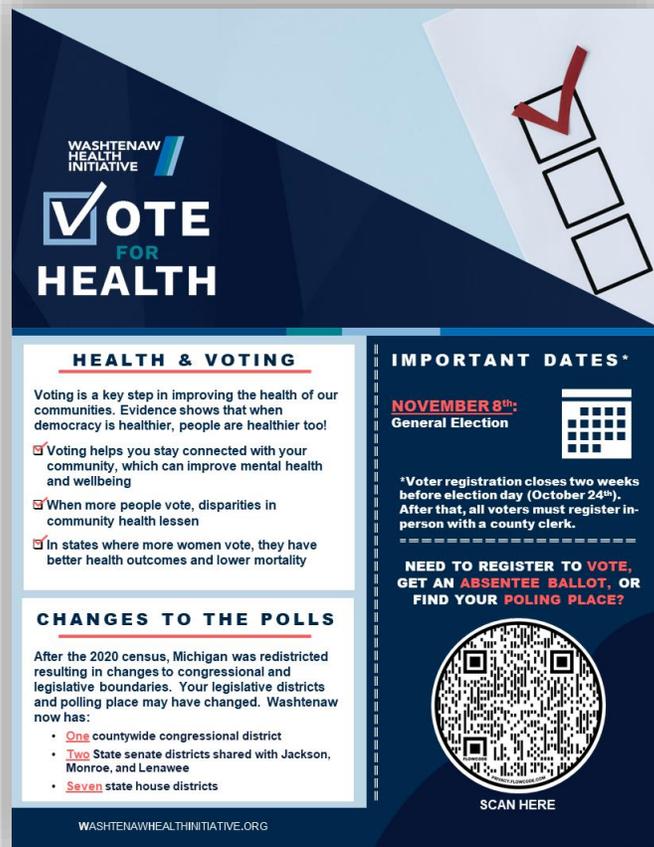
- Voting access initiatives at non-profit and private health organizations, particularly community health centers and safety-net hospitals, can help marginalized, eligible voters overcome these potential barriers to the ballot.
- A community toolkit for voter access and registration can provide voters with the knowledge and tools to vote.

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FLYER: VOTE FOR HEALTH

To help “get out the vote,” the toolkit also includes a “What to Know About Voting in 2022” flyer. The flyer contains information about health and voting, along with practical information about redistricting and changes to polling place locations.

ACCESS THE FLYER HERE



The QR code and website take people to a page with information about how to register to vote, request an absentee ballot, find a polling place, and get a sample ballot before the election.

You can access the page without scanning the QR code by visiting:

<https://flow.page/whivotinginfo>

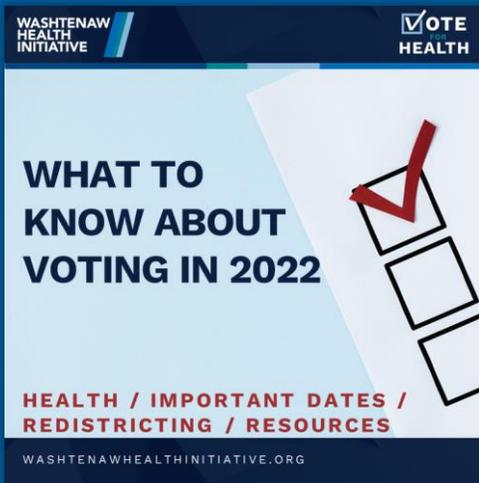
SOCIAL MEDIA CAMPAIGN

We're spreading the word—but we need your help, too!

The WHI hopes to make a positive impact by informing Washtenaw County residents about associations with health and civic participation, while also equipping them with the tools to make sure they are ready to cast their vote.

The information from this toolkit will be shared in a series of WHI social media posts leading up to the midterm elections.

We would appreciate it if your organization follows the **WHI's social media pages**—[Facebook](#), [Twitter](#), and [LinkedIn](#). Please feel free to repost and share our campaign.



POST DATE

October 12th

POST TEXT

Did you know that voting directly impacts the health of our community? Take a look at our newly launched Vote for Health toolkit for information about the 2022 Midterm Elections.



POST DATE

October 14th

POST TEXT

Civic participation is not only a great way to engage with the community, but it can also result in significant impact to individual and community outcomes. Read more about health and voting here:

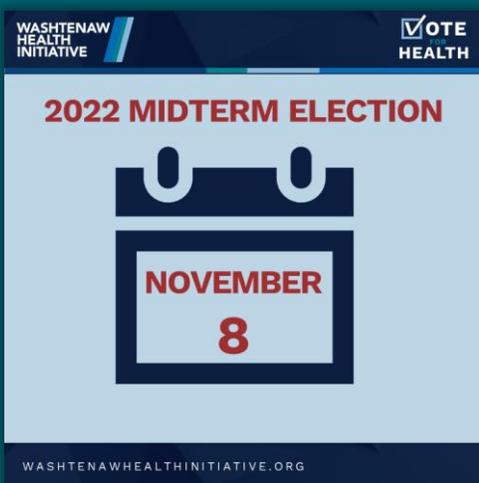


POST DATE

October 16th

POST TEXT

Are you ready to vote? Use this link to register to vote, apply for an absentee ballot, find your polling place, or get a sample ballot.

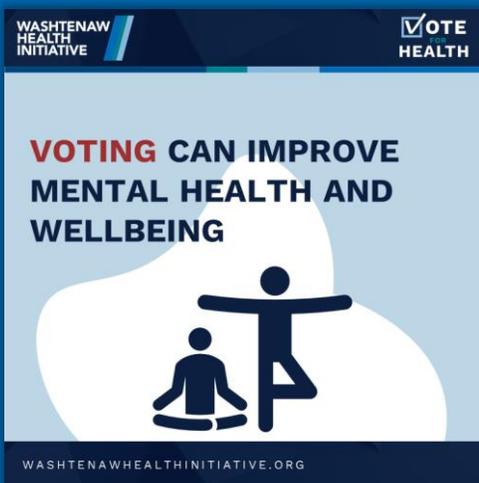


POST DATE

October 18th

POST TEXT

Are you ready to vote? Use this link to register to vote, apply for an absentee ballot, find your polling place, or get a sample ballot.

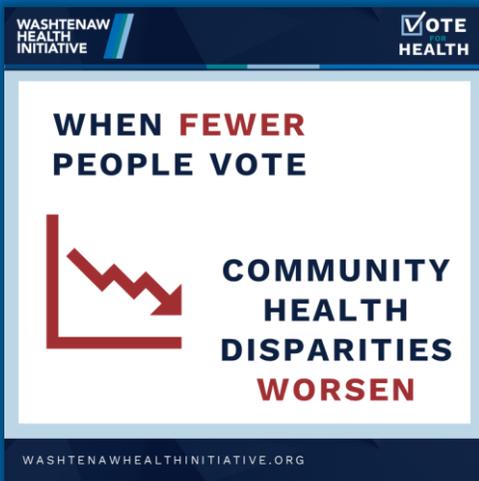


POST DATE

October 22nd

POST TEXT

Voting and other forms of civic participation can help relieve psychological stress to help improve mental health. Read more about health and voting.

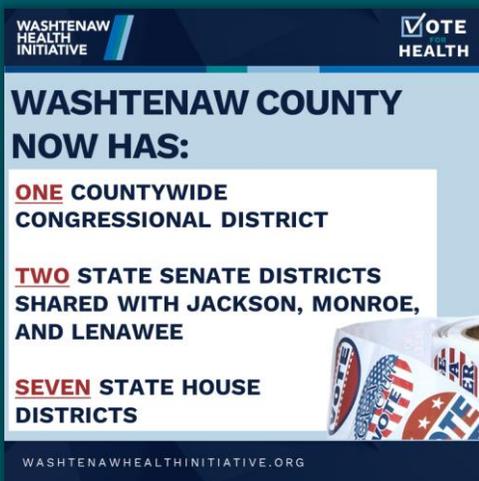


POST DATE

October 26th

POST TEXT

Electoral Outcomes are largely influenced by differences in participation due to social, economic, and health inequities. Read more about health and voting here:



POST DATE

October 30th

POST TEXT

Many districts in Washtenaw County have been redrawn. Use this link to see if your polling place has changed and see who is running in your district.



POST DATE

November 3rd

POST TEXT

Civic Participation such as volunteering, community groups, and voting can help to create a sense of impact and belonging as well as lead to overall improvements in the community. Read more about health and voting:

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