



For your convenience, this information and material is also downloadable at [www.MyVoteMyHealth.org](http://www.MyVoteMyHealth.org)



## Promoting Civic Participation at Home

As a health care professional, you have a unique opportunity to serve as a trusted messenger and promote civic participation at home by spreading the word about the census and the importance of voting with your family, friends and neighbors. This Dinner Table Talk Exercise will help you promote civic engagement and the My Vote. My Health. campaign at home.

This exercise, as with this Toolkit, is based on the success of the AltaMed My Vote. My Health. strategy for getting out the vote. In 2018, the My Vote. My Health. model resulted in an average Latino voter turnout increase of 137%. In some precincts, AltaMed documented dramatic increases of 200%, 300% and 400% in ballots cast from 2014 versus 2018. Key academic institutions like UC Riverside School of Public Policy, American Majority Project Research Institute, and UCLA's Latino Policy & Politics Initiative, have evaluated the My Vote. My Health. 5-touch model and have confirmed that the approach is effective and can be replicated.

To obtain additional copies of the AltaMed My Vote. My Health. 5-Touch Voter Toolkit, visit [MyVoteMyHealth.org](http://MyVoteMyHealth.org).

# Dinner Table Talk Exercise (30 Min. Total)

## Introduction

We can all make a difference in our communities, particularly in the conditions that affect our health and quality of life. In fact, you influence the health and environmental conditions of your neighborhood every day, simply by living, shopping, and being active in your community. One way to make certain you are making a difference at home is by being civically active, voting, and/or volunteering in your neighborhood.

## Exercise Activity (10 Min.)

Brainstorm on the health and environmental conditions in your neighborhood that could be improved.

For instance, some discussion questions can include:

- Are there enough parks in your community?
- Do you have regular access to healthy foods?
- Does your community have adequate city services?
- Is your neighborhood safe?

## Discussion (10 min.)

Identify as a group the top issue you would like to see improved in your neighborhood. Discuss some things you could do to bring about these improvements.

## Debrief Activity (10 min.)

What did you learn from this exercise? Are you excited to bring about positive change in your community through civic participation? Visit [www.MyVoteMyHealth.com](http://www.MyVoteMyHealth.com) to learn more about ways to get involve in your community.

# Making a Difference in Your Neighborhood Through Civic Engagement

Civic participation can bring about positive change, and a few ways to engage include: volunteering, voting, starting or signing petitions, attending community meetings, or contacting city council members about issues affecting you and your community.

Being civically engaged also means staying involved with your local, state and federal governments. Whether it's staying aware of issues in your community or tracking laws and policies, you can make a change in your community by influencing the decisions that elected officials make. Writing a letter to your city council members regarding issues affecting your family, neighborhood and community is a great way to bring about change. You can find your city council members, information by visiting your city's website.

## Host a Party!

Want to make a bigger impact, and get your entire family or a large group of friends or neighbors involved? Help your friends and family become civically engaged by registering them to vote and becoming permanent Vote by Mail (VBM) voters. Then host a VBM get-together and vote as a group over food. This is a great way to get people involved, and a great way to understand the issues, ballot measures, and candidates on your ballot. It's fun, too!

