The Benefits of Voting
For the voters, our health centers and democracy

Voter registration benefits our health centers, patients, and democracy. Our health centers gain when the people we serve vote at higher rates. Individuals who register are more connected to their community and have better health outcomes. Our democracy is stronger when citizens of all ages, incomes, and backgrounds participate.

Benefits for Voters

Registered voters are more active and engaged citizens. They are more likely to -
- o Connect with their neighbors
- o Join community activities
- o Talk to elected officials and be an advocate for themselves and their families

Registered voters have better health outcomes. They have -
- o Higher levels of self-reported health and better health outcomes.[1]
- o Feel a greater sense of personal agency or power knowing they have voiced their opinion on the issues of the day – a factor in good health.[2]
- o Stronger social connections to the community around them that lead to a greater quality of life and longevity.[3]

Benefits for Health Centers

- o People who sign up for health insurance and Medicaid need to be engaged and can express their support for health care access and the services we provide by voting.
- o Clients and patients who vote are more likely to be engaged as health care advocates.
- o It is an important way we can improve patient health and meet our social mission.
- o When our patients and community vote we can have a stronger voice and more impact for health centers (like this one).

Benefits for Democracy

- o Health centers reach low-income Americans and new citizens that many campaigns miss. If we don't register them to vote, who will?
- o Strong democracy depends on engaged and active citizens.

1 "Socioeconomic inequality in voting participation and self-rated health", Blakely et al, American Journal of Public Health
[2] "Making a difference, makes you happy: A Study", Tim Kasser, YES! magazine
[3] "Social ties are good for your health", BeWell@Stanford, Stanford University