



HELPING LAWMAKERS GET TO KNOW YOU AND AMERICAN HEART ASSOCIATION *HEART POWERED*

Personally, advocating for heart-healthy policies with your elected officials will make them aware of key issues that will help build healthier lives and communities. It also lets them know their constituents will be watching how they address these policies and holding them accountable throughout their time in office.

American Heart Association *Heart Powered* is a relentless force for a world of longer, healthier lives. We are dedicated to building healthier communities for all. When meeting with your elected officials, you will want to let them know you are part of American Heart Association *Heart Powered* and committed to working with them to advance health issues.

There is nothing more impactful for lawmakers than the stories of their constituents. When you meet with your lawmaker start by introducing yourself, let them know where you live and then deliver your story in a concise, compelling way.

Here are some ways to get the conversation started:

- **Write a customized message to your elected leaders via e-mail or letter.** The message could be structured as “Top 5 Reasons Why We Need Your Support on Heart Health Issues,” and you outline your reasons for supporting American Heart Association *Heart Powered*. Be sure to provide your contact information so your lawmakers can respond.
- **Draft a letter to the editor of your local newspaper.** Explain to readers (lawmakers, too) why heart and stroke issues are a priority (see separate document for more guidance on writing a “LTE”).
- **Schedule a meeting or attend a political event to meet lawmakers and staff.** Introduce yourself, American Heart Association *Heart Powered*, and share the heart and stroke issues you care about most.

For more information and ideas, please consult our [American Heart Association *Heart Powered* Advocacy Guide](#) or contact your Grassroots Manager.

Our advocacy team is here to help you as you advocate for American Heart Association issues. Please don't hesitate to let us know what resources you need. Together we can help lawmakers understand why supporting heart and stroke issues will be such a critical part of their work.

For More Information:
American Heart Association *Heart Powered*
Advocacy Program
advocate@heartpowered.org