

Civic Engagement:

Improve your community and your health



Volunteering Builds Community



When we get involved in our communities, we:

- Learn from each other
- Create a place where everyone feels supported
- Make new connections
- Lower the risk of heart disease and stroke

Involvement can look different for different people

Voting, volunteering, speaking up for policy change, joining social and religious organizations and donating to charities all empower us to advocate for what our communities need to drive health.



Together We Can Transform Health



- 1 Promote Health
- 2 Support scientific research
- 3 Improve medical treatment and access to quality health care

It's Reciprocal

Healthier people are more likely to engage civically. Civic engagement improves participants' health.



We are Better Together

Civic Engagement...

- Increases feelings of belonging
- Decreases social isolation
- Improves mental health

Make an Impact

An active and engaged electorate strengthens a community's ability to preserve, protect and improve health.

Change the Future of Health

It's all about making a difference in our communities by developing the knowledge, skills, values and motivation that come from understanding needs and being connected socially.



Learn More: [Click Here to read our Policy Statement](#)

Join us in making a difference in our communities and improving health for all.
www.HeartPowered.org/ElectionResources

