

为自己的健康投票

您每年的选票上可能不会出现医疗保健信息，但您每次的投票其实都与自己的健康息息相关。原因在于我们的健康在很大程度上会受到居住地、工作地、学校和娱乐地点（也称之为健康的社会决定因素）的影响。在我们可以实现以下几方面时，我们就更有可能享受健康的生活：

稳定的经济条件
良好的教育条件
和谐的邻里关系
稳固的社会关系
健全的医疗条件



公民参与，如投票、志愿者服务和加入社区群体，都与更好的健康条件有着密切关系。投票就是健康社区的一种标志。



请访问 GetHealthySMC.org 详细了解这些部分如何影响我们的健康，以及我们可以做出哪些改善。

选票中的健康信息

在选举中，我们通常会投票给可以代表我们的人员，以及可以影响我们社区的政策。例如：

当我们投票选举掌权者时，我们会选择管理我们税务系统的人员。

当我们投票选举学校董事会成员时，我们会选择对学校课程和政策有批复权利的人员。

在近期的选举中，相关人员就对类似于控制租金，资助低收入居民区新建公园等问题进行了投票。

您的选票就是您的心声。

谁可以投票

年满18岁的美国公民都可以投票（不包括目前因重罪在监狱服刑或被法院认定为精神不健全的人员）。提供英语、西班牙语、菲律宾语和中文版选票。

让所在社区参与进来

- 与亲朋好友、同事和邻居聊聊您关注的问题
- 帮助相关人员完成注册，并告知对方从何处寻找信息
- 举办选举集会，一起填写选票

了解详情

注册进行投票，并可以从以下网址了解有关如何投票的更多信息：



SMCVOTE.ORG

Vote For Your Health

While you may not see healthcare on the ballot each year, you are always voting for your health. This is because our health is greatly influenced by where we live, work, go to school, and play (also known as **social determinants of health**).

We are more likely to be healthy when we have access to:

- ECONOMIC STABILITY**
- QUALITY EDUCATION**
- SAFE NEIGHBORHOODS**
- STRONG SOCIAL CONNECTIONS**
- QUALITY HEALTHCARE**



Civic engagement, such as voting, volunteering, and joining community groups, is linked to better health. Voting is one sign of a healthy community.



Visit GetHealthySMC.org to learn more about how these components impact our health, and what we can do to improve them.

HEALTH ON THE BALLOT

In elections, we typically vote for **people** who will represent us and **policies** that impact our communities. For example:

When we vote for a **controller**, we choose the person who manages our tax system.

When we vote for **school board members**, we choose the people who approve school curriculum and policies.

In recent elections, people have voted on issues like **rent control**, and funding new **parks** in low-income neighborhoods

Your vote is your voice.

WHO CAN VOTE

US citizens ages 18 and over can vote (except those who are currently serving a prison term for a felony or found mentally incompetent by a court). Ballots are available in English, Spanish, Filipino, and Chinese.

GET YOUR COMMUNITY INVOLVED

- Talk to friends, family, colleagues, and neighbors about the issues that matter to you
- Help people get registered and let them know where to find information
- Host an election party to fill out ballots together

LEARN MORE

Register to vote & find more information on how to vote at:



SMCVOTE.ORG