

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