

HEALTH & VOTING INFORMATION SHEET



HOW VOTING AFFECTS HEALTH

When people vote, they help make decisions about laws and policies that affect their health. **Voting gives communities a say in things like healthcare, housing, and public safety.** This info sheet is based on the Health & Democracy Index, an analysis that found a strong connection between civic participation and health outcomes.

MORE VOTING ACCESS: **BETTER HEALTH**

States that make it easier for people to vote tend to have better health

These states often have policies like:

- Automatic voter registration
- Same-day voter registration
- Mail-in voting
- Easier voting for people with past convictions

LESS VOTING ACCESS: **WORSE HEALTH**

- States with more barriers to voting tend to have worse health
- When less people vote or are able to vote, communities usually don't get as much support for healthcare, hospitals, and other services

WHY THIS MATTERS

- When **more people vote**, there is better social connection, better community resources, and **better health**
- **Voting helps communities have a say in things** like healthcare, housing, and public safety
- Voting policies impact **how easy it is for people to participate** in elections
- Voting and easy voting access **helps reduce health gaps between different racial groups**

CIVIC PARTICIPATION IMPROVES HEALTH

Civic participation means getting involved to improve your community, like voting or volunteering.

Voting is one important part of civic participation and is connected to improved community and personal health. Studies show that **voters and people who are civically engaged tend to have better healthcare access**, while those who don't often report worse healthcare options. By participating in elections, people **strengthen their community and improve their own well-being.**

Sources:

Health & Democracy Index:

- blackwpc.org/health-democracy-index
- democracyindex.hdhp.us/

Healthy People 2030 bit.ly/3XSOE50

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YOUR **VOICE** ☒
YOUR **HEALTH** ☒
Blackwpc.org/vote

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