

HOW DOES CIVIC PARTICIPATION INFLUENCE HEALTH?

October 19, 2021

countyhealthrankings.org



Support
provided by



Robert Wood Johnson
Foundation

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County Health Rankings & Roadmaps is a program of the
University of Wisconsin Population Health Institute.



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YOUR FACILITATORS TODAY



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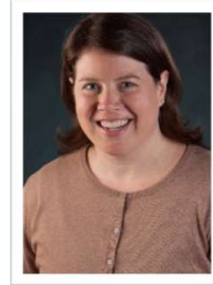
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TODAY'S GUESTS



Dawn Hunter
Director
Southeastern Region of the
Network for Public Health Law



Kim Irwin
Executive Director
Health by Design

Administrator
Indiana Public Health Association

The views of the speakers outside of County Health Rankings & Roadmaps are their own.

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QUESTIONS WE WILL ANSWER

What

Comprises civic participation?

How

Does civic participation benefit your health?

How

Do communities benefit from greater civic engagement?

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SUPPORTING COMMUNITIES WITH



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JOIN US FOR MORE DISCUSSION – TODAY!

- ▶ **When:** Immediately following the webinar
- ▶ **What:** Interactive learning experience, opportunity to share ideas and ask questions
- ▶ **How:** Videoconference and/or phone via Zoom
- ▶ **Why:** Deepen the webinar learning, allow further exploration



Photo by Chris Montgomery on Unsplash

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WHAT IS CIVIC PARTICIPATION?

*participating
in activities
that advance
the public
good*



Photo by Phillip Goldsberry on Unsplash

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HEALTH BENEFITS

- ▶ Civic group participation decreases social isolation.
- ▶ Voting is associated with better self-reported health.
- ▶ Volunteering is associated with better sense of well-being and emotional health.
- ▶ Older adult volunteers experience reduced cognitive decline.
- ▶ Civically engaged adults report more physical activity.



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Young volunteers become civically engaged across a lifetime



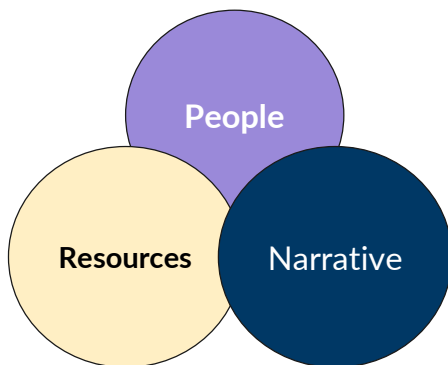
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www.healthydemocracyhealthypeople.org

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Organizing to Build Civic Muscle



- *Organize people and communities*
- *Organize narrative, knowledge, data*
- *Organize resources across places and systems*

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Organizing Narrative:

Health focus areas that have a relationship with civic engagement or voting

- Self-rated health & mental health
- Self-reported chronic health condition
- Self-reported disability preventing work
- Disability status
- Use of healthcare services
- Health risk behaviors like smoking
- Life expectancy & mortality rates
- Income level
- Education level
- Neighborhood safety

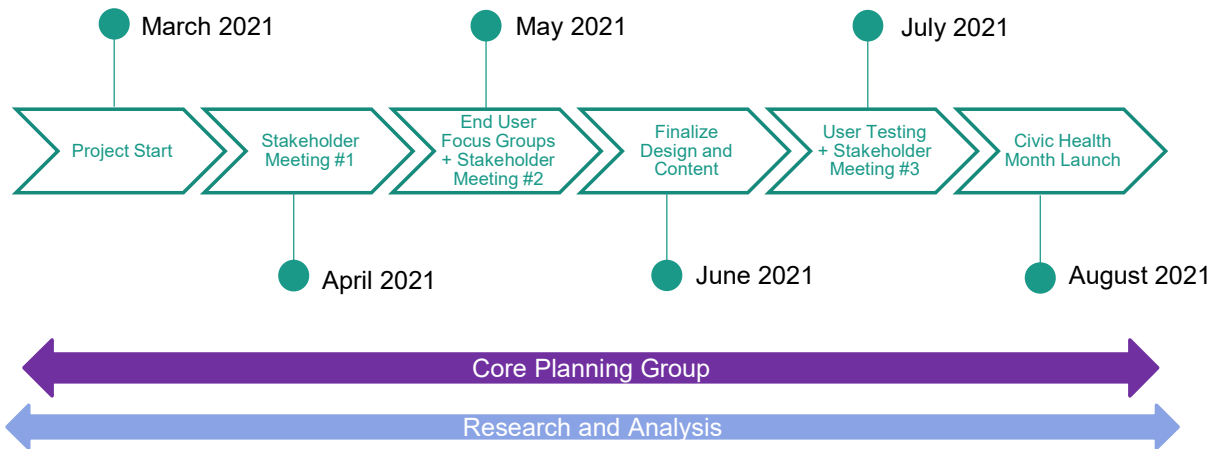
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State health metrics sorted by Cost of Voting (averages)

	Voter Turnout 2020 General Election	Self-Rated Health - Good or Better	Poor Mental Health Days in Last 30 Days	Adults Receiving Disability Benefits	Uninsured	Active Physicians Per Capita	Chronic Disease Prevalence	Premature Mortality (YPLL)	Infant Mortality Rate	Poverty
Top 15 States	71.7%	84.7%	4.15	4.34%	10.27%	305.70	8.85%	6588	5.43	10.38%
US Average	66.8%	82.7%	4.3	4.7%	11%	277.8	9.5%	7350	5.67	12.2%
Bottom 15 States	64.0%	80.7%	4.71	5.95%	15.04%	238.56	11.49%	8901	6.52	13.46%

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Index Development



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Goals

Illustrate and describe the connections between voting rights/access and population health.

Show evidence of the health impacts of inequities in access to the ballot.

Build public understanding and commitment to inclusive civic participation by expanding the narrative about voting to include the impact on our collective health.

Support public health professionals in their roles in promoting access to the ballot as necessary to advancing health equity and population health.

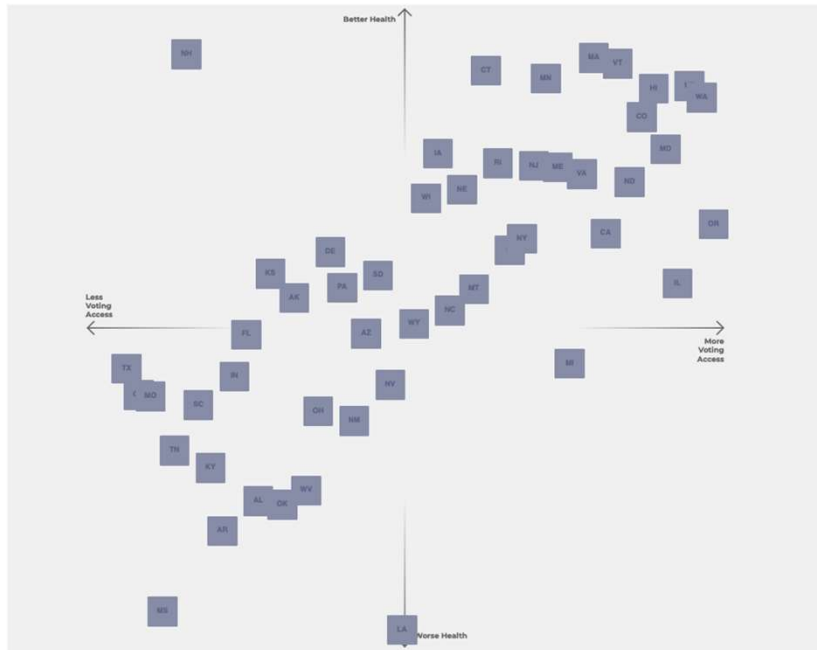
Strengthen relationships across policy sectors and with others advocating for expanded access to the ballot by contributing a health and health equity analysis.

Identify policies and demonstrate practical ways to expand access to the ballot.

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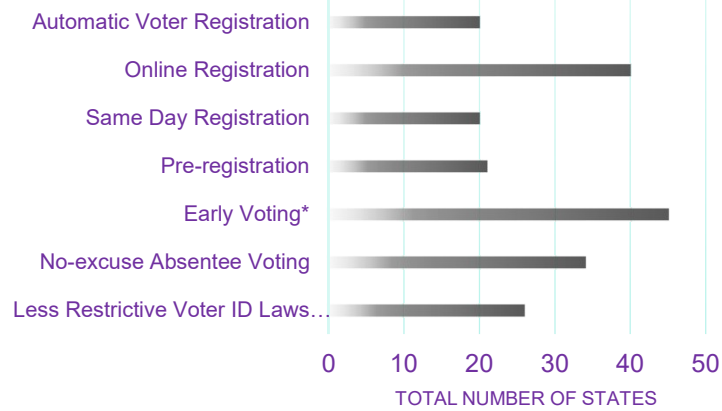
Two Core Components

- Cost of Voting Index
- Measures of Health Status (12)
- Default plot view is Overall Health



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What supports electoral participation?



*early voting laws vary significantly across the states

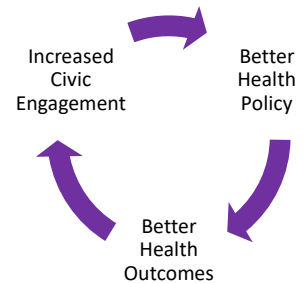
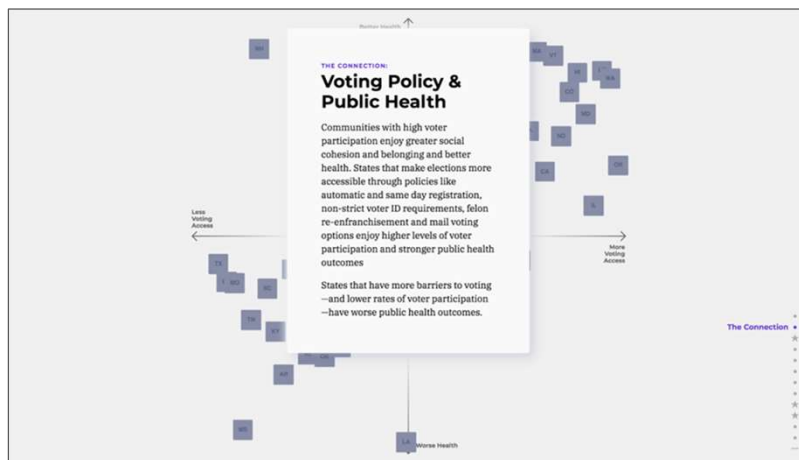
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Overall findings: More Voting Access, Better Health Outcomes



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The Connection: Voting Policy & Public Health



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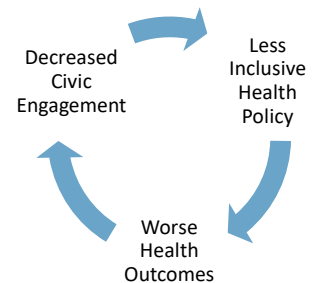
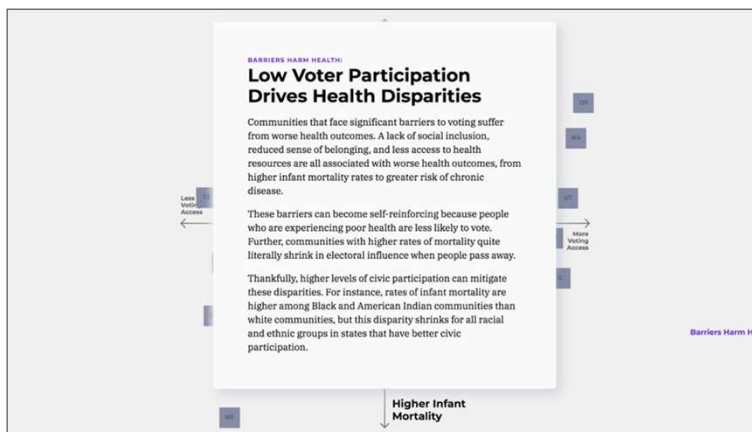
Interactive Voting Policy Picker



- Inclusive Registration
- Vote at Home
- Restrictive Voter ID
- Voting Rights Restoration

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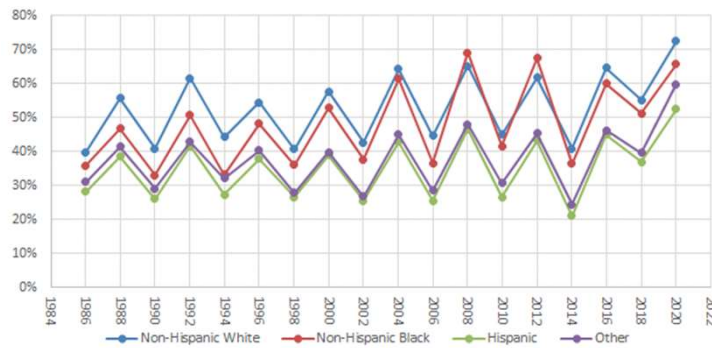
Low Voter Participation Drives Health Disparities



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Disparities in civic participation and health equity

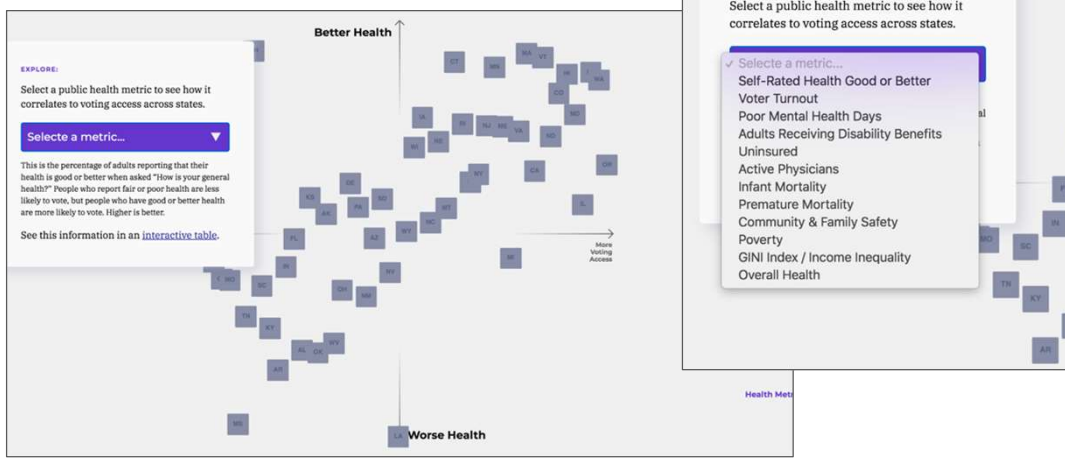
Citizen Voting-Age Population
Turnout Rates by Race and Ethnicity



Source: US Elections Project / Current Population Survey

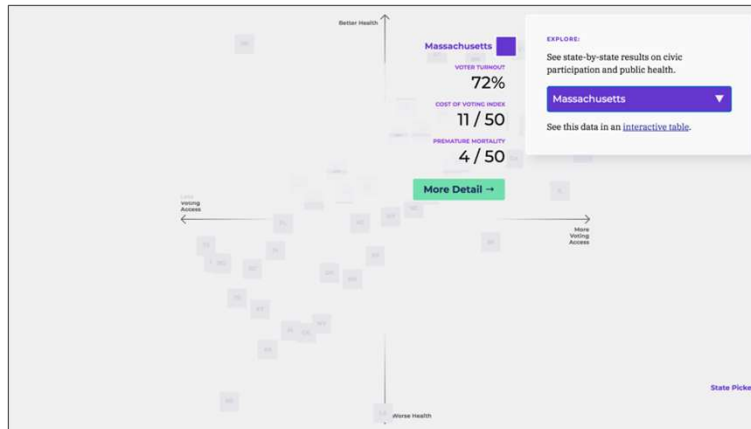
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Explore the data through metrics



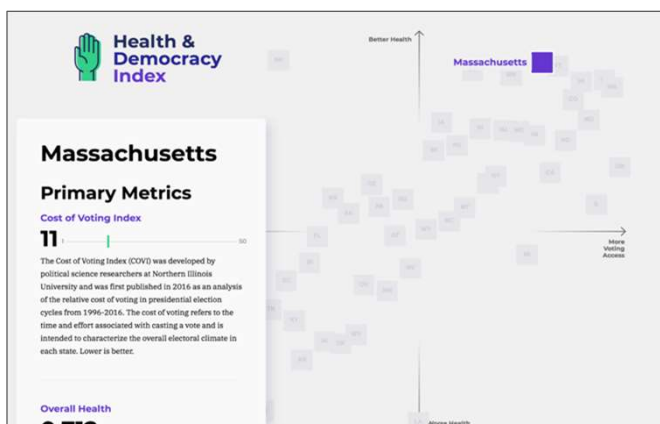
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Explore the data through state picker: two views



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State landing page (second view) Example: Massachusetts



Includes:

- Primary metrics – Cost of Voting Index and Overall Health
- Voting policies
- Civic participation (turnout and registration)
- All of the health metrics

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State detail - Massachusetts

Health

Self-Rated Health Good or Better

87%

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This is the percentage of adults reporting that their health is good or better when asked "How is your general health?" People who report fair or poor health are less likely to vote, but people who have good or better health are more likely to vote. Higher is better.

Health measure

Scale

Definition

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Methods, limitations, and references



Methods

This analysis compares 12 public health indicators and voter turnout to the Cost of Voting Index for U.S. states for the 2020 general election. All indicators and measures were selected based on an analysis of published literature linking civic participation and health.

Civic Participation

Cost of Voting in the American States: 2020

The Cost of Voting Index (COVI) was developed by political science researchers at Northern Illinois

- Explanation of the Cost of Voting Index
- Definitions for all health metrics and why they matter
- Data sources
- Limitations
- References and resources

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Interactive data table

	Inclusive Registration	Restrictive Voter ID	Voting Rights Restoration	Vote-at-Home	Cost of Voting Index	Overall Health	Self-Rated Health	Voter Turnout	Veter Registration	Adults Receiving Disability Benefits	Poor Mental Health Days	Uninsured	Active Physicians	Infant Mortality	Premature Mortality	CNN Index / Income Inequality	Community & Family Safety	Poverty
Alabama	No	Yes	No	No	39	-0.59	63%	68%	79	5.4	8	15.2	217.1	6.94	48	0.474	43	15.9
Alaska	Yes	No	Yes	No	36	-0.007	69%	74.2%	85	3.9	2.8	10.4	276.9	6.25	33	0.438	49	9.1
Arizona	No	Yes	Yes	No	30	-0.098	66%	76.4%	82	4.5	3.7	16	242	5.71	26	0.459	37	12.4
Arkansas	No	Yes	No	No	42	-0.678	56%	62%	76	5.4	7.9	14.7	207.6	7.51	44	0.475	50	16.3
California	Yes	No	Yes	Yes	10	0.196	69%	69.4%	82	3.8	2.7	13	379.6	4.21	2	0.487	20	11.4
Colorado	Yes	No	Yes	Yes	7	0.538	76%	71.3%	86	4	2.8	12.9	285.7	4.75	10	0.455	19	9.5
Connecticut	Yes	No	No	No	20	0.675	72%	73.3%	86	3.8	3.9	9.2	352.1	4.2	5	0.502	6	10.4
Delaware	No	No	No	No	33	-0.142	71%	75.1%	82	4.3	4.9	11.8	284.6	5.93	37	0.451	25	11.1
Florida	No	Yes	Yes	No	40	-0.101	73%	73.1%	83	4.4	4.5	10.1	265.2	6.04	35	0.481	33	10.3

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What's next?



More research!



More data!



Calls to action!

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“Voting is basically the ball game. It’s the most important public health intervention any of us can do.”

- Dr. Georges Benjamin,
American Public Health Association








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About Health by Design

Health by Design works at the intersection of the built environment and public health, collaborating across sectors and disciplines to ensure Indiana communities have neighborhoods, public spaces and transportation infrastructure that promote active living for all.



We achieve our goals by:

-  Advocating for policy change
-  Building community capacity
-  Convening diverse partners
-  Educating on best practices
-  Facilitating dialogue
-  Promoting smart design
-  Providing technical assistance



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CIVIC INFRASTRUCTURE

- Shifting social norms
- Strengthening the base of support
- Increasing organizational and community capacity
- Building alliances
- Adding & improving policy, systems, or environmental changes

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ACTIVE LIVING PROGRAM



Resource: [Indiana Active Living Guidebook](#)



Timeline/Checklist

Use this timeline/checklist to keep track of significant dates and responsibilities. Please note that not all pre- and post-workshop activities are included in the chart below as they may have no specific deadline.

Timeline	Activity	Due Date	Completed
One month after workshop event	Submit final pre-workshop items		
Two weeks before workshop	Submit workshop location		
Two weeks before workshop	Submit title - Save local photos, partner logos		
Two weeks before workshop	Host prep call		
Two weeks before workshop	Submit walk audit route		
Two weeks before workshop	Submit design visualization location		
Two weeks before workshop	Send out press release		
One week before workshop	Submit workshop speakers' names, titles, and organizations		
One day before workshop	Send out reminder email		
Workshop			
One week after workshop	Review Notes & Photos document, link to online folder		
One week after workshop	Review workshop report		
Three months after workshop	Submit action plan		
Three months after workshop	Host follow-up phone call		
Three months after workshop	Submit progress report		
One year after workshop	Submit one-year success story		

Active Living Workshop Welcome Packet 11





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County Health Rankings & Roadmaps
Building a Culture of Health, County by County

HOW HEALTHY ARE COUNTIES IN YOUR CONGRESSIONAL DISTRICT?

Overall Rankings in Health Outcomes ⓘ

6th Congr. District ^	
Counties	Rank
St. Johns (SJ)	#1
Flagler (FL)	#22
Lake (LA)	#30
Volusia (VO)	#40

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POLL

- ▶ My understanding of how civic participation can influence health has
 - Significantly improved.
 - Moderately improved.
 - A little improved.
 - Not improved.

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WE WANT TO HEAR FROM YOU!

Click the link to answer a few questions about today's webinar

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JOIN US FOR OUR UPCOMING WEBINAR!

**Empowering Young People to
Create Change
November 16, 2021**

Register at
countyhealthrankings.org/webinars



Kevin Martin
Geography Teacher
KIPP Delta Middle School
West Helena, AR



Celine Bernhardt-Lanier
CEO
Log Off Movement

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APHA 2021

ANNUAL MEETING & EXPO
DENVER AND ONLINE | OCT. 24 – 27

.....
CREATING THE HEALTHIEST NATION:
STRENGTHENING SOCIAL CONNECTEDNESS

JOIN ME AT APHA'S ANNUAL MEETING

County Health Rankings & Roadmaps Booth #417

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...& MUCH MORE ON THE CHR&R WEBSITE



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Post-Webinar Discussion Group

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THANK YOU!

Visit us at www.countyhealthrankings.org

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