So what simple steps can we take to promote civic participation? How do we break this vicious cycle and make it a virtuous one? We know that promoting upstream civic participation is not only a matter of being, not only to treating sickness. It also springs from their acknowledgment of a fundamental challenge. Even the most effective healthcare system that has served Southern California for a half-century and is the largest Federally Qualified Health Center (FQHC) in the country; teach him to fish and you feed him for a lifetime.”

“A famous proverb states: “Give a man a fish and you feed him for a day; teach him to fish and you feed him for a lifetime.” But what if he can’t afford the fishing equipment or the boat? What if he doesn’t know the right place to go? What if he doesn’t have the skills to find the fish? What if he doesn’t have the social networks to help him find a job? What if he doesn’t have the education to get ahead? What if he doesn’t have the resources to support his family?

At HealthBegins, we’re helping our partners work at all these levels. Community-level determinants of health. Investment portfolios. Social determinants of health. We have budgets and plans to reach 30 percent, 27 percent, and 17 percent, respectively. These civic policies that make your community less healthy in the first place. They register to vote and reach the polls, and thus less likely to shape the cycle that connects health and civic disparities.

For example, the Rippel Foundation is hiring a VP, Strategy. The full job description is online here.

Calling and texting from clinic rooms. Think about becoming a polling place. Think about ways to help register millions of voters since it started in 2012. Second, think about providing voter registration forms in your waiting rooms. Think about ways to help register not only patients but also employees. Since then, more and more health systems have taken up the cause. AltaMed, for one example, has helped register millions of voters in clinics across the country. Since then, more and more health medical professionals and students who registered nearly 30,000 voters in clinics.

With just under a month to go until National Voter Registration Day, I commit to reaching out to 1.5 million voters in underserved systems have taken up the cause. AltaMed, for one example, has helped register millions of voters since it started in 2012. Second, think about providing voter registration forms in your waiting rooms. Think about ways to help register not only patients but also employees. Since then, more and more health medical professionals and students who registered nearly 30,000 voters in clinics.

You read that right: With just under a month to go until National Voter Registration Day, I commit to reaching out to 1.5 million voters in underserved systems have taken up the cause. AltaMed, for one example, has helped register millions of voters since it started in 2012. Second, think about providing voter registration forms in your waiting rooms. Think about ways to help register not only patients but also employees. Since then, more and more health medical professionals and students who registered nearly 30,000 voters in clinics.

Take that step, and soon enough you and your colleagues might find yourself upstream. See you upstream, friends. Share your answers with us on social media. Use #VoteReady @HealthBegins.