



ADVOCACY STARTS HERE

Amplifying Voices for Public Health

We've all been advocates in our own way. Whether it was asking for a raise, standing up for your child's needs, or sharing your opinion, we have all used our voices to influence change. [Public health advocacy](#) is no different. It's about using your voice to create a healthier world for everyone.

[Advocates have helped create big changes in public health.](#) Because of them, we now have laws that make us wear seatbelts in cars, vaccines that stop us from getting sick, food labels that tell us what we're eating and rules that keep smoke out of public places. These wins show how using our voices can make life better and safer for everyone.

[Using an equity lens can transform public health advocacy.](#) When we listen to people who face the biggest health challenges and work to fix the deeper problems that cause poor health – like racism and unequal access to care – we create solutions that help all communities thrive.

PUBLIC HEALTH ADVOCACY STARTS WITH...

YOU

Joining existing grassroots efforts

Connect with local community organizations and your [state public health association](#) for a greater impact. When you join a local group, you can work with others to boost community voices, push for changes, and tackle health problems in your area.

Speaking for health

[Meet with decisionmakers](#), [use action alerts](#) and [inspire your networks](#) to take action.

Voting for health

[Support leaders and policies](#) that advance health for all.

COMMUNITY / NEIGHBORHOOD

Lifting up and celebrating community advocates

Remember that [community members are experts](#) in their own experiences and know what solutions will work best. This approach gives power to community members, builds trust and ensures solutions that work for everyone.



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Amplifying Voices for Public Health Cont'd

Training health professionals to be advocates

Create opportunities to learn [the basics of advocacy, including how it differs from lobbying](#), and remind public health professionals of the importance of free speech and the right to push for change.

CITY / STATE

Declaring racism as a public health crisis

Recognize [racism's impact on health](#) and commit to [fixing racial inequities through policy](#) and action.

Partnering with community power-building organizations

These groups understand how power affects people's health and work to fix unfair systems that hurt certain communities. [Partnering with these groups makes advocacy stronger](#) by creating lasting solutions.

NATION

Pushing Congress to make public health a top national priority

[Lawmakers should pass legislation that safeguards public health](#) funding, infrastructure and authority. At the same time, they must avoid policies that restrict the freedom to advocate for public health policies, like HR9495.

Building coalitions to support healthy policies

[Join forces to remove barriers to health](#) and fight for fair access for all communities. When public health advocates unite, we have a stronger voice.



The American Public Health Association serves as a convener, catalyst and advocate to build capacity in the public health community. We champion optimal, equitable health and well-being for all. We promote best practices and share the latest public health research and information. With our broad-based member community and 150-year perspective, we influence federal policy to improve the public's health. Learn more at APHA.org.