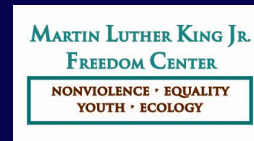


Voting *as* Medicine: Pediatric Civic Engagement

Stephanie Y. Fong Gomez, MD, MS, PL-3

Noor K. Chadha, JMP3

2020 Advocating for Children Together Conference



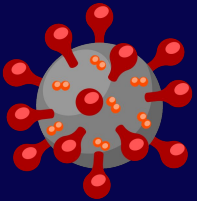
We have no financial disclosures or interests beyond the desire for a healthier democracy and healthier futures for all young people in our nation.

Voting
impacts
health

★Community-level benefits★

People in states and countries with higher social inclusion, social capital, and equality in political participation are more likely to self-report good health

Increased voting among groups marginalized by the political system may hold the **power to diminish health disparities** rooted in structural inequities



COVID-19 Global
Health Pandemic



Healthcare access



Gun Violence



Climate change and
Clean Air



Racism



Immigration laws

Safari File Edit View History Bookmarks Window Help
services.aap.org
Key Child Health Issues

Key Child Health Issues

Advocacy / Election 2020: Vote Kids / Key Child Health Issues

While the Academy advocates for many child health priorities, the topics listed below are especially relevant to this year's election. We encourage you to learn about how health equity plays a part in these issues and ask where your candidates stand:

- COVID-19 Global Health Pandemic
- Racism
- Health Care Coverage & Access
- Immigrant Child Health
- Climate Change & Clean Air
- Gun Violence

What if a child health issue I care about is not listed above?

That's wonderful! There are many other topics that impact children's health and can be shaped by public policy, like protecting children from tobacco products and supporting child nutrition. This toolkit contains a narrow list of key priorities to focus on for this campaign, but if you are passionate about a

Provide feedback

↑

Safari File Edit View History Bookmarks Window Help

services.aap.org

Key Child Health Issues

Key Child Health Issues

Advocacy / Election 2020: Vote Kids / Key Child Health Issues

While the Academy advocates for many child health priorities, the topics listed below are especially relevant to this year's election. We encourage you to learn about how health equity plays a part in these issues and ask where your candidates stand:

COVID-19 Global Health Pandemic

How are children affected?

We continue to learn more every day about how the coronavirus global health pandemic impacts children. Though children, especially younger children, may not experience or transmit COVID as severely as adults, they suffer consequences in other ways. From its impact on their daily activities, such as going to school or playing with friends, to larger scale implications on their ability to access health care or food, the effects of COVID-19 on children are complex and wide-ranging—even beyond the direct effects on their physical and mental health and well-being.

The Academy's advocacy priorities are wide-ranging and evolving to meet children and families' shifting needs as the pandemic continues to spread. From urging that children safely return to school in person when possible to ensuring pediatricians can provide children with the health care and services they need throughout the pandemic to supporting federal nutrition programs to feed families who don't have enough to eat, the Academy has been working with Congress and the Administration to provide support for pediatricians, children and families.

Provide feedback

★Individual-level benefits★

Youth civic engagement predicts

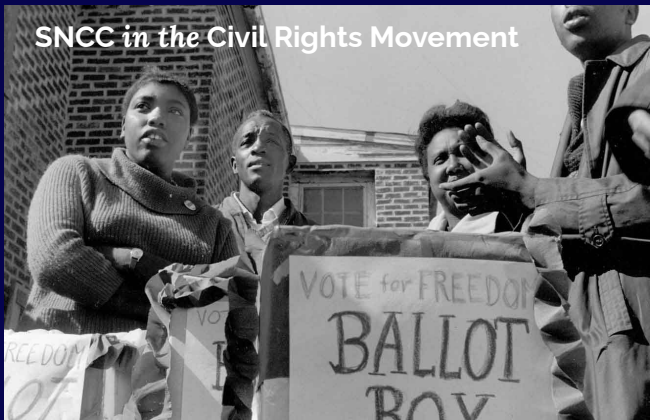
- **Future mental health outcomes**
 - increased optimism | decreased depressive symptoms
- **Health-related behaviors**
 - less criminal activity, smoking, drinking | more exercise
- **Economic outcomes**
 - personal income | HH income | educational attainment

“Being able to help your community, it gives you such a feeling of gratification... you're not just feeling happy yourself or just lifting yourself. You're ultimately **uplifting the voices** of all of those around. Social advocates end up [with better] mental health. I think that definitely ties into the idea of **having a purpose**. And a lot of people want a purpose, you know, **something greater than themselves.**”

– Teen patient in interview

Youth
are
powerful

SNCC in the Civil Rights Movement



Parkland students and others at the March for Our Lives



Oakland Tech students for BLM



DACA recipients for DREAMers



Little Miss Flint



★ Youth activism and civic engagement is rising! ★

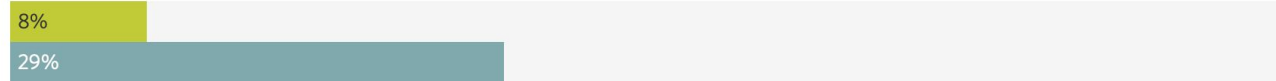
The percentage of young people, ages 18-24, who said they had taken each action in our 2018 and 2020 election polls.

■ 2018 ■ 2020

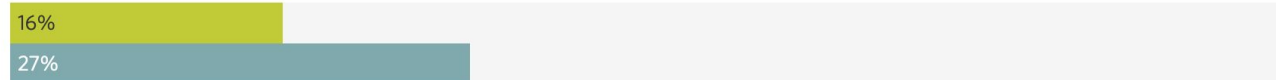
Tried to convince other youth to vote



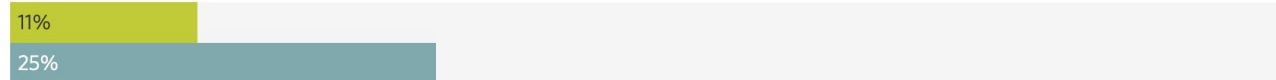
Donated money to a campaign



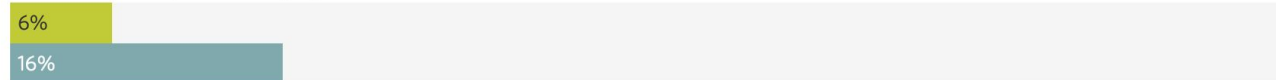
Attended a march or demonstration



Registered others to vote



Volunteered for a political campaign

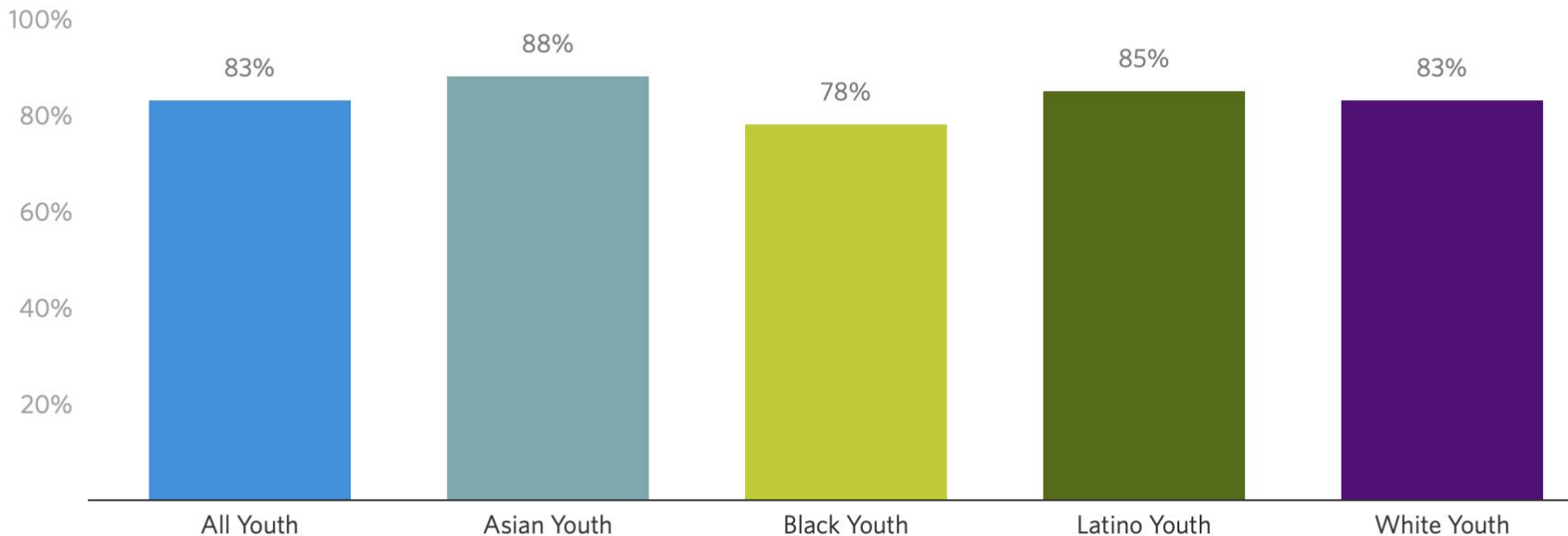


The 2018 data for "registered others" and "tried to convince other youth to vote" is from a post-election poll. All other data is from 2018 and 2020 pre-election polls

★ Youth believe they have political power ★

The percentage of young people, ages 18-29, who agreed or strongly agreed with each statement

As a group, young people have the power to change things



CIRCLE Tufts University Tisch College · CIRCLE

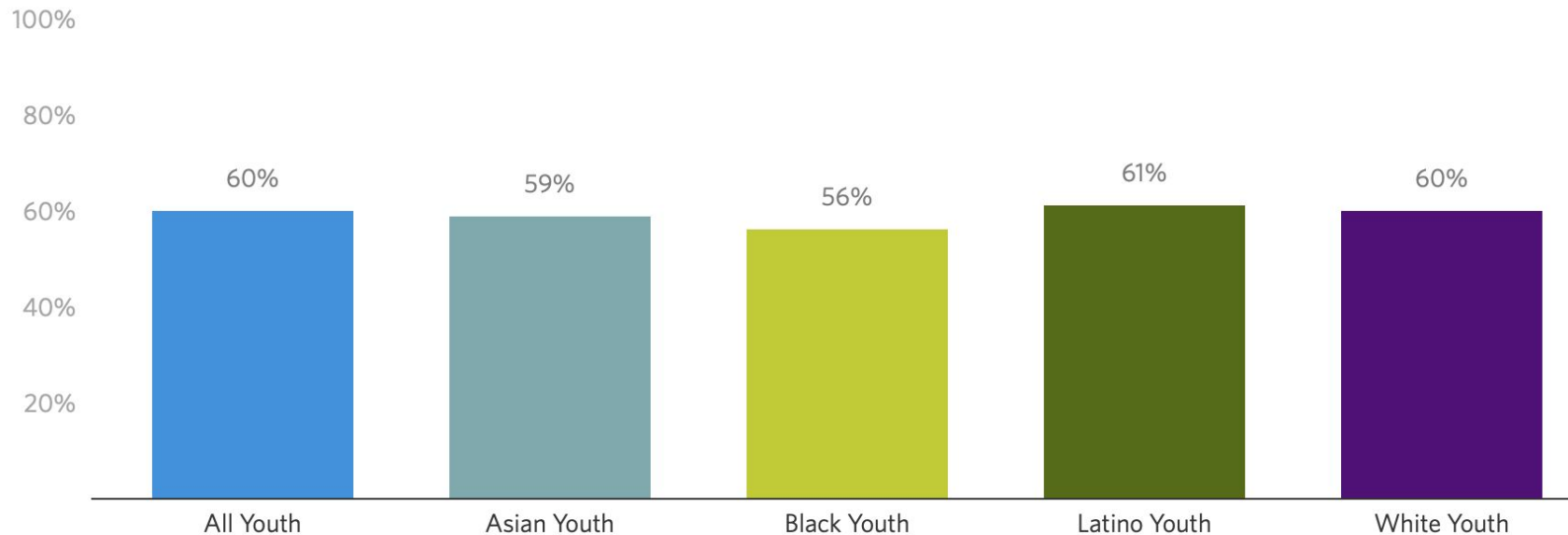
Source: CIRCLE/Tisch College 2020 Pre-Election Youth Poll

[Get the data](#)

★... yet voting still lags behind ★

The percentage of young people, ages 18-29, who agreed or strongly agreed with each statement

I feel part of a group or movement that will vote to express our views



CIRCLE Tufts University Tisch College · CIRCLE

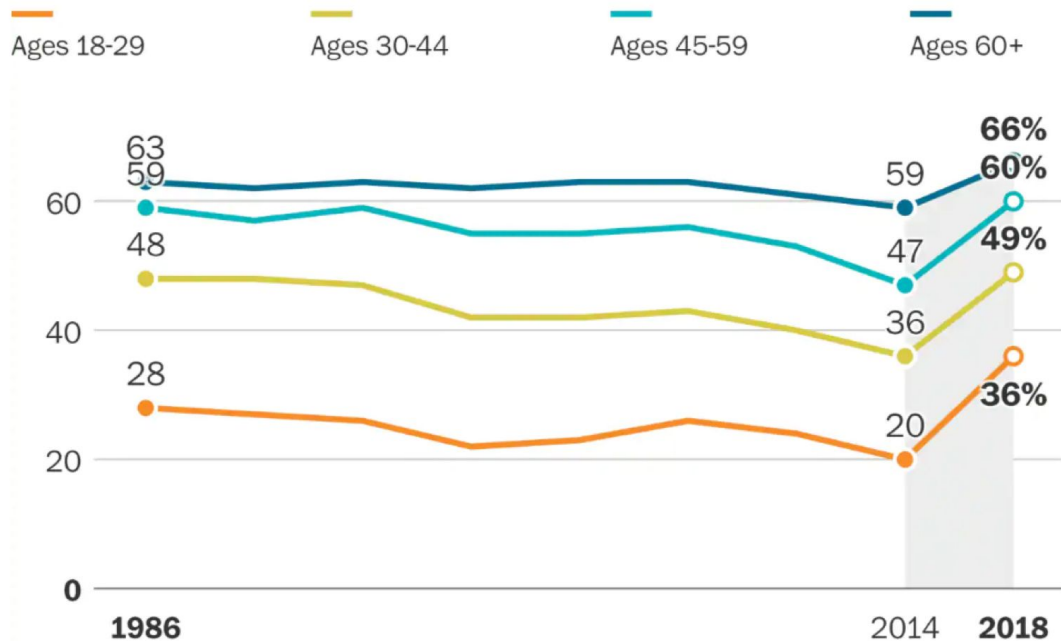
Source: CIRCLE/Tisch College 2020 Pre-Election Youth Poll

[Get the data](#)

★Voter trends★

Turnout among younger adults rose sharply in 2018

Percent of U.S. citizens who voted in the 2018 general election



Source: Census Bureau Current Population Survey

SCOTT CLEMENT/THE FIX

Young voters still lag significantly behind older age groups

Across ages, many groups are underrepresented:

- Communities of color
- Low income
- < College education
- Low English proficiency
- Unstably housed
- People with disabilities

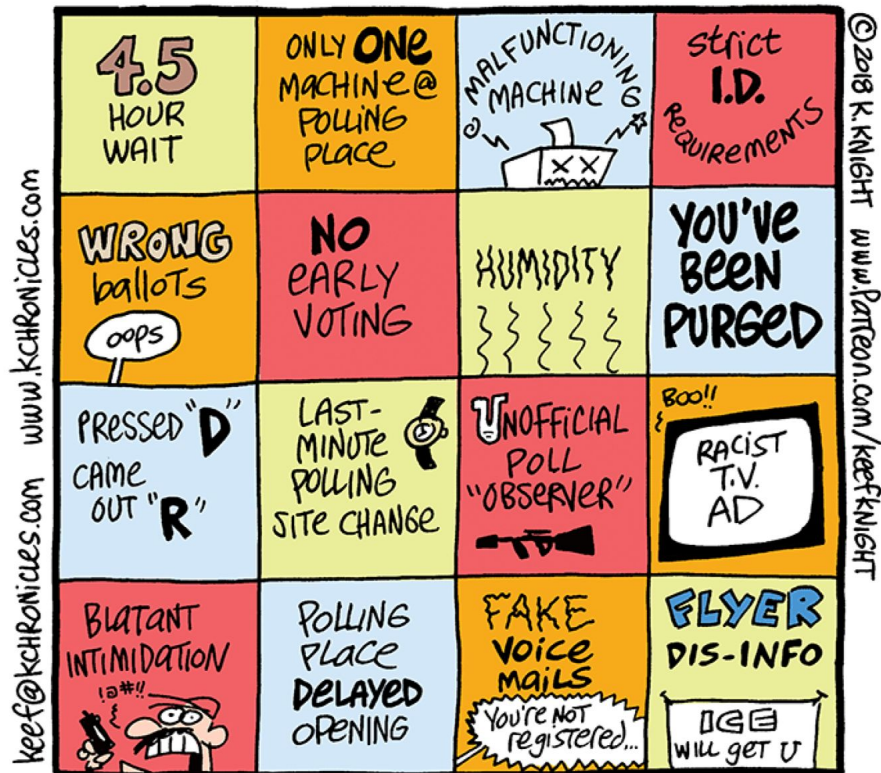
Clement (2018)

★Structural barriers: Voter suppression★

“How many kernels of corn are in the jar?
How many bumps on the cucumber?
How many seeds in the watermelon?
And how many bubbles in the bar of soap?”

On Election Day in 1960, four unanswerable questions awaited Clarence Gaskins, a Black voter in Georgia looking to cast his ballot for president.

VOTER SUPPRESSION



BINGO!

Through *nonpartisan outreach* in pediatric spaces, the

VOICE Project

supports teens and families in developing the *healthy habit* of voting.

OUTREACH • CAPACITY BUILDING • RESEARCH • ADVOCACY



Learn more about the VOICE Project at <https://voiceproject.ucsf.edu/>

Why is this pediatricians' role?

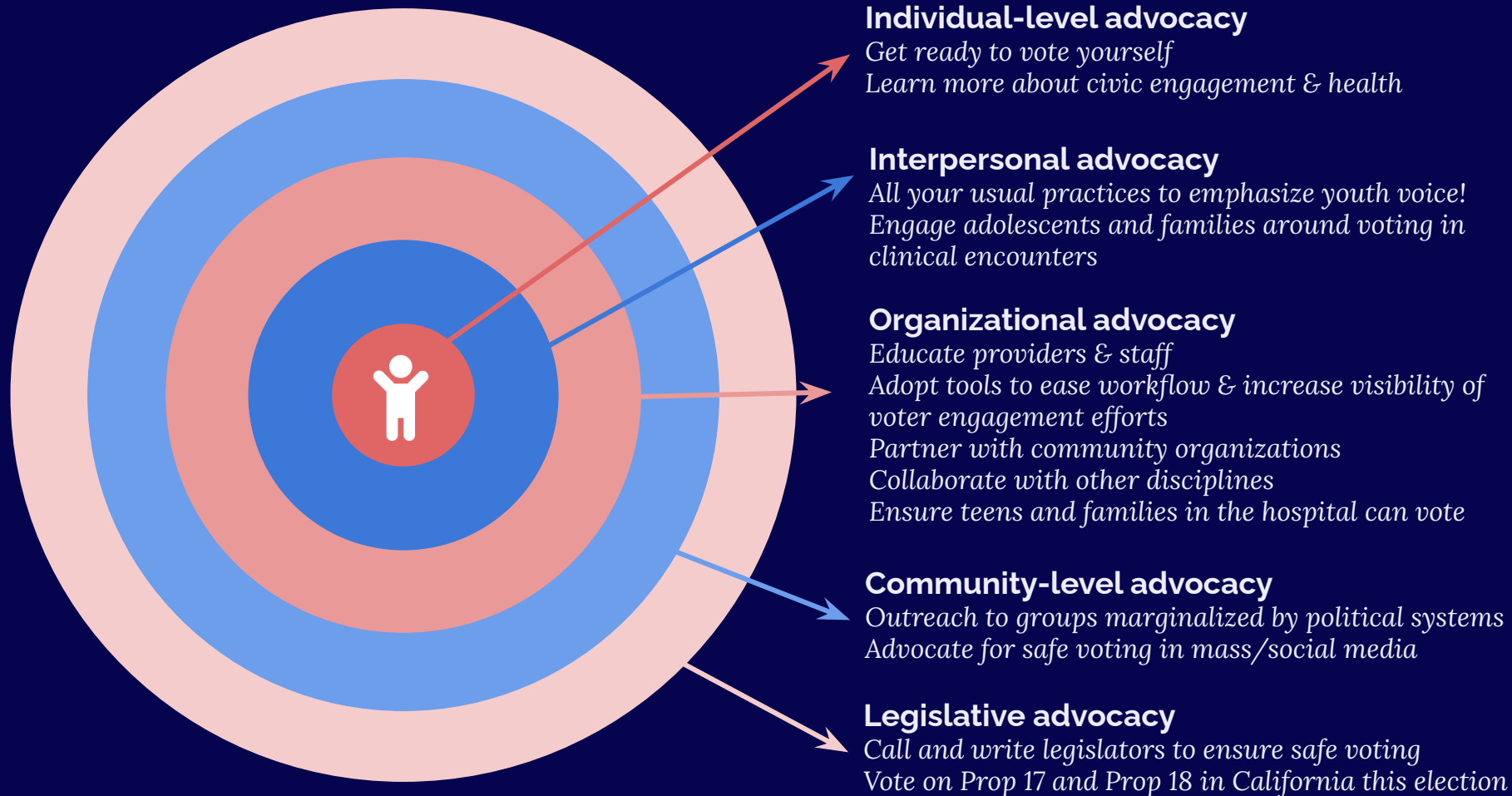
Voting is good for health,
both individually and
collectively!

Public policy has key
implications on health

Conversations about
voting with trusted adults
↑ the likelihood of young
people voting

Addressing social needs
can ↓ burnout

How can *we* promote
youth civic engagement?



“[Preregistration in the clinic] just seems like such a **great idea** and **great opportunity**... I like to see **different community functions working together** because there is no reason that voter registration and healthcare and student engagement should not **all be tied into one thing.**”

– *Teen patient in interview*

Engaging adolescents

& families around voting in

clinical encounters

**How would you bring
up voting to
adolescent patients?**

1. Ask during your HEADSS

Starting around age 15-18, ask patients

**Are you planning
to vote?**

Yes!

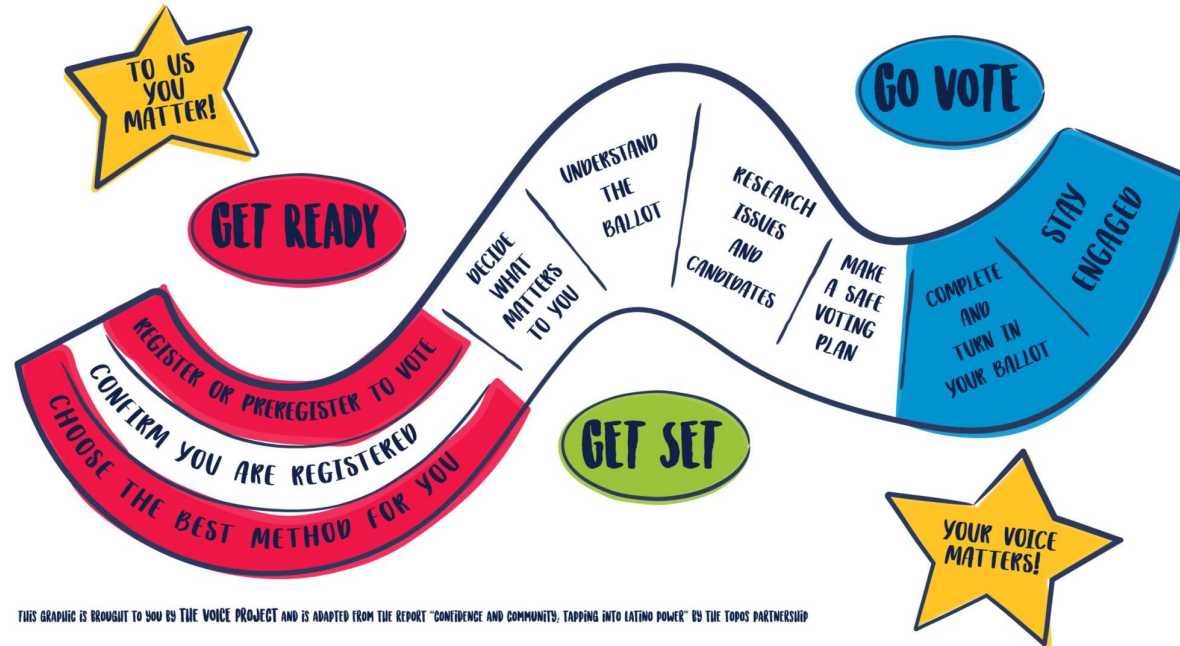
**Awesome! What
questions do you
have about voting?**

Nope

**Thanks for sharing
that. Why not?**

2. Recognize where they are on their journey

★ Roadmap to Making **YOUR VOICE COUNT** ★



3. Meet them there in the visit

Emphasize the importance of their voice, perspective, and power!

Connect voting to things that matter to them

Length and depth of discussion may depend on the clinical context and where the teen is on the roadmap



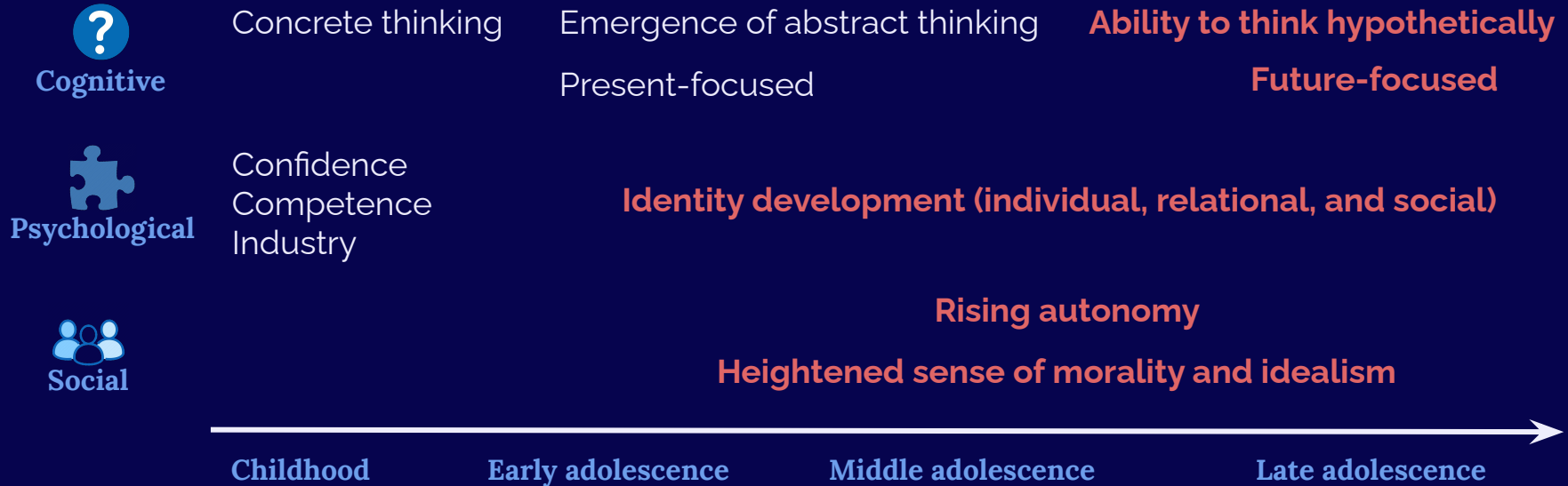
Are you registered?

**What issues matter
the most to you?**

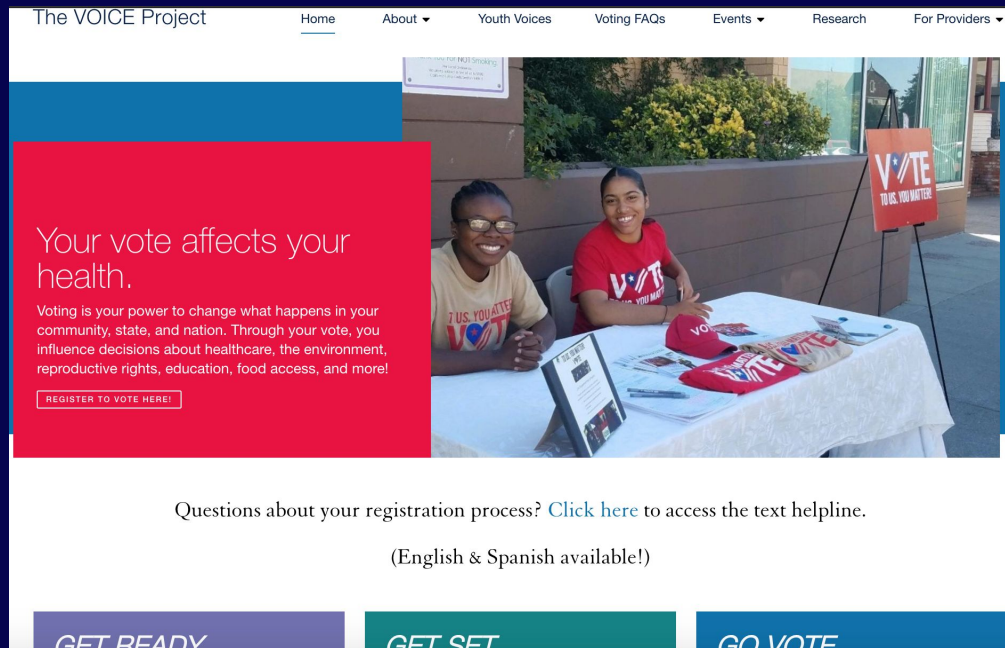
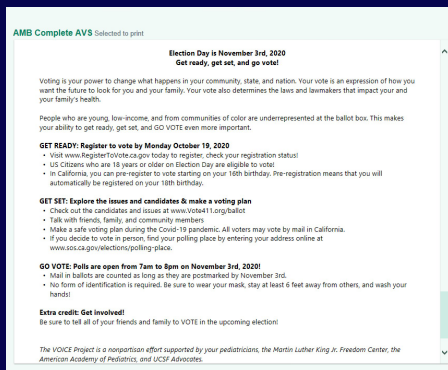
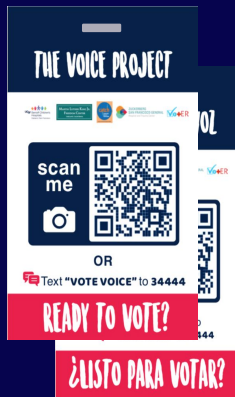
**What's your voting
plan? Do you plan to
vote by mail or in
person?**

4. Share anticipatory guidance with caretakers

Voting is a developmentally-appropriate milestone!



5. Provide more resources after the visit



If possible, give a warm handoff to patient navigator, SW, or community partner for voter registration and education

5. Provide more resources after the visit

MAKE CHILDREN COUNT


Parent(s) of: _____
Date: _____

Your action is necessary to give children a voice this election and to ensure they are counted. Their health and futures depend on it!

**REGISTER NOW AND VOTE ON ELECTION DAY:
Tuesday, November 3.**

Children can't vote, but you can!

INSTRUCTIONS:
Text "VOTE KIDS" to 34444 or scan the QR code to register to vote or request to vote by mail.



COMPLETE THE CENSUS

Leaving children uncouncted means our community will receive less funding and have less representation in our nation's capital – where our legislators make important policy decisions that impact children and families.

INSTRUCTIONS:
Visit 2020census.gov to respond online without meeting a census-taker in-person, or call 844-330-2020.


Refills: Vote every election. Fill out Census every ten years.

Signature: _____


FILLING OUT THE CENSUS IS REQUIRED BY LAW.

THE CENSUS WILL NOT ASK ABOUT U.S. CITIZENSHIP.

INFORMATION: THE CENSUS IS PRIVATE AND CONFIDENTIAL BY LAW ENFORCEMENT



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



point camera here

OR

Text "VOTE KIDS" to 34444

READY TO VOTE?

ACTIVATE THIS BADGE AT 800-6R-JOBHOLDING

Vo+ER

We want you to have a healthy, safe voting experience.

Register to Vote

Make sure you are registered at your current home address.

Vote By Mail

Already registered? Request your mail-in ballot so you can safely vote from home.

Acceda a la versión en español de esta página **AQUÍ.**

Questions about your registration process?
Click here to access the text helpline.

(English & Spanish available!)

How would you bring
up voting to
caretakers?

1. Ask during visit or wrap up

Are you ready to
vote safely this
election?

Yes!

Awesome! What
questions do you
have about voting?

Nope

Thanks for sharing
that. Tell me more!

How can my patients and I vote safely during covid?

All voters in California may
vote by mail this year

Send mail-in ballots early!

Voting by mail will
decrease crowding at the
polls, making in-person
voting safer for others

Wear a mask + stay
distanced + wash hands if
voting in-person

How do I approach voting with immigrant families?

Youth in mixed-status
households are critical
voices to amplify!

Civic engagement involves
volunteering, registering and
reminding eligible friends
and family to vote, etc.

High school students 16yo+
with citizenship or green
cards can work polls, with
financial bonus if bilingual.

“As a DACA recipient, if a doctor told me that I can make change by voting], I would be like, “Yeah. Totally.” **Whether or not I feel comfortable giving my citizenship status.** But that — then, initiating that conversation really shows that... they want to know what young people have to say about voting and... the impact in their communities. For me, it kind of shows like **they actually want to listen what we have to say.** And them taking initiative, bringing this conversation to the table, really shows that **they really like really care about us** in general.”

- Teen patient who is undocumented in interview

Virtual Advocacy Action Steps

1. Engage **TEENS & FAMILIES** in *clinical encounters*

Ask teens and families if they are planning to vote

Use badge buddies & voter info cards

Partner with patient advocates, SW & youth leaders

Inpatient voter support around election day

2. Join **ADVOCACY & OUTREACH** efforts

Promote #VoteKids on social media using AAP Toolkit

Write an opinion piece for mass media or AAP Voices

VOICE x ROV happy hour phonebank to voters of color in AZ Thurs 9/24 6PM

Panel for and by youth in October (date TBD)

3. **LEARN MORE** *via:*

AAP #VoteKids toolkit

VOICE Website

<https://voiceproject.ucsf.edu>

@VOICE_OakSF *instagram & twitter*

4. **GET READY TO VOTE**

Register or update your address if you haven't already!

5. **JOIN US!**

voiceproject@ucsf.edu

FAQs

Is this legal? // Yes, as long as voter engagement is nonpartisan. Offices that provide public assistance, including MediCal and WIC,, are considered voter registration agencies per the National Voter Registration Act (1993).

What are common mistakes younger voters make? // Lateness and mismatched signatures.

What if they ask me who to vote for? // Reflect the question back to them!

What if people ask me questions about voting that I don't know the answer to? // Please refer them to the VOICE Project website, which families and patients may access via QR codes on the voter info card and AVS. It has comprehensive voter registration and voter education materials.

But there are already so many things to ask about! // Use your clinical judgement!

What if the patient is undocumented? // Emphasize that their voice and perspective are important. While non-US citizens may not vote, there are other ways that they can be civically-engaged!

FAQs

What is the deadline to register to vote? // Monday, October 19, 2020.

When is election day? // Tuesday, November 3, 2020. Polls are open 7am to 8pm.

What do I need to know about voter eligibility? // In California, US Citizens 18+ years old on election day who are not imprisoned, on parole, or conserved may vote. 16-18 year old citizens may pre-register to vote.

How can someone vote-by-mail? // For the November 3rd, 2020 election, ALL registered voters in California will receive a mail-in ballot at their mailing address. To deliver the ballot, voters can:

- 1) Mail the ballot to your county elections official, postmarked on or before election day;
- 2) Return it in person to a polling place by 8 pm on Election Day;
- 3) Drop into a county ballot drop box by 8pm on election day
- 4) Authorize someone to return the ballot on your behalf.

Thanks for having us!

Questions, comments & feedback?

Email // *voiceproject@ucsf.edu*
Instagram & Twitter // *@VOICE_OakSF*

References

Ballard PJ, Hoyt LT, Pachucki MC (2018). Impacts of Adolescent and Young Adult Civic Engagement on Health and Socioeconomic Status in Adulthood. *Child Dev.* 0(0). doi:10.1111/cdev.12998

Blakely TA, Kennedy BP, Kawachi I (2001). Socioeconomic inequality in voting participation and self-rated health. *Am J Public Health.* 91(1):99-104.

CIRCLE (2020). "Poll: Young People Believe they Can Lead Change in Unprecedented Election Cycle."
<https://circle.tufts.edu/latest-research/poll-young-people-believe-they-can-lead-change-unprecedented-election-cycle>

CIRCLE (2018). Youth Civic Engagement in America Report <https://youthdata.circle.tufts.edu>

Clement (2019). "Young People Actually Rocked the Vote." *Washington Post.* <https://www.washingtonpost.com/politics/2019/04/23/young-people-actually-rocked-vote-new-census-data-find/>

Erikson (1968). Identity and crisis.

Liggett A, Sharma M, Nakamura Y, Villar R, Selwyn P (2014). Results of a Voter Registration Project at 2 Family Medicine Residency Clinics in the Bronx, New York. *Ann Fam Med.* 12(5):466-469. doi:10.1370/afm.1686

Lickiss S, Lowery L, Triemstra JD. Voter Registration and Engagement in an Adolescent and Young Adult Primary Care Clinic (2019). *J Adolesc Health.* 0(0). doi:10.1016/j.jadohealth.2019.11.316

Olayiwola JN, Willard-Grace R, Dubé K, et al. Higher Perceived Clinic Capacity to Address Patients' Social Needs Associated with Lower Burnout in Primary Care Providers. *J Health Care Poor Underserved.* 2018;29(1):415-29.

Steinberg, L. (2013). The Study of Adolescent Development. In *Adolescence* (10th ed.). McGraw Hill.

Topos Partnership (2018). "Confidence and Community: Tapping Into Latino Power."

Wray-Lake L, Shubert J, Lin L, Starr LR (2017). Examining associations between civic engagement and depressive symptoms from adolescence to young adulthood in a national U.S. sample. *Appl Dev Sci.* 23(2):119-131. doi:10.1080/10888691.2017.1326825