



Are you concerned about the health of North Dakotans?
Are you interested in joining with other professionals to make
North Dakota a healthier state?
Are you ready to meet the challenge?

For North Dakota

- To positively influence the health of North Dakotans. (*NDPHA mission*)
- To initiate health policies and legislation affecting North Dakotans. (*NDPHA Goal*)

For YOU

- Initiate and act on legislative health issues
- Stimulate your professional growth and enrich your leadership skills
- Broaden your communication network

ADVOCACY TIPS

The following advocacy tips from the American Public Health Association are useful in influencing policy makers and swaying public opinion about the public health issues that are dearest to you.

Top 10 Rules of Advocacy

1. Get to know your legislators well. This includes voting records, opinions, concerns and legislative priorities.
2. Acquaint yourself with their, committees, and resource officials with whom you will be working.
3. Identify partners in the public health community to understand better the process, monitor legislation, and assess strengths and weaknesses.
4. Identify the groups and other legislators with whom you may need to negotiate for changes in legislation.
5. Strengthen relationships with allies and work with legislators who are flexible and tend to keep an open mind.
6. Be *honest, straightforward, and realistic* when working with legislators.
7. Remember names and thank all those who help you.
8. Learn the legislative process and understand it well. Keep on top of the issues.
9. Be brief, clear, accurate, persuasive, timely, persistent, grateful, and polite when presenting your position and communicating what you need/want from the legislator.
10. Follow up with legislators. If you offer your assistance or promise to provide additional information, do so in a timely and professional manner.