



# TAKE ACTION ON THE RIGHT TO HEALTH



GET INFORMED, GET INVOLVED, AND GET OTHERS INTERESTED

IF YOU HAVE

10  
Minutes

- **Learn the Facts.** Read our fact sheet on the right to health and then test your knowledge with our short quiz at [www.discoverhumanrights.org/toolkit.html](http://www.discoverhumanrights.org/toolkit.html).
- **Join a List-serv.** Sign up for news and action information on the right to health in the U.S from these health care advocates:
  - National Initiative for Children's Healthcare [www.nichq.org/listserv.html](http://www.nichq.org/listserv.html)
  - Families USA Health Action Network <http://ga3.org/familiesusa/join.tcl>
- **Take Action Online.** Send an e-mail to your representative online. Check out these sites: [www.capwiz.com/ams/home/](http://www.capwiz.com/ams/home/) or [www.nationalpartnership.org/site/PageServer?pagename=takeaction](http://www.nationalpartnership.org/site/PageServer?pagename=takeaction).
- **Sign a Petition.** Sign on to Amnesty International USA's Health Care is a Human Right petition at <http://blog.amnestyusa.org/tag/health-care/>.

IF YOU HAVE

A Few  
Hours

- **Write a Letter.** Research and write a personal letter to your federal representative urging them to ensure that every American has access to adequate and affordable health care. Visit Families USA at [www.familiesusa.org/resources/action-center/](http://www.familiesusa.org/resources/action-center/) for up-to-date information on health legislation.
- **Host a Speaker.** Find a local health care advocate to talk about the uninsured, universal health care, international health care systems, or issues with public and private health insurance in the U.S. Panel discussions by uninsured individuals sharing their experiences can also have a tremendous impact.
- **Educate.** Download our lesson plan and PowerPoint on the right to health and organize an interactive workshop for members of your community at [http://discoverhumanrights.org/Right\\_to\\_Health.html](http://discoverhumanrights.org/Right_to_Health.html).

IF YOU HAVE

A  
Month

- **Host a Film Screening.** Invite members of your community to watch a documentary on the right to health in the U.S. For a great list of documentaries on the right to health available for free download, visit <http://freedocumentaries.org/>.
- **Organize a Call-in Day.** Flood Congress with calls to advocate for a specific legislative action. To learn about current action issues related to health, check out the Families USA Action Center at [www.familiesusa.org/resources/action-center/](http://www.familiesusa.org/resources/action-center/).
- **Provide a Forum.** Organize a community meeting between health care professionals and low-income, minority or other under-represented groups. Discuss the obstacles and potential solutions for meeting everyone's health care needs.
- **Hold a Fundraiser.** Raise money and raise awareness for an organization that is addressing important health care concerns. Ideas include a bake sale, dinner, dance, car wash, pancake breakfast, silent auction, walkathon, bingo night, or anything that sounds fun for you and your community.

IF YOU HAVE

A Year  
or More

- **Join a Campaign.** Consider how you can influence change in a system that can sometimes be discriminatory. Get involved and volunteer your time for a national campaign on the right to health.
  - [www.standupforhealthcare.org/](http://www.standupforhealthcare.org/)
  - [www.covertheuninsuredweek.org/](http://www.covertheuninsuredweek.org/)
  - [www.coveringkidsandfamilies.org/](http://www.coveringkidsandfamilies.org/)
- **Volunteer Regularly.** Donate your time to a local hospital or health care nonprofit. Escort hospital visitors, provide support to cancer patients, or work as a community health educator. Find opportunities at [www.volunteermatch.org](http://www.volunteermatch.org) or [www.healthcarevolunteer.com](http://www.healthcarevolunteer.com).
- **Document.** Monitor the right to health in your community. Gather stories from individuals about their experiences with the health care system. Document their stories through film or a written report and use it to educate local health care professionals and governments officials.



# RIGHT TO HEALTH NATIONAL RESOURCES



## **The Advocates for Human Rights**

[www.theadvocatesforhumanrights.org](http://www.theadvocatesforhumanrights.org)

A leader in bringing international human rights to the classroom and the community. Provides educational resources and trainings to support the human rights movement in the United States.

## **Agency for Healthcare Research and Quality**

[www.ahrq.gov/](http://www.ahrq.gov/)

Operated by the U.S. Department of Health and Human Services, provides extensive research and data as well as information for patients.

## **Center for Cross Cultural Understanding**

[www.crosshealth.com/](http://www.crosshealth.com/)

Aims to integrate cultural competency into health and human services through training, research, and consulting.

## **Center for Studying Health System Change**

[www.hschange.com/](http://www.hschange.com/)

A nonpartisan policy research organization that designs and conducts studies focused on the U.S. health care system to inform the thinking and decisions of policymakers in government and private industry.

## **Children's Defense Fund**

[www.childrensdefense.org/](http://www.childrensdefense.org/)

A non-profit child advocacy organization that has worked for 35 years to help America's children. CDF advocates for health care coverage for all children.

## **Consumers Union**

[www.consumersunion.org/health.html](http://www.consumersunion.org/health.html)

Provides information and action ideas on a variety of health policy issues, including health care affordability, health care reform, health care plans and managed care, medical savings accounts, and medicare.

## **Families USA**

[www.familiesusa.org/](http://www.familiesusa.org/)

Established in 1982 with a mission to "promote high-quality, affordable health care for all Americans." Includes information on various current health care issues and a resources section.

## **Henry J. Kaiser Family Foundation**

[www.kff.org/](http://www.kff.org/)

Includes numerous studies on health care in America and contains a wealth of information, particularly from the Kaiser Commission on Medicaid and the uninsured. It also offers a news service providing updates on critical health policy developments.

## **National Coalition on Health Care**

[www.nchc.org/about/](http://www.nchc.org/about/)

The nation's largest and most broadly representative alliance working to improve America's health care. Members are united in the belief that we need and can achieve better, more affordable health care for all Americans.

## **National Economic and Social Rights Initiative**

[www.nesri.org/](http://www.nesri.org/)

Publishes numerous resources on economic and social rights in the U.S., including the right to health as well as resources pertaining to the health and human rights network.

## **National Organization on Disability**

[www.nod.org/](http://www.nod.org/)

Advocates for the full involvement of individuals with disabilities and publishes educational information about disability in America.

## **The National Health Law Project**

[www.healthlaw.org/](http://www.healthlaw.org/)

Provides resources for health care consumers and advocates. A particularly good resource on health care issues affecting low-income families and the uninsured. Provides links to a comprehensive list of organizations and agencies around the country.

## **National Partnership for Women & Families**

[www.nationalpartnership.org/site/PageServer](http://www.nationalpartnership.org/site/PageServer)

Dedicated to promoting public policies and business practices that expand opportunities for women and improve the well-being of our nation's families. They promote fairness in the workplace, access to quality and affordable health care, and policies that help women and men meet the dual demands of work and family.

## **National Senior Citizens Law Center**

[www.nsclc.org/](http://www.nsclc.org/)

Covers Medicare, Medicaid, long-term care, nursing homes, and other issues affecting seniors.

## **Office of Minority Health**

[www.omhrc.gov/](http://www.omhrc.gov/)

Division of the U.S. Department of Health and Human Services. Includes numerous statistics and other resources related to minority health in the U.S.

## **PBS: The Uninsured in America**

[www.pbs.org/newshour/indepth\\_coverage/health/uninsured/index.html](http://www.pbs.org/newshour/indepth_coverage/health/uninsured/index.html)

A comprehensive database of information and resources on the uninsured, including state-by-state guides, global comparisons and a lesson plan for teachers.

## **Robert Wood Johnson Foundation**

[www.rwjf.org/](http://www.rwjf.org/)

Seeks to improve the health and health care of all Americans. Their efforts focus on improving both the health of everyone in America and their health care—how it's delivered, how it's paid for, and how well it does for patients and their families.

## **U.S. Department of Health and Human Services**

[www.hhs.gov/](http://www.hhs.gov/)

Offers a vast selection of health-related resources including information about specific conditions and resources for specific populations.