

# WSDA Legislative Day

## *Developing Relationships*

### March 10, 2010

Preparing to make the most of  
your State Legislative visit



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# Our Legislators work for us

- Legislators are people just like ourselves.
- Legislators want to hear from their constituents.
- They or their staff meet with people on a regular basis.
- How can we help them do the job we have elected them to do?
- How can we thank them for their work?



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# WSDA Support

- WSDA will....
  - Educate you on the legislative process
  - Provide an opportunity for you to meet with ADA leadership, including the ADA president
  - Provide tools for use at the legislature, including a leave-behind information piece
  - Provide details on parking and schedules



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# Step 1: Register

- Clear your schedule for March 10, 2010
- Register for this year's WA State Legislative Day
  - You'll find the link at [www.nutritionwsda.org](http://www.nutritionwsda.org)
  - OR you can link here:  
<http://www.surveymonkey.com/s/W8FFS5Q>



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## Step 2-Prepare for your visit

- To find out who your state legislators are at <http://apps.leg.wa.gov/DistrictFinder/> and just type in your address.
  - Spend a few minutes on their website and look for common interests you may have.
  - Send an introductory e-mail to your legislators which identifies that you are an RD and interested in WA States health policies. Thank them for supporting any causes you support.



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# The Meeting

- Will last for 15 min. or less.
- May be with the Legislators assistant.
  - Introduce yourself by name and affiliation
  - Thank them for their work and give them the key message. Define RD; RD's provide MNT which saves HC dollars.
  - Ask if they have questions and be ready to answer.
  - Ask them to: Support Licensure and/or Nutrition legislation (WSDA website has a list).
  - Leave the fact sheet with contact information (WSDA)
  - Thank them for the meeting.
  - Follow up with a personal thank-you note or e-mail.



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# Thank Yourself

- Thank yourself for advocating on behalf of your profession and the public we serve.
- Investigate the WSDA legislative site and ADA's advocacy site for further opportunities to get involved.



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