

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....
 - Schedule your visit
 - Provide a schedule of your visits to you.
 - Educate you on the process of the visit
 - Provide written guidelines, are posted on the website.
 - Provide details on parking and schedules



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WSDA Support

- If you are the only RD from your district a WSDA Board member is available to accompany you to your visit if you would like them to.
- WSDA will give you a leave behind fact sheet to give your legislator on key points.



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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
 - OR you can link here:
<http://www.surveymonkey.com/s/W8FFS5Q>
- WSDA will then make an appointment with your Legislators on your, and other RD's in your district's, behalf.



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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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