

Civic Participation

Actively engaging in the community through civic participation benefits both the community and those who participate.

Community Groups. Membership in formal groups, such as hobby groups, youth groups, and faith-based organizations, can help build relationships and improve physical and mental health among members.

Voting. Participating in the electoral process by voting or registering others to vote can better society and health. Voting offers a chance for people to contribute to decisions that can affect their communities and have a direct or indirect impact on their health and well-being.



Charitable Activities. Community groups and individuals can participate in charitable activities by volunteering time or donating resources that benefit public health and improve personal and community well-being.

Community Activities. Participating in community activities, such as community gardens, can promote community pride and motivate people to engage in their community in other ways.