

# America leads the world...

...in medical research and medical care,  
and for all we spend on health care,  
*we should be the healthiest  
people on Earth.*

Yet on some of the most important indicators, like how long we live, we're not even in the top 25, behind countries like Bosnia and Jordan. It's time for America to lead again on health, and that means taking three steps:

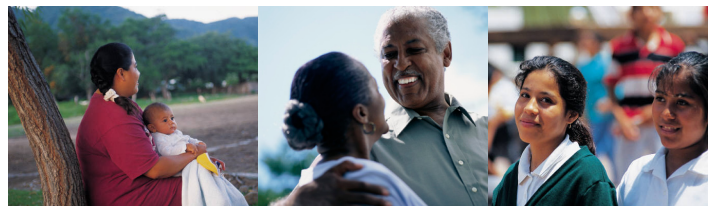
1. Ensure that everyone can afford to see a doctor when they're sick.
2. Build preventive care like screening for cancer and heart disease into every health plan and make it available through each person's medical home and community.
3. Stop thinking of health as something we get at the doctor's office but instead as something that starts in our families, in our schools and workplaces, in our playgrounds and parks, and in the air we breathe and the water we drink.

**The more we see the problem of health this way, the more opportunities we have to improve it.**



**Scientists have found that the conditions in which we live and work have an enormous impact on our health, long before we ever see a doctor.**

**It's time we expand the way we think about health to include how to keep it, not just how to get it back.**



# In New Mexico...

**...where people live, learn, work and play has an enormous impact on whether they stay well in the first place.**

## **Health starts -**

- in strong loving families
- in communities with grocery stores with fresh vegetables
- in urban neighborhoods with sidewalks safe for walking
- in rural communities that have the same health opportunities that larger communities have

## **Health starts -**

- in schools that educate our children for the jobs of the 21st century so they can compete in the world economy
- in schools that feed our children healthy meals rather than junk foods
- in schools that send our children home safe at the end of the day

## **Health starts -**

- in jobs where all people are respected and given opportunities to succeed
- in work places free of unnecessary hazards
- in having the time and financial resources to play at the end of a hard day's work

**All New Mexicans should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their income, education or ethnic background.**



## **What can be done to make New Mexico a healthier state?**

- Promote "Health in All Policies" to integrate policy responses across all sectors, such as education, housing, agriculture, transportation, urban development, health and other agencies.
- Mandate that all our state and local public servants consider the impact of their work on the long-term health of the people they serve.