Month Date, Year

[The Honorable/Director] [Name]

Address

Address

Dear [Councilmember/Supervisor/Director] [Name]:

As a practicing [physician/dentist/provider] in [county] who is dedicated to protecting the health of our community and ensuring equal access to good health for all, I respectfully urge you to [insert ask (e.g. develop/support/fund a particular program].

California, and [county/district] face an emerging crisis that requires your leadership to address. An alarming 55% of the state’s adult population, and 1 out of every 3 children, have diabetes or prediabetes. In [county name] county, the rate of diabetes and prediabetes is [XX]%. Communities of color and low-income Californians also face a higher prevalence of diabetes and obesity, disproportionately impacting some of our most vulnerable patients and residents. This epidemic will only continue to worsen unless [insert ask].

As a [physician/dentist/provider], I see the direct consequences of obesity, diabetes, and other chronic diseases on my patients’ quality of life and well-being. Social determinants, such as our physical and social environment, account for 80% of the factors that influence our health, while 20% result from clinical care. [Insert problem statement related to your ask]. While we as [physician/dentists/providers] can do our part to provide quality clinical care, we need your leadership to provide upstream solutions to our communities’ health needs.

[Insert ask] can also help to reduce the already high costs of treating obesity-related complications. California has the highest obesity-related costs in the United States at $15.2 billion in public spending in 2012, 42% of which were financed through Medicare and Medi-Cal. Obesity-related hospital admissions in that same year accounted for $33.8 billion in hospital expenditures. Obesity and diabetes also result in higher average individual medical costs and chronic absences from work or school.

The physician community urges you to [insert ask] because we know that our patients’ health and well-being must come first. We urge [County Department of Public Health] to stand with us, and [insert ask].

Thank you in advance for your consideration.

Sincerely,

Dr. CMA