



## Best Practices for Legislative Visits Day at the Capitol 2026

**Preparation is essential.** Before the meeting, research the legislator's background and committee assignments. You can find information at [Legislators - Michigan Legislature](#). We are asking all legislators, but particularly those who serve on appropriations committees, to consider our three funding asks in next year's state budget.

**Keep the meeting focused and concise.** State legislators often have tight schedules, so meetings may be brief. Start by introducing yourself, where you are from, and any organization you represent. Explain why public health funding matters to you and, when possible, connect it to the legislator's district. Personal stories, local examples, and clear data can make your message more compelling. *The focus of the meeting should be on MALPH's funding and policy priorities.*

**Be respectful and constructive.** You are representing your local health department, MALPH, and all public health professionals in the state. Approach the conversation as a dialogue rather than a confrontation. Even if the legislator disagrees with your position, remain courteous and listen carefully to their perspective. Be prepared to answer questions, but it is okay to say you will follow up later if you do not know an answer. Legislators value constituents who are informed, respectful, and solutions-oriented.

**Engage staff members.** Legislative staff often play an important role in policy development and advising the legislator. Treat staff with the same level of respect as the legislator, and be prepared that your meeting may be with a staff member instead. Staff can become key allies in advancing an issue.

**Close with clarity and follow up.** Before the meeting ends, briefly restate your main request and ask if the legislator has any questions or needs additional information. Make sure you give each representative of the legislator's office a copy of the leave-behind handout from your folder. After the meeting, send a short thank-you message that summarizes the discussion and provides any promised materials. Maintaining contact helps build a long-term relationship that can be valuable for future advocacy.