



How to Engage Your Legislator: Tips for Successful Legislative Visits

Scheduling a Meeting

- First, determine who your legislators are. In the state of Kentucky, you can visit the Kentucky Legislative Research Commission website at <https://apps.legislature.ky.gov/findyourlegislator/findyourlegislator.html>.
- If you are scheduling a meeting in Frankfort, call the Kentucky Legislative Research Commission at (502)564-8100.

For the Meeting

- There is strength in numbers. Having more than one person at the meeting not only makes you more confident, it provides emphasis to the meeting and importance to the issues. However, make sure to appoint a spokesperson for the group prior to the meeting.
- Limit your conversation to no more than 15 minutes. Be succinct and clear about what you are asking them to do (i.e. sponsor a bill, cosponsor a bill, vote yes or no on a bill, etc.).
- Take notes during the meeting and obtain a business card from whomever you meet with so that you may contact them again directly.
- *What to bring to the meeting:*
 - A positive attitude and passion for what you do.
 - Talking points especially relevant statistics or data points on the issue.
 - Leave-behind material for when the meeting/visit is finished including a business card. When you attend Legislative Day, packets will be provided for your use.
- *What to say in the meeting:*

Introduce Yourself and KDN/KAND	Hello, my name is _____ and I'm here on behalf of the 1.2 million Kentuckians who live with diabetes and prediabetes every day. Today, the Kentucky Diabetes Network and the Kentucky Academy of Nutrition and Dietetics have come together to advocate on behalf of people who are at risk or living with diabetes.
Make it Personal	Tell your story. Talk about your personal connection to diabetes. Try to be brief but compelling. Stories resonate more deeply than facts or figures and help you develop a stronger connection.
Share the Facts/Figures	Share the details of diabetes infographic (provided in folders).
Make the Ask	I urge you and your fellow members to recognize and join us to do all in your power to stop the epidemic in Kentucky.
Get to Specifics	Review the specific bills with the legislators using the supported legislation summary (provided in folders). Ask for their support to get these bills passed during this session.
Answer Questions	Answer the staff person or legislator's questions as thoroughly as you can, but do not be afraid to say "I don't know." Nothing is worse than providing false information to a legislator/staffer. You want to be viewed as a reliable source.
Thank You	Thank the legislator/staffer for his/her time.

Follow Up after the Meeting

- Debrief and turn in the Legislator Report Form (provided in attendee folders).
- Always send a thank-you to the scheduler or member. Reiterate your message on what was discussed at your meeting. Remember to answer any questions that you did not have answers to during the meeting. State that you are available to answer any additional questions or to provide any supporting materials. Provide your contact information.
- Continue to schedule meetings with your legislator to develop a relationship and serve as a resource on nutrition-related issues. Add their names or their aids' names to your mailing lists and newsletter lists.