



*COMMONWEALTH of VIRGINIA*  
*Office of the Governor*

Ralph S. Northam  
Governor

December 2018

Fellow Governors:

Congratulations on your election victory. I wish you well with the critically important task of assembling the members of your administration.

An issue that faces all governors is how we improve the health and well-being of our citizens while also controlling the rising cost of health care and its impact on state budgets. That's why I am pleased to share with you this important new tool box. The National Academy for State Health Policy and the de Beaumont Foundation have worked with state officials to develop a set of practical, real-world tools to help governors and their administrations do the important work of building a healthy state and healthy communities, where every resident has a chance to thrive.

As a pediatric neurologist, I know firsthand the importance of preventive medicine and investing in policies that keep people well. That commitment is necessary to deliver the care people need to be healthy and productive members of society. In addition to disease prevention, we can help slow the growth in the cost of health care spending by making strategic investments in housing, nutrition, education, jobs, and transportation, factors that contribute to good health and quality of life. The tools and strategies outlined here can help advance our work to improve health and lower the cost trajectory. I hope you find it as useful as we are finding it in the Commonwealth of Virginia.

Sincerely,

A handwritten signature in black ink, reading "Ralph S. Northam".

Ralph S. Northam