

Dear Editor,

Did you know that our community's bike-friendliness is rated ___ out of 100 and walk-friendliness is rated ___ out of 100? Did you know that our county spends approximately ___ on diabetes? Do you think there's a correlation?

75% of America healthcare costs are for diseases that are by and large preventable through lifestyle choices. As a community, we have spent countless hours listening to a highly politicized debate about the future of American healthcare. After seeing the new film ESCAPE FIRE: The Fight to Rescue American Healthcare, I am convinced that it is time for a more constructive discussion and new solutions. ESCAPE FIRE presents several innovative "escape fires" or solutions that we should have right here in (insert name of community), such as _____ . To address our healthcare crisis we need to support these kinds of innovative approaches, and above all, we must continue to develop new ones as well.

The crisis is real. We don't have a healthcare system, but rather a disease care system. Instead of focusing on proven methods of disease prevention, the entrenched system is set up to favor high-tech (and costly) quick fixes once disease symptoms surface. This contributes to unsustainable healthcare costs, which will reach \$4.2 trillion annually and roughly 20% of our GDP within 10 years.

We as (community members/employers/employees/families/individuals) can play a part in demanding and building a true healthcare system. ESCAPE FIRE tells the inspiring stories of many who are already seizing the power they have to transform healthcare: physicians, the military, CEOs and above all, individuals making changes in their own lives, from how they eat and exercise, to how they interact with the healthcare system to ensure that their needs are put first.

To address the healthcare crisis, time is of the essence. First, we must demand of ourselves and our leaders a new discussion about healthcare in America, and about how we can build a true healthcare system. Second, we must act as a community and seek out the escape fires like _____. Let the discussion begin today. We need to put the care back in healthcare.

Your Name Here