

BLACK HISTORY MONTH 2022

Black Health and Wellness

February is Black History Month, “an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history” (www.history.com/topics/black-history/black-history-month). The theme for 2022 is “**Black Health and Wellness**,” which aims to close the disparity in health care for Black Americans. This theme further acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. Find out more about this year’s theme on the African American Life and History (ASALH) website at asalh.org/black-history-themes.

MORE RESOURCES ON HEALTH EQUITY AND WELLNESS:

- **African American Wellness Project** provides trusted information that enables and encourages African Americans to better navigate the healthcare system, advocate for themselves, and receive improved care, regardless of insurance or circumstances: aawellnessproject.org
- **Mental Health America (MHA)** highlights the contributions of Black Americans to the mental health movement at mhanational.org/black-history-month
- **Oprah Daily** highlights unsung pioneers in African American history, along with books to read by Black authors and a directory of Black-owned bookstores: oprahdaily.com/black-history-month
- Black History Month 2022 on **Twitter** is open to all at twitter.com/search?q=black%2Bhistory%2Bmonth%2B2022
- The **CDC’s Conversations in Equity blog** is devoted to increasing awareness of health inequities and promoting national, state, and local efforts to achieve health equity: blogs.cdc.gov/healthequity



Wherever you are in your health and wellness journey, **CCA@YourService** can assist. A free, confidential benefit for you and your family, **CCA@YourService** offers professional guidance, provider referrals, and resources to support the mind, body, and spirit.

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