



## Celebrating Black History

Join NICHQ in celebrating #BlackHistoryMonth with a collection of equity resources, articles, webinars, and toolkits to celebrate the Black community and honor this year's official theme of **Black Health and Wellness**.

## February is Black History Month!

Celebrate #BlackHistory, #BlackHealth, and #BlackWellness with us.

The official theme for 2022 focuses on the importance of [Black Health and Wellness](#) and acknowledges the legacy of Black scholars and medical practitioners in Western medicine, as well as other health and wellness workers, such as birthworkers, doulas, midwives, naturopaths, and herbalists.

The importance of understanding our nation's exploitative history and its impact on modern-day inequities cannot be overstated. NICHQ is committed to uplifting and building on the incredible work of Black health and wellness practitioners as we work to address and eliminate disparities in maternal and child health.

### How to Participate

- Download [NICHQ's Social Media Toolkit](#) and follow us on [Facebook](#), [Twitter](#), [LinkedIn](#), and [Instagram](#) for posts and resources throughout the month.
- Sign up for NICHQ News, filled with resources and tools you can put into practice.



## Watch NICHQ Webinars

Watch informative past webinars to gain a historical perspective about some of the challenges Black children, mothers, birthing people, and families experience within the healthcare system.

- [Learn](#) about the historical impact of Black grief and infant loss and its connection to racism and social injustices.
- [Learn](#) strategies to identify and address racism and racial bias and apply a racial equity lens to collective impact-based health improvement initiatives.