



## Celebrating Black History

Celebrate #BlackHistory, #BlackExcellence, and #BlackJoy with us. NICHQ joins the call to highlight and share positive stories and messages about Black people's ongoing legacy. This month, our goal is to celebrate the Black community with narratives that speak to NICHQ's focus areas in maternal and children's health and this year's official theme of [The Black Family: Representation, Identity and Diversity](#).

## February is Black History Month!

**Celebrate #BlackHistory, #BlackExcellence, and #BlackJoy with us.**

NICHQ is committed to driving the tough conversations about disparities that impact social determinants of health and ultimately, children's health. Too often, the mainstream narrative around the Black experience is one of violence, heartbreak, and pain. The importance of understanding our nation's exploitative history and its impact on modern-day inequities cannot be overstated. However, leaning into collective learning about the contributions of Black thinkers, doers, and visionaries is imperative to creating a world equitable for all.

As journalist John Blake and countless others [highlight the need for more "trauma-free Blackness,"](#) NICHQ joins the call to highlight and share positive stories and messages about Black people's ongoing legacy. This month, our goal is to celebrate the Black community with narratives that speak to NICHQ's focus areas in maternal and children's health and this year's

official theme of [The Black Family: Representation, Identity and Diversity](#).

## How to Participate

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

## Let's Get Started

1. Learn more about [Equity-Empowered Health Systems and what NICHQ is doing](#) to co-create them from our CEO, Scott D. Berns, MD, MPH, FAAP.
2. Discover more about [this year's theme](#) from the Association for the Study of African American Life and History (ASALH).
3. Watch the music video and find more media by Black creators. "Black Joy" was written and performed by artist, musician, director, and facilitator [Kolton Harris](#). **Fun fact:** Kolton's proud father is [Kenn Harris, NICHQ's Senior Project Director and Engagement Lead!](#)