

## NICHQ's Black History Month Themes

### How to Participate

Each week, we're focusing on a different theme to highlight Black history and efforts to improve health equity for Black people in the U.S. Follow NICHQ on [Facebook](#), [Twitter](#), and [LinkedIn](#) to participate, and share our posts and resources throughout the month.

Along with the weekly themes outlined below, join us in celebrating Black History using the following awareness days and hashtags:

- **Monday:** Moments of #BlackExcellence
- **Tuesday:** #TraumaFreeTuesday
- **Wednesday:** #BlackWinsAndVictories
- **Thursday:** Time for #BlackJoy



## **Theme 1: The Role of Health Professionals in Achieving Equity**

**February 7-13:** We're focusing on the historical and ongoing contributions of Black leaders in health care, as well as diving deeper into how achieving equity in our health systems is possible. Follow NICHQ all week as we share action-oriented strategies, resources, and guides for health care providers, pediatricians, and public health professionals to champion equity in their own work!



## **Theme 2: Black History and the Future of Children's Health**

**February 14-20:** Analyzing Black history is key to creating lasting improvements in children's health. This week's theme focuses on achievements in the health of Black children, strategies for continued improvement, and materials for children to celebrate Black History Month.



### Theme 3: The Black Family

**February 21-27:** For the final week of Black History Month, we're highlighting this year's official theme of [The Black Family: Representation, Identity and Diversity](#). It's important to take the lessons learned and shared knowledge from this month to guide our improvement efforts through the rest of the year and beyond. That's why we're taking an in-depth look at how to support all Black families and caregivers to ensure optimal health for their children.