



Office of Minority Health

# FEBRUARY

## Minority Health Newsletter



Black History Month

**BLACK HISTORY**  
**MONTH 2022** **STILL RISING**  
**IN BLACK**  
**EXCELLENCE**

February is National Black History Month! This year the theme of Black History Month is Black Health and Wellness.

*Did you know?* The first ever month-long celebration of Black History was established at Kent State University. In February 1970, Kent State students, faculty and administration designated the entire month of February as a celebration of Black History—preceding the national holiday designation—which was established in 1976. Follow the link to learn more! [Did you Know?](#)

Follow the link below for 9 ways to celebrate Black History for the month of February and beyond.

[9 Ways to Celebrate Black History](#)

## American Heart Awareness Month

# February is National Heart Health Month

**Celebrate someone you love!**



- Take a walk 3 times this week**
- Cook a heart-healthy meal together**
- Schedule a health check-up for them**

February is American Heart Month, a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. The Division is committed to addressing barriers to

health equity in communities disproportionately affected by cardiovascular disease. Follow the link to learn more about ways to prevent heart disease.

[CDC Prevent Heart Disease](#)

The American Heart Association is committed to breaking down barriers to health equity that results from structural racism. This February, during Black History Month, the American Heart Association is encouraging Black women to Reclaim Your Rhythm and take control of their mental and physical well-being. Like taking a familiar song and adding, removing or changing pieces of it, Black women have been empowered with greater knowledge and determination to heal and protect their physical and mental health and wellbeing.

Follow the link below to learn more![AHA 2022](#)

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Prenatal Infection Prevention Month



## February is International Prenatal Infection Prevention Month

International Prenatal Infection Prevention Month, held in February, is a worldwide observance to promote awareness of infections transmitted from mother to baby. Prenatal infections include bacterial or viral illnesses that can be passed from a mother to her baby during pregnancy or during the delivery process.

Here are a few ways to avoid infection during pregnancy

- Maintain good hygiene
- Cook your meat until it is done
- Avoid unpasteurized milk

Follow the link for more helpful ways to prevent infection during pregnancy.

## SAVE THE DATE



# METRO



Sponsored by:  
**CareSource**

FREE BUS PASSES - RAFFLES AND PRIZES - FREE & OPEN TO THE PUBLIC

# MINORITY HEALTH FAIR

Funded by the Ohio Commission on Minority Health

Health is Wealth!



Wednesday April 27th, 2022  
10AM-2PM

METRO Transit Center, 631 S. Broadway St., Akron, OH 44311

Show this flyer (paper or digital) to the bus operator for a **FREE RIDE** on any regular METRO fixed-route bus from 8 am – 5 pm on Wednesday, April 27th.

The free fare does not apply to METRO Demand response services (SCAT, Call-A-Bus, FlexRide), or Northcoast Express services.

The Office of Minority Health Annual Minority Health Fair is back! With over 20 vendors, and free giveaways, we will be highlighting Minority Health. Our theme this year is "Health is Wealth". There will be free yoga, personal trainers, healthy eating tips and MORE! Save the date for our Annual Minority Health Fair, April 27th!

## Baby & Me Tobacco Free Program

# BABY & ME Tobacco Free Program™



*Healthy Babies. Born on Time.*

Are you or someone you know pregnant and wanting to quit smoking? \*Enroll in the BABY & ME Tobacco Free Program!

Quitting smoking is the most important thing you can do for your health and for the health of your baby!

\*For more information contact

Imani Lucas

at Summit County Health

330-926-5756



**Ohio**  
Department of Health

Participants receive free diapers and wipes!

Are you or someone you know pregnant and wanting to quit smoking? Enroll in the BABY & ME Tobacco Free program. Quitting smoking is the most important

thing you can do for your health and the health of your baby. Participants are eligible to receive free diapers and wipes! For more information, call Imani Lucas at Summit County Public Health 330-926-5756.

## Free Food Distribution in Akron and Summit County



The Akron-Canton Regional Foodbank at 350 Opportunity Parkway in Akron has a monthly drive-thru food distribution. The grocery giveaway takes place on the first Thursday of every month from 1pm-2pm. Listed below are the dates of the drive-thru food distribution.

**March 3, 2022**

**April 7, 2022**

**May 5, 2022**

**June 2, 2022**

**July 7, 2022**

**August 4, 2022**

**September 1, 2022**

October 6, 2022

November 3, 2022

December 1, 2022

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## Celebrating Black History in Summit County



The University of Akron School of Music including students and faculty soloists and ensembles will present music of African American composers on Friday, February 25 at 7:30 p.m. in Guzzetta Recital Hall.

The recital is free and open to the public. Join us in-person or via livestream:

<https://youtu.be/C5EstOZ2810>.

For more information, contact 330-972-8301 or [concerts@uakron.edu](mailto:concerts@uakron.edu).

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CONNECT WITH SUMMIT COUNTY PUBLIC HEALTH

