

April is National Minority Health Month!

This annual observance builds awareness about the health disparities that persist among racial and ethnic minority and American Indian/Alaska Native (AI/AN) populations and encourages us to take action to end these inequities.

Each year, the U.S. Department of Health and Human Services (HHS) [Office of Minority Health \(OMH\)](#) designates a theme for National Minority Health Month. The theme for 2024, **Be the Source for Better Health: *Improving Health Outcomes Through Our Cultures, Communities, and Connections***, is about understanding how the unique environments, cultures, histories, and circumstances (known as social determinants of health, or SDOH) of racial and ethnic minority and AI/AN populations impact their overall health.

Non-medical factors like [poverty, limited access to health care, lack of education, and racism](#) are all examples of SDOH that contribute to health disparities and inequities. SDOH impact nearly everyone in one way or another, and simply promoting healthy choices won't eliminate health disparities. Considering the conditions in the environments where people are born, live, learn, work, play, worship, and age is fundamental to improving health and reducing longstanding disparities affecting racial and ethnic minority and AI/AN populations.