

BLACK HISTORY MONTH

FEBRUARY 2022

BLACK HEALTH AND WELLNESS

WHEREAS, the County of Alameda is a vital part of the Bay Area, which is a major gateway of the world, and known for its cultural, educational, and civic institutions, and its social tolerance and diversity; and

WHEREAS, the County of Alameda is enriched with an ethnic diversity including a large population of African Americans who continue to make outstanding contributions to the cultural, social, economic, civic and political fabric of the County; and

WHEREAS, the influence and roles of African Americans have been extremely important to the development and emergence of the nation, the State of California, and the County of Alameda. In addition, African American organizations have played a vital role in achieving justice and equal rights and have helped make communities stronger and better; and

WHEREAS, the theme for 2022 is the importance of Black Health and Wellness. It acknowledges the legacy of not only the Black scholars and medical practitioners in Western medicine but also the other ways of knowing all other health care workers such as birth workers, doulas, midwives, naturopaths, herbalists, and other health care related workers throughout the African diaspora; and

WHEREAS, it is important to recognize that Black Health and Wellness includes one's physical body, emotional and mental health. The rise of fields, such as Public and Community Health and Health Informatics have led to an increase in preventive care and a focus on body positivity, physical exercise, nutrition, exploring other dietary options including vegetarianism, veganism, and gardening; and

WHEREAS, this Board of Supervisors recognizes **THE ASSOCIATION OF BLACK PSYCHOLOGISTS, INC.**, **BLACK CULTURAL ZONE**, and the **WEST OAKLAND HEALTH CENTER** for their commitment to preserve and create a platform that shines a light on the multiple facets of Black Health and Wellness through education, advocacy, and activism.

THEREFORE, this Board of Supervisors, County of Alameda, State of California, does hereby proclaim the month of **FEBRUARY 2022** as **BLACK HISTORY MONTH** and encourages the people of the local communities and throughout Alameda County to participate in activities and observances.

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