

# BLACK HISTORY month

Black History Month, observed in February, is an opportunity to recognize Black histories, going beyond racism and slavery to spotlight Black achievements, contributions, and resilience. Engaging in the past is critical to giving context to the present.

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## Black History Month

Initially, this celebration was a week of events sponsored by the Association for the Study of African American Life and History, founded by Carter G Woodson, in 1926. Its aim was to honor the history of Black Americans. The time was chosen specifically to coincide with the birthdays of both Abraham Lincoln and Fredrick Douglass.

The aim of Black History Month is to focus attention and honor all Black people from all periods of U.S. History. [Learn more here](#)

Origins of Africans in North America

History and Culture

Acheivements

Health Disparities



“ Real education means to inspire people to live more abundantly, to learn to begin with life as they find it and make it better.

Carter G Woodson

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## How to celebrate



- Learn more about notable Black Americans
- Buy from Black owned businesses
- Follow and amplify Black creators on social media
- Read books by Black authors
- Set a personal goal spanning beyond Black History Month

Black people in the US have varied racial and ethnic identities and experiences, and have made major and lasting impacts on our country and the world. This month is a way to keep these contributions top of mind. Use these tips to make long lasting changes beyond February.

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## PT Application

These statistics are from various studies highlighting the disparities in health care

Continued work to support and uplift Black Americans is needed to irradicate health, economic, and social disparities. We as PTs can help by providing quality health care without bias, treating patients fairly and respectfully, and building trust.

18%

18% of Black participants have felt they were treated unfairly by a health care provider based on their race. Compared to 3% of White participants.

55%

55% of Black participants reported preparing for possible insults from a health care worker. Compared to 29% of White participants.

57%

White patients were 57% more likely to receive physical therapy compared with Black patients for MSK pain.