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ASSOCIATION *for the* STUDY of
AFRICAN AMERICAN LIFE *and* HISTORY® | EST. 1915



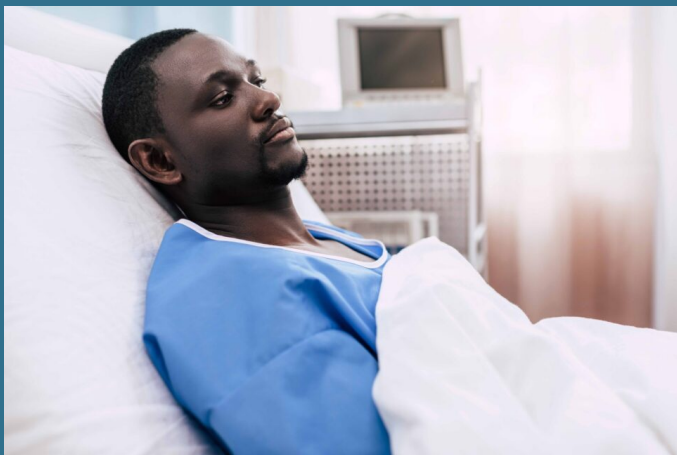
Black Health Matters and the Association for the Study of African American Life and History have partnered to create a series of Health Focused newsletters.

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Check Out These Articles



Structural Racism Drives Health Disparities

The nation's history of structural racism must be acknowledged as a driver of health problems and shortened lives for Black people and other racial and ethnic groups, says an American Heart Association report that seeks to spark action to fix the problem.

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How Race & Ethnicity Affect Breast Cancer Survival

Your chances of being diagnosed with early breast cancer, as well as surviving it, vary significantly depending on your race and ethnicity, according to a study.

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6 Ways to Keep Your Family Healthy

Making time for a heart-healthy lifestyle can seem overwhelming. But the good news is that making a few small simple lifestyle changes can lead to heart-



healthy habits that require little thought or effort.

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Talking to Kids About Racial Bias

Children are always watching and listening, but since protests for racial justice have spread across the globe, they're witnessing, absorbing and internalizing possibly more than anyone knows.

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Keep Your Family Moving

While juggling work and family, remember research shows active parents raise active children. So keep your family moving by making fitness a priority in your daily schedule.

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Must-Attend Upcoming Events from Black Health Matters

REGISTRATION FOR BLACK HEALTH MATTERS SUMMIT AT: WWW.BHMKAPPAHEALTHSUMMIT.VFAIRS.COM

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KAPPA ALPHA PSI® FRATERNITY, INC.
85TH GRAND CHAPTER MEETING
FREE VIRTUAL HEALTH SUMMIT
TUESDAY, JULY 13, 2021 8AM - 5PM EST



Black Health Matters joins forces with Kappa Alpha Psi Fraternity, Inc. to present Black Health's biggest forum. You have the opportunity to dialogue with some of the nation's leading clinicians and patient advocates on men's, women's and family health. Join us, be inspired and show the nation and the world that **#blackhealthmatters!**

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