



MLK's LEGACY:

Health Equity & the Social Determinants of Health

Each year on the third Monday in January, we celebrate **Martin Luther King, Jr. Day**—a time to reflect on Dr. King's enduring impact on civil rights and social justice. Dr. King deeply understood the link between social conditions and public health outcomes—what we now call the **Social Determinants of Health**.

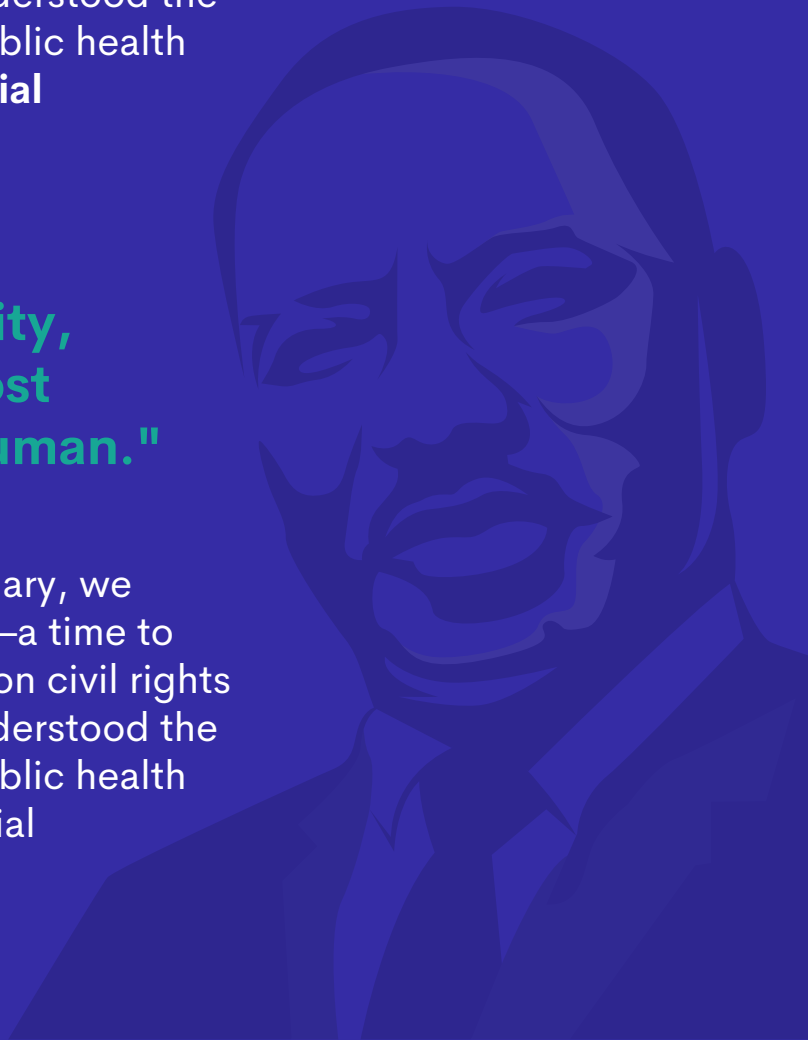
In 1966, Dr. King said:

"Of all the forms of inequality, injustice in health is the most shocking and the most inhuman."

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TAKING ACTION: Breaking Down Barriers

Dr. King's legacy inspires us to take action to advance health equity.

Here's how we can make a difference:



1. Advocate for Inclusive Policies:

Push for policies that prioritize access to culturally competent, affordable care.



2. Invest in Diversity:

Support training programs to create a diverse and culturally informed healthcare workforce.



3. Build Trust:

Work with communities to rebuild trust in healthcare systems through transparency and accountability.



4. Empower Communities:

Push for policies that prioritize access to culturally competent, affordable care.



A Call to Action

Dr. King's vision reminds us that achieving health equity requires collective action. Let's honor his legacy by ensuring everyone, regardless of race, income, or background, has the opportunity to thrive.

"The time is always right to do what is right."

Martin Luther King, Jr.

Resources for Advancing Equity

OMH Spotlight Series: African Americans

Learn about the unique challenges and disparities facing African Americans in healthcare.

[View the Spotlight Series](#)

BIPOC PEEEEK Initiative

A powerful movement to empower and amplify the voices of Black, Indigenous, and People of Color through peer advocacy and leadership.

[Learn More](#)

