

# National Minority Health Month 2025: Advancing Commitments to Eliminate Health Disparities

April marks National Minority Health Month, a time to focus on eliminating health disparities that affect racial and ethnic minority communities, including American Indian and Alaska Native populations. This year's theme, "Advancing Commitments to Eliminate Health Disparities," challenges organizations, healthcare providers, and communities to take meaningful action toward health equity.

At the Nisqually Tribal Health & Wellness Center (NTHWC), the need for action is clear. Native communities continue to face higher rates of chronic disease, mental health challenges, and barriers to quality healthcare. Addressing these disparities requires systemic change, stronger advocacy, and culturally grounded healthcare services.

The Office of Minority Health (OMH) urges public, community, and nonprofit organizations to adopt this year's theme by: Implementing culturally and linguistically appropriate services (CLAS) to improve healthcare access. Tackling social and environmental factors that impact health outcomes. Advocating for policies that close healthcare gaps in medical, behavioral, and preventive care. Promoting Indigenous-led health initiatives that center on traditional healing and community wellness. OMH provides resources to help organizations take these steps, ensuring that minority communities receive the care and support they need.

We encourage the community to engage in conversations about health equity, take advantage of wellness programs, and seek available healthcare services. By working together, the Nisqually Tribe and other Indigenous communities continue the legacy of resilience while creating a healthier future for the next generations.

To learn more, visit the [Office of Minority Health \(OMH\) website](#) or reach out to NTHWC for wellness and healthcare services at (360) 459-5312

