



Office of Minority Health



# MARCH MINORITY HEALTH NEWSLETTER

International Women's Day

Women's Day  
8<sup>th</sup> March



With March being Women's History Month, International Women's Day (March

8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. International Women's Day has occurred for well over a century, with the first gathering in 1911 supported by over a million people. Today, International Women's Day belongs to all groups collectively everywhere.

Follow the link below for more events:

[Women's History Events](#)

## National Nutrition Month

A vibrant purple graphic for National Nutrition Month. It features various food items: a bowl of yogurt with fruit, a slice of bread, a plate with eggs and toast, and a bowl of fruit. The text "March is National Nutrition Month!" is prominently displayed in white. Below it is the hashtag "#NationalNutritionMonth" in yellow. The logo for the Academy of Nutrition and Dietetics is on the left, and the "Celebrate a World of Flavors" logo is on the right.

**March is National  
Nutrition Month!**

**#NationalNutritionMonth**

**eat right.** Academy of Nutrition  
and Dietetics

CELEBRATE A  
**WORLD  
OF  
FLAVORS**  
NATIONAL NUTRITION MONTH® 2022

In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through [National Nutrition Month](#)®. Nutrition-related health disparities persist disproportionately for chronic conditions among minority populations.

According to the Centers for Disease Control and Prevention (CDC), high blood pressure is more common in non-Hispanic Black adults (54%) than in non-Hispanic white adults (46%), non-Hispanic Asian adults (39%), or Hispanic adults (36%). This year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines, and inclusivity. During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long.

Follow the links for more information:

[National Nutrition Month](#)

SAVE THE DATE



CHEF DANNIKA STEVENSON

PRESENTS:

# HEALTHY AND TASTY ONE SHEET CUISINES!

Minority Health Month Virtual Cooking Classes

Funded by the Ohio Commission on Minority Health

04.07.2022 & 04.20.2022

6:00-7:00PM

Scan the code to sign up!



Office of Minority Health



The Office of Minority Health in collaboration with Sip Savor Soul, LLC are hosting TWO virtual cooking classes. Join us on April 7th, 2022, and April 20th, 2022 for a one-sheet tasty recipe! There will be fun giveaways and a Q & A session! Scan the QR code to sign up! Spots are filling fast so don't wait!

SAVE THE DATE





FREE BUS PASSES - RAFFLES AND PRIZES - FREE & OPEN TO THE PUBLIC

# MINORITY HEALTH FAIR

Funded by the Ohio Commission on Minority Health

**Wednesday April 27th, 2022**  
**10AM-2PM**

METRO Transit Center, 631 S. Broadway St.,  
Akron, OH 44311



Show this flyer (paper or digital) to the bus operator for a **FREE RIDE** on any regular METRO fixed-route bus from 8 am – 5 pm on Wednesday, April 27th. The free fare does not apply to METRO Demand response services (SCAT, Call-A-Bus, FlexRide), or Northcoast Express services.

The Office of Minority Health Annual Minority Health Fair is back! With over 20 vendors and free giveaways, we will be highlighting Minority Health. Our theme this year is "Health is Wealth." There will be free haircuts, personal trainers, healthy eating tips, and MORE! Save the date for our Annual Minority Health Fair, April 27th!

METRO Electric Buses

# IT'S ELECTRIC

METRO is all charged up to introduce its first electric buses



TUESDAY, MARCH 29, 2022  
10 A.M.  
ROBERT K. PFAFF TRANSIT CENTER  
631 SOUTH BROADWAY STREET  
AKRON, OHIO 44311

We hope you'll join us for electric bus tours,  
a vendor fair, and refreshments!

Please RSVP to [pr@akronmetro.org](mailto:pr@akronmetro.org) by *Friday, March 25*.



Come join METRO as they introduce their *FIRST* electric buses.

There will be vendors and refreshments! RSVP ends **THIS** Friday,

March 25th.

Free Food Distribution in Akron and Summit  
County



The Akron-Canton Regional Foodbank at 350 Opportunity Parkway in Akron has a monthly drive-thru food distribution. The grocery giveaway takes place on the first Thursday of every month from 1pm-2pm. Listed below are the dates of the drive-thru food distribution.

**April 7, 2022**

**May 5, 2022**

**June 2, 2022**

**July 7, 2022**

**August 4, 2022**

**September 1, 2022**

**October 6, 2022**

**November 3, 2022**

**December 1, 2022**

Celebrating Women in Summit County



THE  
SUMMIT COUNTY  
HISTORICAL SOCIETY  
OF AKRON, OHIO™

March 8, 2022, is International Women's Day; and the Women's History Project of the Akron Area (a program of the Summit County Historical Society) is honoring nine local activists with its Woman of the Year award. A special presentation will be held at the John Brown House on June 15.

The nine award winners are: Darlene Anderson-Katz of the Dare to Love More Food and Resources; Regina King and Denise Brandon of West Akron Track; Virginia Wojno-Forney, preservation activist working with many different organizations; Kathy Meyer of Peace Together Choir and hospice nurse; Julia Perry, great, albeit forgotten, composer of classical music; Lisa Mansfield of Summit County Probate Court and many other organizations; Ellen



McWilliams-Woods of Akron Public Schools; and Janis Worley of Akron Junior

League and other organizations.

Follow the link for more information about reservations:

[Honoring Women in Summit County](#)

---

CONNECT WITH SUMMIT COUNTY PUBLIC HEALTH

