



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **APRIL IS NATIONAL MINORITY HEALTH MONTH**

BALTIMORE, April 30, 2020 – MedChi, The Maryland State Medical Society, doesn't want April to slip by without stressing the importance of National Minority Health Month. This month was created to address the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities and was intended to strengthen the ability of local communities to eliminate the inconsistent burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications.

MedChi President, Dr. Michele Manahan, states “all people, regardless of where they live or where they come from, should have the same opportunities when it comes to their health. This is especially important during the current pandemic.”

The theme for this year's National Minority Health month is active and healthy. MedChi is encouraging everyone to be active and healthy, while also observing social distancing to help prevent the spread of COVID-19. Try to aim for 30 minutes of physical activity each day whether that is exercising, running, walking, or doing an activity that you enjoy or that needs to be done (cleaning, laundry, gardening, mowing the lawn). If you choose activities that you enjoy doing, it will be easier for you to maintain keeping up with getting physical activity.

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).