

April is Minority Health Month

Arizona is a state of diverse communities, and the Arizona Health Disparities Center (AHDC) is committed to helping all residents live longer, healthier lives. During this year's Minority Health Month, we encourage you to learn more about your health to prevent and better manage chronic diseases. Many Arizonans are faced with challenges posed by obesity, diabetes, cancer, and other chronic diseases. Managing these conditions can be difficult but it can save your life. Eating right, getting exercise and getting regular check-ups are important steps you can take. Throughout the month various community events will be hosted to inform and assist people in making healthy lifestyle changes.

To learn more about Minority Health Month events, please click [here](#).

To learn more about Arizona's men's health, please click [here](#).

To pledge to reduce your family' salt intake click [here](#).