

Webinar Date: January 17, 2023

Racial healing for health

County Health Rankings & Roadmaps Tools & Resources

- Check out [recordings and PDF of slides](#) for all CHR&R webinars.
- [Explore Health Rankings](#): The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. Find and use your county data, read our reports, and learn more about what and why we rank.
- [Take Action to Improve Health](#): Find strategies that we know work, guidance for setting a plan in motion, and resources to help you partner with others.
 - [Action Learning Guides](#): Dig into specific topics with a blend of guidance, tools, and hands-on activities.
 - [Partner Center](#): Find guidance and resources to help you identify and engage the right partners.
 - [Action Center](#): Explore step-by-step guidance and tools to help you move with data to action.
- [Online & On Air](#): Sharing the stories of others ignites possibilities and inspires action. Find out about upcoming webinars, listen to our podcast [In Solidarity](#), and check out community highlights.
- [What is Health?](#) Learn about our vision of health.
- Stay in touch with County Health Rankings & Roadmaps:
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Highlighted Guidance

- Check out this [webinar](#) to learn about the **City of Charleston's (South Carolina) racial healing journey** that resulted in the creation of its racial equity commission.
- Watch this [CHR&R webinar](#) to explore **Asian American and Native Hawaiian/Pacific Islanders identity and health equity**, and to better understand the need to breakdown data and understand the multiple ethnicities within the group to achieve health and racial equity.

Discussion Group Session Resources

- Race Forward brings systemic analysis and an innovative approach to complex race issues to help people take effective action toward racial equity. Watch this video, [Moving The Race Conversation Forward](#)
- In [My Grandmother's Hands](#), therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. He argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well.

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program



- [Teaching for Change](#) encourages teachers and students to question and re-think the world inside and outside their classrooms; build a more equitable, multicultural society; and become active global citizens. Their professional development, publications, and parent organizing programs serve teachers, other school staff, and parents.

Healthy Places by Design Resources

- [Healthy Places by Design](#) facilitated the post-webinar discussion group session. Their [Community Action Model](#) was developed with insights from more than a dozen years of supporting successful community health initiatives and a deep understanding of the community change process.
- Follow Healthy Places by Design on Twitter [@HPplacesbyDesign](#)