



The Colorado Health Foundation™



Honoring Hispanic Heritage Month: Celebrating Culture, Confronting Challenges, Advancing Health

September 15 to October 15 is [Hispanic Heritage Month](#)*, a time to honor and uplift the histories, cultures and contributions of Latinx and Hispanic communities. This timeframe is significant because many [Latin American countries celebrate their independence](#) days within these dates, including:

- September 15: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua?
- September 16: Mexico?
- September 18: Chile?
- September 21: Belize?

The celebrations are as diverse as the communities themselves, from art exhibitions to neighborhood festivals. These traditions are not only cultural expressions; they are also reflections of resilience, family and community—values deeply tied to health and well-being.

At the same time, Hispanic Heritage Month calls us to reflect on the challenges Latino communities continue to face. Immigration enforcement actions, [economic pressures and barriers to care](#) have created fear, stress and uncertainty for many families in Colorado and across the country. These realities affect health outcomes just as much as medical care does, reminding us that health is shaped by the environments we live in, the policies we navigate and the opportunities we can access.

Celebrating Hispanic Heritage Month means holding both truths: honoring the rich cultural legacies that strengthen us and acknowledging the inequities that must be addressed. It means centering Latino voices in shaping the policies and systems that impact our daily lives. When community members are heard, respected and included in decision-making, we can build solutions that advance equity and improve health for all.

This month, and every month, we commit to standing in solidarity with Hispanic and Latino Coloradans. By celebrating heritage, listening deeply and acting for justice, we move closer to a future where every person has the opportunity to thrive.

*We're referring to this observance as Hispanic Heritage Month, as it is recognized nationally. At the same time, we recognize that the term "Hispanic" does not fully capture the diverse identities and experiences of Latino/a/x/e, Hispanic and Chicano communities. Learn more [here](#).?

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