

HISPANIC HERITAGE MONTH

SEPTEMBER 15 2022 —
OCTOBER 15 2022

Hispanic Heritage Month is recognized annually in the United States to honor the contributions and influence of Hispanic Americans to our nation's history, culture, and achievements. This includes Americans whose ancestors come from Mexico, Spain, the Caribbean, Central America, and South America.

HISTORY

In 1968, President Lyndon B. Johnson began Hispanic Heritage Week. President Ronald Reagan expanded the week of celebrations to the current 30-day period and it was enacted into law in 1988.

September 15 was chosen as the beginning of this period as it marks the anniversary of independence of five countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. The period also encompasses Mexico's Independence Day on September 16, Chile's Independence Day on September 18, and Indigenous People's Day (which has many different names and meanings throughout the different Hispanic countries).

WHO

An important distinction to note is that Hispanic refers to those descending from Spanish-speaking countries and Latinx refers to someone descending from any Latin American country. Someone can be Hispanic, Latinx, or both. The U.S. Hispanic population is around 62.1 million as of 2020 (U.S. Census Bureau). It is a diverse group that enriches American culture greatly.

While this fact sheet is meant to provide a high level overview, there are many different perspectives and ways to celebrate each holiday or heritage month.



Dancers from Mexico in traditional attire

ACTIVATION SUGGESTIONS

1. Showcase music and art from famous Hispanic artists.
2. Take a Zumba class and experience Beto Perez's "happy accident."
3. Host a Hispanic history trivia event or a book signing of a Hispanic author.
4. Create a word search or crossword puzzle about Hispanic history for kids' menus.
5. Support local Hispanic-owned businesses and retail suppliers.
6. Recognize Hispanic leaders in your organization and conduct a fireside chat.
7. Incorporate quotes from prominent Hispanic leaders and share at shift meetings.
8. Partner with a local chapter of a Hispanic organization or participate in a community event.
9. Consider a donation to or volunteer time at a Hispanic charity of restaurant's choice.
10. Learn a phrase of the day or week in Spanish and teach it to others.



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