

Diversity Thoughts: Diversity Education – Ramadan

July 2, 2019

Sharing information being shared in our organization:

As you may know, Ramadan begins on May 5. This is a very important holiday for many HealthPoint families and we want to support our communities' well-being during this special month.

With help from our staff and partner organizations, we've gathered some information and resources below. Please take a look and join us in learning about and recognizing Ramadan.

Information

- Ramadan begins May 5 and ends June 4.
 - During this time period, many Muslims will fast from dawn to sunset (14-16 hours) each day.
 - Overview of Ramadan clinical considerations
 - [Specific information on fasting for patients with diabetes.](http://www.healthpointchc.org/content/files/DM_and_fasting.pdf)
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- Eid al-Fitr (pronounced: EED-uhl-fituhr) is June 3-4 and marks the end of Ramadan. This celebration often includes special religious ceremonies, gifts, gatherings, and feasts. Patients who celebrate Ramadan may need to avoid scheduling during Eid al-Fitr.

Resources

There are many options for recognizing Ramadan. We know that some clinics enjoy decorating for the December holidays and this is an opportunity to extend that spirit of celebration and inclusivity.

- Our Communications & Engagement Team is creating a multilingual sign to recognize Ramadan and offer support for a healthy fast.
 - Copies of this sign will be sent to all clinics and available on the X drive next week.
- [Decoration ideas.](https://www.pinterest.com/sperez87/ramadan-decorations/) (<https://www.pinterest.com/sperez87/ramadan-decorations/>)
- [Ramadan-themed coloring sheet for kids.](http://www.healthpointchc.org/content/files/Ramadan_Kids_Coloring_Sheets.pdf)
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A Note

There are many holidays that hold special significance for our patients and staff. We'd love your ideas and feedback on how to recognize these meaningful days and create a welcoming environment for all: <http://bit.ly/HPCelebrate>