

JUNTOS BRILLAMOS

National Hispanic, Latino & Latinx Heritage Month

JUNTOS BRILLAMOS: DRIVING PROSPERITY, POWER AND PROGRESS IN AMERICA

As UCLA Health celebrates Hispanic, Latino & Latinx Heritage Month, we want to take this time to recognize and honor the diverse cultures, contributions and experiences of individuals with Hispanic, Latino & Latinx backgrounds and identities. To support and foster inclusive environments for our colleagues and patients, we would like to provide background on some of the terms most used to describe this community.

Chicano/a: “Chicano/a” historically referred to Mexican-Americans, particularly those in the United States who embrace and identify with their Mexican heritage and culture. Originally used as a slur, the term was widely reclaimed during the Chicano movements of the 1960s. Over time, it has evolved to represent a sense of pride in Mexican heritage, community empowerment and a long legacy of resistance against discrimination and oppression.

Hispanic: The term “Hispanic” refers to individuals who are descended from Spanish-speaking countries or have ties to Spanish culture. It encompasses people from a variety of countries, including but not limited to Mexico, Spain, Central and South America and the Caribbean.

Latino: “Latino” is a broader term that includes individuals from Latin American countries, regardless of the language they speak. It encompasses people from a wide range of ethnicities, languages and cultures.

Latinx: “Latinx” is a gender-neutral term that has gained popularity in recent years to be more inclusive of individuals who don’t identify strictly as male or female. It aims to challenge traditional gender norms and promote inclusivity.

Latine: “Latine” is another gender-neutral term that is gaining traction as an alternative to “Latino” or “Latina.” Like “Latinx” it aims to be more inclusive of non-binary and gender non-conforming individuals. Created by LGBTQ+ Spanish speakers, the term is understood by some as an alternative to Latinx that is more aligned with the Spanish language and grammar.

During Hispanic, Latino & Latinx Heritage Month, we encourage you to learn more about these terms and the diverse and powerful cultures, communities and histories they represent. Please take this opportunity to learn and to foster a more inclusive and respectful environment by using language that acknowledges and respects the individual and collective identities of our Hispanic, Latino/a, Latinx, Chicano/a and Latine communities here at UCLA Health, in the LA region and throughout the world.