



## Arab American History Month

Countries of origin for Arab Americans include: Algeria, Bahrain, Comoros, Djibouti, Egypt, Iraq, Jordan, Kuwait, Lebanon, Libya, Mauritania, Morocco, Oman, Qatar, Palestine, Saudi Arabia, Sudan, Syria, Somalia, Tunisia, United Arab Emirates, and Yemen.<sup>1</sup>

### The Numbers:

- 3.7 million**— Approximate population of Arab Americans in the US<sup>1</sup>
- 63,464** — Approximate population of Arab Americans in WA state as of 2017<sup>1</sup>
- 35** — Counties Arab Americans reside in the state (out of 39)<sup>1</sup>
- 13** — WA's state rank by Arab American population<sup>1</sup>
- 7** — Number of Arab Americans currently appointed to US House of Representatives<sup>2</sup>
- 0** — Number of Arab Americans currently appointed to US Senate<sup>2</sup>

<sup>1</sup> Arab American Institute Data, 2019

<sup>2</sup> List of Arab and Middle Eastern Americans in the US Congress, Wikipedia

### Engage:

- [April is Arab American Heritage Month, the State Department declares](#) (2.5 min read)
- [Ramy](#) (2 Seasons, 30 min view/episode)
- [Breaking Pita with Zee Podcast](#) (listening times vary)
- [The Whitewashing of Arab Americans Impacted by COVID-19 is a Catastrophic Public Health Issue, Experts Say](#) (6 min read)
- [4 Films to Watch During Arab-American Heritage Month](#)
- [4 Athletes Who've Changed the Game For Arab American Women and Girls in Sports](#) (5.5 min read)
- [Celebrate Arab American Heritage Month](#) ( a collection of short videos)
- [Will Anaheim Officially Recognize Little Arabia District as Part of Arab American Heritage Month?](#) (6 min read)
- [This is Home: A Refugee Story](#) (1 h 31 min watch)
- [Prevalence of Self-reported Cognitive Impairment Among Arab American Immigrants in the United States](#) (22 min read)
- [Diving into the Middle East](#) (5.5 min read)
- [The Kite Runner](#) by Khaled Hosseini

### Support:

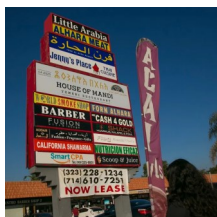
- [Kabul](#) (Afghan cuisine)
- [Nos Nos Coffee House](#) (Moroccan Coffee House)
- [Mamnoon](#) (Modern union of middle eastern cuisine)
- [Alhamdami](#) (Iraqi Bakery)
- [Marrakesh](#) (Moroccan cuisine)

### Participate:

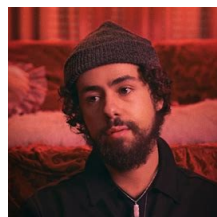
- [Honoring Arab American Heritage Month in 2021](#)



4 Athletes Who've Changed the Game For Arab American Women and Girls in Sports



Will Anaheim Officially Recognize Little Arabia District as Part of Arab American Heritage Month?



Ramy



The Whitewashing of Arab Americans Impacted by COVID-19 is a Catastrophic Public Health Issue, Experts Say