



2018

**NATIONAL HEALTH OBSERVANCES**

# JANUARY

## NATIONAL HEALTH OBSERVANCES 2018

### **Cervical Health Awareness Month**

National Cervical Cancer Coalition  
800-685-5531

[www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/](http://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/)

*Live Well, Work Well flyers:*

- Women's Health: Cervical Cancer
- Women's Health: Preventive Screenings – Part 2

### **National Birth Defects Prevention Month**

National Birth Defects Prevention Network

[www.nbdpn.org/national\\_birth\\_defects\\_prevent.php](http://www.nbdpn.org/national_birth_defects_prevent.php)

*Live Well, Work Well flyers:*

- Children's Health: Birth Defects
- Children's Health: Spina Bifida
- Fetal Alcohol Syndrome
- Pregnancy: Prenatal Care

### **National Glaucoma Awareness Month**

National Eye Institute Information Office  
301-496-5248

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Vision Care: Glaucoma
- Vision Care: Eye Exams
- Vision Care: Diabetic Eye Disease
- Vision Care: Cataracts

### **National Radon Action Month**

U.S. Environmental Protection Agency  
202-343-9051

[www.epa.gov/radon](http://www.epa.gov/radon)

*Live Well, Work Well flyers:*

- The Dangers of Radon
- Lung Cancer
- Public Health: Reducing Air Pollution

### **Thyroid Awareness Month**

American Association of Clinical Endocrinologists  
904-353-7878

[www.thyroidawareness.com](http://www.thyroidawareness.com)

*Live Well, Work Well flyer:*

- Thyroid Health

### **National Winter Sports Traumatic Brain Injury (TBI) Awareness Month**

The Johnny O Foundation  
602-820-7655

[www.thejohnnyo.org](http://www.thejohnnyo.org)

*Live Well, Work Well flyer:*

- Children's Health: Sports Safety

### **Folic Acid Awareness Week – Jan. 7-13**

National Birth Defects Prevention Network  
202-618-4753

[www.nbdpn.org/faaw.php](http://www.nbdpn.org/faaw.php)

*Live Well, Work Well flyers:*

- All About Anemia
- Children's Health: Spina Bifida
- Fruits and Vegetables for Disease Prevention
- Pregnancy: Prenatal Care

### **National Drug and Alcohol Facts Week – Jan. 22-28**

National Institute on Drug Abuse  
National Institutes of Health  
301-443-1124

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

*Live Well, Work Well flyers:*

- Drug Interactions
- Curbing Medication Errors
- Children's Health: Prescription Drug Safety

# FEBRUARY

## NATIONAL HEALTH OBSERVANCES 2018

### AMD/Low Vision Awareness Month

National Eye Institute Information Office

301-496-5248

<http://nei.nih.gov/nehep/lvam>

*Live Well, Work Well flyers:*

- Children’s Health: Vision Care
- Vision Care series

### American Heart Month

American Heart Association

800-242-8721

<http://newsroom.heart.org/events/february-is-american-heart-month-5712350>

*Live Well, Work Well flyers:*

- Cholesterol and Your Heart Health
- Daily Aspirin Therapy for Heart Health
- Heart Disease Risk Quiz
- Heart Health and the Elderly
- The Guide to Metabolic Syndrome
- The Heart and Mind Connection
- What are Your Numbers?

### International Prenatal Infection Prevention Month

Group B Strep International

909-620-7214

[www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)

*Live Well, Work Well flyers:*

- Pregnancy: Group B Strep
- Pregnancy: Prenatal Care

### National Children’s Dental Health Month

American Dental Association

312-440-2500

[www.ada.org/en/public-programs/national-childrens-dental-health-month](http://www.ada.org/en/public-programs/national-childrens-dental-health-month)

*Live Well, Work Well flyer:*

- Children’s Health: Dental Hygiene

### Teen Dating Violence Awareness Month

Break the Cycle

424-265-7346

[www.teendvmonth.org](http://www.teendvmonth.org)

*Live Well, Work Well flyer:*

- Domestic Abuse

### African Heritage & Health Week – Feb. 1-7

Oldways

617-421-5500

<https://oldwayspt.org/>

### Give Kids a Smile Day – Feb. 2

American Dental Association

312-440-2500

[www.ada.org/en/public-programs/give-kids-a-smile](http://www.ada.org/en/public-programs/give-kids-a-smile)

*Live Well, Work Well flyer:*

- Children’s Health: Dental Hygiene

### Go Red for Women – Feb. 2

American Heart Association

800-242-8721

[www.goredforwomen.org](http://www.goredforwomen.org)

*Live Well, Work Well flyers:*

- Heart Disease
- Heart Disease Risk Quiz
- Lung Cancer
- Cholesterol and Your Heart Health
- Heart Health and the Elderly
- High Blood Pressure
- Women’s Health series

### World Cancer Day – Feb. 4

Union for International Cancer Control

011-41-22-809-1811

[www.worldcancerday.org/](http://www.worldcancerday.org/)

### National Black HIV/AIDS Awareness Day – Feb. 7

The Strategic Leadership Council

678-538-8795

<http://nationalblackaidsday.org>

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

### Congenital Heart Defect Awareness Week – Feb. 7-14

American Heart Association

800-242-8721

[www.heart.org](http://www.heart.org)

*Live Well, Work Well flyer:*

- Children’s Health: Birth Defects

### National Donor Day – Feb. 14

Division of Transplantation, Healthcare Systems Bureau

Health Resources and Services Administration

U.S. Department of Health and Human Services

888-275-4772

[www.organdonor.gov](http://www.organdonor.gov)

*Live Well, Work Well flyers:*

- Organ and Tissue Donation FAQs

### National Eating Disorder Awareness Week – Feb. 25-March 3

Screening for Mental Health Inc.

781-239-0071

<http://mentalhealthscreening.org/programs/initiatives>

*Live Well, Work Well flyers:*

- Eating Disorders: Bulimia Nervosa
- Eating Disorders: Anorexia Nervosa

### National Heart Valve Disease Awareness Day – Feb. 22

Alliance for Aging Research

202-293-2856

[www.valvediseaseday.org/](http://www.valvediseaseday.org/)

# MARCH

NATIONAL HEALTH OBSERVANCES 2018

## Bleeding Disorders Awareness Month

National Hemophilia Foundation

212-328-3700

[www.hemophilia.org/](http://www.hemophilia.org/)

## National Cheerleader Safety Month

USA Cheer

888-899-8964

[www.cheersafe.org/about/national-cheerleading-safety-month/](http://www.cheersafe.org/about/national-cheerleading-safety-month/)

## National Colorectal Cancer Awareness Month

Prevent Cancer Foundation

800-227-2732

[www.preventcancer.org/](http://www.preventcancer.org/)

*Live Well, Work Well flyers:*

- Colorectal Cancer
- Getting a Colonoscopy
- Men's Health: Preventive Screenings – Part 2

## National Endometriosis Awareness Month

Endometriosis Association

414-355-2200

[www.endometriosisassn.org](http://www.endometriosisassn.org)

*Live Well, Work Well flyers:*

- Women's Health: Endometriosis
- Trouble Conceiving?

## National Kidney Month

National Kidney Foundation

800-622-9010

[www.kidney.org](http://www.kidney.org)

*Live Well, Work Well flyers:*

- Chronic Kidney Disease
- Kidney Stones
- Organ and Tissue Donation FAQs

## National Nutrition Month

Academy of Nutrition and Dietetics

[www.eatright.org/nnm](http://www.eatright.org/nnm)

*Live Well, Work Well flyers:*

- Children's Health series
- Eating Out Can Be Healthy
- Food Facts...and Fiction
- Food Labels: The Breakdown
- Grocery Store Best Buys for Cost and Nutrition
- Healthy Portion Sizes
- Trans Fat: The Worst Fat
- Saturated Fat: The Other Bad Fat
- Change Your Diet to Lower Your Cholesterol

## Problem Gambling Awareness Month

National Council on Problem Gambling

800-522-4700

[www.npgaw.org](http://www.npgaw.org)

## Save Your Vision Month

American Optometric Association

800-365-2219, ext. 4200

[www.aoa.org](http://www.aoa.org)

*Live Well, Work Well flyers:*

- Children's Health: Vision Care
- Sports Safety: Eye Protection
- Vision Care series

## Trisomy Awareness Month

Support Organization for Trisomy 18, 13 & Related Disorders

800-716-SOFT (7638)

[www.trisomy.org](http://www.trisomy.org)

## Workplace Eye Wellness Month

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Workplace Eye Safety
- Vision Care series

## National Sleep Awareness Week – March 4-11

National Sleep Foundation

703-243-1697

[www.sleepfoundation.org](http://www.sleepfoundation.org)

*Live Well, Work Well flyers:*

- Get a Better Night's Sleep
- Insomnia
- Sleep Disorders
- Sleep Apnea

## National School Breakfast Week – March 5-9

School Nutrition Association

301-686-3100

[www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw)

*Live Well, Work Well flyer:*

- The Importance of Breakfast

*Employee posters:*

- Eat Breakfast
- Make the Healthy Choice: For Breakfast

## World Kidney Day – March 8

International Society of Nephrology

011-32-2-808-04-20

[www.worldkidneyday.org](http://www.worldkidneyday.org)

*Live Well, Work Well flyers:*

- Chronic Kidney Disease
- Kidney Stones
- Organ and Tissue Donation FAQs

## National Women and Girls HIV/AIDS Awareness Day – March 10

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.  
Please note: Only the most popular observances are listed. There may be more observances in a given month. Educational materials given as examples are not intended to be exhaustive.  
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# MARCH

NATIONAL HEALTH OBSERVANCES 2018

Office on Women's Health  
U.S. Department of Health and Human Services  
202-690-7650

[www.womenshealth.gov/nwghaad/](http://www.womenshealth.gov/nwghaad/)

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

## Patient Safety Awareness Week – March 11-17

National Patient Safety Foundation  
617-391-9900

[www.npsf.org/?page=awarenessweek](http://www.npsf.org/?page=awarenessweek)

*Live Well, Work Well flyers:*

- Reduce Medical Mistakes
- Take Charge of Your Health Care

## Brain Awareness Week – March 12-18

Dana Alliance for Brain Initiatives  
212-401-1689

[www.dana.org/brainweek](http://www.dana.org/brainweek)

*Live Well, Work Well flyers:*

- Brain Awareness: Use It or Lose It
- Decrease Your Brain Age
- Memory and a Healthy Diet
- Stroke
- The Heart and Mind Connection

## National Poison Prevention Week – March 18-24

American Association of Poison Control Centers  
703-894-1858

[www.poisonprevention.org/](http://www.poisonprevention.org/)

## National Youth Violence Prevention Week – March 19-23

National Association of SAVE  
866-343-7283

<http://nationalsave.org/nyvvpw/>

## National Native American HIV/AIDS Awareness Day – March 20

National Native American AIDS Prevention Center  
720-382-2244

[www.nnhaad.org/](http://www.nnhaad.org/)

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

## World Tuberculosis Day – March 24

Stop TB Partnership (Secretariat)  
World Health Organization  
011-41-22-791-21-11

[www.stoptb.org/events/world\\_tb\\_day](http://www.stoptb.org/events/world_tb_day)

*Live Well, Work Well flyer:*

- Public Health: Tuberculosis

## American Diabetes Alert Day – March 27

American Diabetes Association  
800-DIABETES (342-2383)

[www.diabetes.org/in-my-community/programs/alert-day](http://www.diabetes.org/in-my-community/programs/alert-day)

*Live Well, Work Well flyers:*

- Diabetes: Type 1
- Diabetes: Type 2
- Pre-diabetes: Don't Let it Lead to Type 2
- Pregnancy: Gestational Diabetes

# APRIL

## NATIONAL HEALTH OBSERVANCES 2018

### National Distracted Driving Awareness Month

National Safety Council

800-621-7619

[www.nsc.org/](http://www.nsc.org/)

*Live Well, Work Well flyers:*

- Cellphone Use Behind the Wheel
- Driver Safety: Distractions

### Alcohol Awareness Month

National Council on Alcoholism and Drug Dependence Inc.

212-269-7797

[www.ncadd.org](http://www.ncadd.org)

*Live Well, Work Well flyers:*

- Alcohol-related Illnesses
- Fetal Alcohol Syndrome
- Substance Abuse

### Irritable Bowel Syndrome Awareness Month

International Foundation for Functional Gastrointestinal

Disorders

414-964-1799

[www.aboutibs.org/site/about-ibs/april-ibs-awareness-month](http://www.aboutibs.org/site/about-ibs/april-ibs-awareness-month)

*Live Well, Work Well flyer:*

- IBS: Irritable Bowel Syndrome

### National Autism Awareness Month

The Autism Society

800-328-8476

[www.autism-society.org/](http://www.autism-society.org/)

*Live Well, Work Well flyer:*

- Children's Health: Autism

### National Child Abuse Prevention Month

Child Welfare Information Gateway

Children's Bureau

800-394-3366

[www.childwelfare.gov/topics/preventing/preventionmonth/](http://www.childwelfare.gov/topics/preventing/preventionmonth/)

*Live Well, Work Well flyer:*

- Domestic Abuse

### National Donate Life Month

Division of Transplantation, Healthcare Systems Bureau

U.S. Department of Health and Human Services

888-275-4772

[www.organdonor.gov](http://www.organdonor.gov)

*Live Well, Work Well flyers:*

- Blood Donation
- Organ and Tissue Donation FAQs

### National Facial Protection Month

American Association of Oral and Maxillofacial Surgeons

American Academy of Pediatric Dentistry

American Association of Orthodontists

847-678-6200

[www.aaoms.org](http://www.aaoms.org)

*Live Well, Work Well flyers:*

- Children's Health: Sports Safety
- Sports Safety: Eye Protection

### National Interprofessional Health Care Month

National Academies of Practice

859-514-9184

[www.napractice.org/Advocacy/National-Interprofessional-Health-Care-Month](http://www.napractice.org/Advocacy/National-Interprofessional-Health-Care-Month)

*Live Well, Work Well flyers:*

- Children's Health: Sports Safety
- Sports Safety: Eye Protection

### National Minority Health Month

Office of Minority Health

800-444-6472

[www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)

*Live Well, Work Well flyers:*

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.

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- BMI: Body Mass Index

- Heart Disease

- Pre-diabetes: Don't Let it Lead to Type 2

- What are Your Numbers?

### Occupational Therapy Month

American Occupational Therapy Association

301-652-6611

[www.aota.org/](http://www.aota.org/)

### Oral Cancer Awareness Month

The Oral Cancer Foundation

The Bruce Paltrow Foundation

949-723-4400

[www.oralcancer.org/](http://www.oralcancer.org/)

*Live Well, Work Well flyers:*

- Oral Cancer

- Dental Care: Oral Hygiene

- Dental Care: Oral Health and Wellness

### Sexual Assault Awareness and Prevention Month

Rape, Abuse & Incest National Network (RAINN)

800-656-4673

[www.rainn.org](http://www.rainn.org)

*Live Well, Work Well flyers:*

- Sexual Assault

- Sexual Harassment in the Workplace

### Sexual Assault Awareness Month of Action

National Sexual Violence Resource Center

877-739-3895

[www.nsvrc.org/](http://www.nsvrc.org/)

*Live Well, Work Well flyers:*

- Sexual Assault

- Sexual Harassment in the Workplace

# APRIL

## NATIONAL HEALTH OBSERVANCES 2018

### Sexually Transmitted Infection (STI) Awareness Month

American Sexual Health Association

919-361-8400

[www.ashastd.org](http://www.ashastd.org)

### Sports Eye Safety Awareness Month

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyer:*

- Sports Safety: Eye Protection

### Testicular Cancer Awareness Month

Men's Health Network

202-543-6461, ext. 101

[www.TesticularCancerAwarenessMonth.com](http://www.TesticularCancerAwarenessMonth.com)

### Women's Eye Health & Safety Month

Prevent Blindness

800-331-2020

[www.preventblindness.org/](http://www.preventblindness.org/)

### National Public Health Week – Healthiest Nation 2030: Changing Our Future Together – April 2-8

American Public Health Association

202-777-2742

[www.nphw.org](http://www.nphw.org)

*Live Well, Work Well flyers:*

- Children's Health series
- Public Health series

### Sexual Assault Awareness Day of Action – April 3

National Sexual Violence Resource Center

877-739-3895

[www.nsvrc.org/saam/current-campaign/day-of-action](http://www.nsvrc.org/saam/current-campaign/day-of-action)

*Live Well, Work Well flyers:*

- Sexual Assault
- Sexual Harassment in the Workplace

### National Alcohol Screening Day – April 5

Screening for Mental Health Inc.

781-239-0071

[www.mentalhealthscreening.org/programs/initiatives](http://www.mentalhealthscreening.org/programs/initiatives)

*Live Well, Work Well flyer:*

- Alcohol-related Illness

### World Health Day – April 7

World Health Organization

011-41-22-791-21-11

[www.who.int/world-health-day/en/](http://www.who.int/world-health-day/en/)

*Live Well, Work Well flyers:*

- Children's Health series
- Public Health series

### National Youth HIV and AIDS Awareness Day – April 10

Advocates for Youth

202-419-3420

[www.youthaidsday.org/](http://www.youthaidsday.org/)

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

### RAINN Day – April 15

Rape, Abuse & Incest National Network (RAINN)

800-656-4673

[www.rainn.org/rainnday](http://www.rainn.org/rainnday)

*Live Well, Work Well flyers:*

- Sexual Assault
- Sexual Harassment in the Workplace

### National Infant Immunization Week – April 21-28

National Center for Immunization and Respiratory Diseases

Centers for Disease Control and Prevention

800-232-4636

[www.cdc.gov/vaccines/events/niiw/index.html](http://www.cdc.gov/vaccines/events/niiw/index.html)

*Live Well, Work Well flyers:*

- Child Vaccinations series

*Charts:*

- Immunization Schedule for Children 0-6 Years
- CDC Immunization Catch-up Schedule for Children 0-18 Years

### National Infertility Awareness Week – April 22-28

RESOLVE: The National Infertility Association

703-556-7172

[www.infertilityawareness.org](http://www.infertilityawareness.org)

*Live Well, Work Well flyer:*

- Trouble Conceiving?

### World Immunization Week – April 23-29

World Health Organization

011-41-22-791-21-11

[www.who.int/campaigns/immunization-week](http://www.who.int/campaigns/immunization-week)

*Charts:*

- Immunization Schedule for Adults
- Immunization Schedule for Children 0-6 Years
- CDC Immunization Catch-up Schedule for Children 0-18 Years
- Immunization Schedule for Children 7-18 Years

### Every Kid Healthy Week – April 23-27

Action for Healthy Kids

800-416-5136

[www.everykidhealthyweek.org/](http://www.everykidhealthyweek.org/)

*Live Well, Work Well flyer:*

- Children's Health series

### World Meningitis Day – April 24

Confederation of Meningitis Organizations

011-44-333-405-6264

[www.comomeningitis.org](http://www.comomeningitis.org)

# APRIL

## NATIONAL HEALTH OBSERVANCES 2018

### **National Prescription Drug Take Back Day – April 28**

Drug Enforcement Agency Diversion Control Division

202-307-7977

[www.takebackday.dea.gov](http://www.takebackday.dea.gov)

### **Air Quality Awareness Week – April 30-May 4**

National Oceanic and Atmospheric Administration National

Weather Service

Analyze, Forecast and Support Office

301-427-9356

[www3.epa.gov/airnow/airaware/](http://www3.epa.gov/airnow/airaware/)



# MAY

## NATIONAL HEALTH OBSERVANCES 2018

### Arthritis Awareness Month

Arthritis Foundation

800-283-7800

[www.arthritis.org](http://www.arthritis.org)

*Live Well, Work Well flyers:*

- Autoimmune Disease: Rheumatoid Arthritis
- Osteoarthritis

### Better Hearing and Speech Month

American Speech-Language-Hearing Association

800-498-8255

[www.asha.org/bhsm](http://www.asha.org/bhsm)

*Live Well, Work Well flyers:*

- Hearing Loss
- Aphasia

### Food Allergy Action Month

Food Allergy Research & Education

800-929-4040

[www.foodallergy.org/life-with-food-allergies](http://www.foodallergy.org/life-with-food-allergies)

*Live Well, Work Well flyers:*

- Children's Health: Allergies
- Allergies: The Basics

### Global Employee Health and Fitness Month

National Association for Health and Fitness

518-465-1058

[www.healthandfitnessmonth.com](http://www.healthandfitnessmonth.com)

*Live Well, Work Well flyers:*

- Wide variety of flyers on nutrition, fitness, smoking cessation and other topics

*Workplace Wellness series*

### Global Youth Traffic Safety Month

National Organizations for Youth Safety

571-367-7171

<https://noys.org/>

*Live Well, Work Well flyer:*

- Driver Safety: Distractions

### Healthy Vision Month

National Eye Institute Information Office

301-496-5248

<http://nei.nih.gov/hvm>

*Live Well, Work Well flyers:*

- Vision Care series

### Hepatitis Awareness Month

Division of Viral Hepatitis, Centers for Disease Control and Prevention

800-232-4636

[www.cdc.gov/hepatitis/hepawarenessabcs.htm](http://www.cdc.gov/hepatitis/hepawarenessabcs.htm)

*Live Well, Work Well flyers:*

- Child Vaccinations: Hepatitis B
- Hepatitis Overview: Comparing Types A, B and C

### International Mediterranean Diet Month

Oldways and the Mediterranean Foods Alliance

617-421-5500

<http://oldwayspt.org/>

*Live Well, Work Well flyer:*

- Popular Diet Trends

### Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology

866-503-7546

[www.aad.org/public/spot-skin-cancer/programs/skin-cancer-awareness-month](http://www.aad.org/public/spot-skin-cancer/programs/skin-cancer-awareness-month)

*Live Well, Work Well flyers:*

- Skin Cancer: Are You Safe in the Sun?
- Tanning Beds

### Mental Health Month

Mental Health America

800-969-6642

[www.mentalhealthamerica.net/go/may](http://www.mentalhealthamerica.net/go/may)

*Live Well, Work Well flyers:*

- Mental Health series

### National Asthma and Allergy Awareness Month

Asthma and Allergy Foundation of America

800-727-8462

[www.aafa.org/page/asthma-and-allergy-awareness-month.aspx](http://www.aafa.org/page/asthma-and-allergy-awareness-month.aspx)

*Live Well, Work Well flyers:*

- Asthma: Managing Your Condition
- Children's Health: Asthma
- Children's Health: Allergies

### National Osteoporosis Month

National Osteoporosis Foundation

703-647-3000

<http://nof.org/nationalosteoporosismonth>

*Live Well, Work Well flyers:*

- Osteoporosis
- Women's Health: Preventive Screenings - Part 1

### National Physical Fitness and Sports Month

President's Council on Fitness, Sports & Nutrition

240-276-9567

[www.hhs.gov/fitness/be-active/npfsm2017/index.html](http://www.hhs.gov/fitness/be-active/npfsm2017/index.html)

*Live Well, Work Well flyers:*

- The Benefits of Youth Sports
- Fitness First series

### National Stroke Awareness Month

Centers for Disease Control and Prevention

800-232-4636

[www.cdc.gov/stroke/index.htm](http://www.cdc.gov/stroke/index.htm)

*Live Well, Work Well flyer:*

- Stroke

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.  
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# MAY

## NATIONAL HEALTH OBSERVANCES 2018

### **National Teen Pregnancy Prevention Month**

HHS Office of Adolescent Health

240-453-2846

[www.hhs.gov/ash/oah/news/national-teen-pregnancy-prevention-month.html](http://www.hhs.gov/ash/oah/news/national-teen-pregnancy-prevention-month.html)

### **Preeclampsia Awareness Month**

Preeclampsia Foundation

800-665-9341

[www.preeclampsia.org](http://www.preeclampsia.org)

*Live Well, Work Well flyer:*

- Pregnancy: Prenatal Care

### **Ultraviolet Awareness Month**

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Children’s Health: UV Protection
- Vision Care: UV Protection

### **National Physical Education & Sport Week – May 1-7**

SHAPE America

703-476-3461

[www.shapeamerica.org/events/pesportweek/](http://www.shapeamerica.org/events/pesportweek/)

### **Children’s Mental Health Awareness Week – May 2-8**

National Federation of Families for Children’s Mental Health

240-403-1901

<http://ffcmh.org/copy-of-events>

*Live Well, Work Well flyers:*

- Mental Health series

### **Hand Hygiene Day – May 5**

World Health Organization

011-41-22-791-21-11

[www.who.int/gpsc/5may/en/](http://www.who.int/gpsc/5may/en/)

*Live Well, Work Well flyer:*

- Hand Hygiene: Stay Healthy

### **National Neuropathy Awareness Week – May 6-12**

The Foundation for Peripheral Neuropathy

847-883-9942

[www.foundationforpn.org/](http://www.foundationforpn.org/)

### **North American Occupational Safety and Health Week – May 6-12**

American Society of Safety Engineers

847-699-2929

[www.asse.org/newsroom/naosh/what-is-naosh-week/](http://www.asse.org/newsroom/naosh/what-is-naosh-week/)

*Live Well, Work Well flyers:*

- Manage Fatigue During Work
- Workplace Eye Safety
- Workplace Fire Evacuations
- Workplace Stress

### **Walk and Bike to School Day – May. 9**

National Center for Safe Routes to School

866-610-7787

[www.walkbiketoschool.org](http://www.walkbiketoschool.org)

### **Cornelia de Lange Syndrome Awareness Day – May 12**

CdLS Foundation

800-753-2357

[www.cdlsusa.org](http://www.cdlsusa.org)

### **National Alcohol- and Other Drug-related Birth Defects Awareness Week – May 13-19**

National Council on Alcoholism and Drug Dependence Inc.

212-269-7797

[www.ncadd.org](http://www.ncadd.org)

*Live Well, Work Well flyers:*

- Children’s Health: Birth Defects
- Fetal Alcohol Syndrome

### **National Women’s Health Week – May 13-19**

Office on Women’s Health

U.S. Department of Health and Human Services

202-690-7650

[www.womenshealth.gov/nwhw](http://www.womenshealth.gov/nwhw)

*Live Well, Work Well flyer:*

- Women’s Health series

### **National Stuttering Awareness Week – May 14-20**

National Stuttering Association

800-937-8888

[www.westutter.org/events/event/national-stuttering-awareness-week-2018/](http://www.westutter.org/events/event/national-stuttering-awareness-week-2018/)

### **HIV Vaccine Awareness Day – May 18**

U.S. Department of Health and Human Services

800-448-0440

[www.aids.gov/news-and-events/awareness-days/hiv-vaccine-awareness-day/](http://www.aids.gov/news-and-events/awareness-days/hiv-vaccine-awareness-day/)

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

### **National Asian and Pacific Islander HIV/AIDS Awareness Day – May 19**

The Banyan Tree Project

Asian & Pacific Islander Wellness Center

415-292-3420, ext. 352

[www.banyantreeproject.org](http://www.banyantreeproject.org)

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

### **National Hurricane Preparedness Week – May 20-26**

National Oceanic and Atmospheric Administration National Weather Service

Analyze, Forecast and Support Office

301-427-9000

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.  
Please note: Only the most popular observances are listed. There may be more observances in a given month. Educational materials given as examples are not intended to be exhaustive.  
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# MAY

## NATIONAL HEALTH OBSERVANCES 2018

[www.nws.noaa.gov/om/severeweather/severewxcal.shtml](http://www.nws.noaa.gov/om/severeweather/severewxcal.shtml)

*Live Well, Work Well flyer:*

- Hurricane Preparation at Home

### **World Autoimmune/Autoinflammatory Arthritis Day – May 20**

The International Foundation for Autoimmune Arthritis  
877-609-4226

[www.worldautoimmunearthritisday.org](http://www.worldautoimmunearthritisday.org)

*Live Well, Work Well flyer:*

- Autoimmune Disease: Rheumatoid Arthritis

### **Healthy and Safe Swimming Week – May 21-25**

Centers for Disease Control and Prevention  
800-232-4636

[www.cdc.gov/healthywater/swimming](http://www.cdc.gov/healthywater/swimming)

*Live Well, Work Well flyer:*

- Swimming Safety

### **Heat Safety Awareness Day – May 25**

National Oceanic and Atmospheric Administration National  
Weather Service  
Analyze, Forecast and Support Office  
301-427-9356

[www.weather.gov/om/heat/index.shtml](http://www.weather.gov/om/heat/index.shtml)

*Live Well, Work Well flyers:*

- Surviving the Summer Heat
- Fitness First: Avoiding Dehydration

### **Don't Fry Day – May 26**

National Council on Skin Cancer Prevention  
301-801-4422

[www.skincancerprevention.org/programs/dont-fry-day](http://www.skincancerprevention.org/programs/dont-fry-day)

*Live Well, Work Well flyer:*

- Skin Cancer: Are You Safe in the Sun?

### **National Senior Health & Fitness Day – May 31**

Mature Market Resource Center  
800-828-8225

[www.fitnessday.com/](http://www.fitnessday.com/)

*Live Well, Work Well flyers:*

- Heart Health and the Elderly
- Staying Healthy for Life

### **World No Tobacco Day – May 31**

WHO Prevention for Noncommunicable Diseases  
Noncommunicable Diseases and Mental Health  
011-41-21-791-4426

[www.who.int/tobacco/wntd/en](http://www.who.int/tobacco/wntd/en)

*Live Well, Work Well flyers:*

- The Dangers of Smokeless Tobacco
- Lung Cancer
- Smoking: Think About Quitting

# JUNE

## NATIONAL HEALTH OBSERVANCES 2018



### Fireworks Safety Month – June 1-July 4

American Academy of Ophthalmology  
415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyer:*

- Firework Safety

### Alzheimer’s & Brain Awareness Month

Alzheimer’s Association  
312-335-8700

[www.alz.org/abam](http://www.alz.org/abam)

*Live Well, Work Well flyers:*

- Alzheimer’s Disease
- Brain Awareness: Use It or Lose It

### Cataract Awareness Month

Prevent Blindness  
800-331-2020

[www.preventblindness.org/cataract](http://www.preventblindness.org/cataract)

*Live Well, Work Well flyer:*

- Vision Care series

### Men’s Health Month

Men’s Health Network  
202-543-6461, ext. 101

[www.menshealthmonth.org](http://www.menshealthmonth.org)

*Live Well, Work Well flyers:*

- Men’s Health series

### Myasthenia Gravis Awareness Month

Myasthenia Gravis Foundation of America Inc.  
800-541-5454

[www.myasthenia.org/](http://www.myasthenia.org/)

*Live Well, Work Well flyer:*

- Myasthenia Gravis

### National Aphasia Awareness Month

National Aphasia Association  
800-922-4622

[www.aphasia.org](http://www.aphasia.org)

*Live Well, Work Well flyers:*

- Stroke
- Aphasia

### National Congenital Cytomegalovirus Awareness Month

National CMV Foundation  
813-207-0017

[www.nationalcmv.org/](http://www.nationalcmv.org/)

### National Safety Month

National Safety Council  
800-621-7615

[www.nsc.org/act/events/Pages/national-safety-month.aspx](http://www.nsc.org/act/events/Pages/national-safety-month.aspx)

*Live Well, Work Well flyers:*

- Fire Safety and Prevention
- Driver Safety: Distractions
- Children’s Safety series
- Winter Safety series

### National Scleroderma Awareness Month

Scleroderma Foundation  
800-722-4673

[www.scleroderma.org/site/PageServer?pagename=awareness\\_month](http://www.scleroderma.org/site/PageServer?pagename=awareness_month)

### Rip Current Awareness Week – June 3-9

National Oceanic and Atmospheric Administration  
National Weather Service  
Office of Climate, Water and Weather Services  
301-427-9348

[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)

*Live Well, Work Well flyer:*

- Swimming Safety

### National Cancer Survivors Day – June 3

National Cancer Survivors Day Foundation  
615-794-3006

[www.ncsd.org](http://www.ncsd.org)

*Live Well, Work Well flyer:*

- Surviving Cancer

### Men’s Health Week – June 11-17

Men’s Health Network  
202-543-6461, ext. 101

[www.menshealthmonth.org/week/index.html](http://www.menshealthmonth.org/week/index.html)

*Live Well, Work Well flyers:*

- Men’s Health series

### National Lightning Safety Awareness Week – June 18-22

National Oceanic and Atmospheric Administration  
National Weather Service  
Office of Climate, Water and Weather Services  
301-427-9798

[www.weather.gov/iln/lightningsafetyweek](http://www.weather.gov/iln/lightningsafetyweek)

### World Sickle Cell Day – June 19

African American Blood Drive and Bone Marrow Registry for  
Sickle Cell Disease Awareness  
323-750-1087

[www.worldsicklecellday.webs.com](http://www.worldsicklecellday.webs.com)

*Live Well, Work Well flyer:*

- Sickle Cell Disease

### National HIV Testing Day – June 27

Office of HIV/AIDS and Infectious Disease Policy  
800-448-0440

[www.hiv.gov/events/awareness-days/hiv-testing-day](http://www.hiv.gov/events/awareness-days/hiv-testing-day)

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.  
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# JULY

## NATIONAL HEALTH OBSERVANCES 2018

### **Cord Blood Awareness Month**

Parent's Guide to Cord Blood Foundation

301-774-4915

[www.parentsguidecordblood.org](http://www.parentsguidecordblood.org)

### **International Group B Strep Awareness Month**

Group B Strep International

909-620-7214

[www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)

*Live Well, Work Well flyers:*

- Pregnancy: Group B Strep
- Pregnancy: Prenatal Care

### **Juvenile Arthritis Awareness Month**

Arthritis Foundation

800-283-7800

[www.arthritis.org/arthritis-facts/disease-center/juvenile-arthritis.php](http://www.arthritis.org/arthritis-facts/disease-center/juvenile-arthritis.php)

*Live Well, Work Well flyer:*

- Autoimmune Disease: Rheumatoid Arthritis

### **National Cleft & Craniofacial Awareness & Prevention Month**

AmeriFace

888-486-1209

[www.ameriface.org/nccapm.html](http://www.ameriface.org/nccapm.html)

*Live Well, Work Well flyer:*

- Children's Health: Birth Defects

### **World Hepatitis Day – July 28**

World Hepatitis Alliance

011-44-20-7378-0159

[www.worldhepatitisday.info/](http://www.worldhepatitisday.info/)

*Live Well, Work Well flyers:*

- Hepatitis Overview: Comparing Types A, B and C
- Child Vaccinations: Hepatitis B

# AUGUST

NATIONAL HEALTH OBSERVANCES 2018

## Children's Eye Health and Safety Month

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Children's Health: Sports Safety
- Children's Health: UV Protection
- Children's Health: Vision Care
- Sports Safety: Eye Protection

## Digestive Tract Paralysis Awareness Month

Gastroparesis Patient Association for Cures and Treatments Inc.

888-874-7228

[www.gastroparesisawarenessmonth.org](http://www.gastroparesisawarenessmonth.org)

## Gastroparesis Awareness Month

International Foundation for Functional Gastrointestinal Disorders

414-964-1799

<http://aboutgastroparesis.org/>

## National Breastfeeding Month

The United States Breastfeeding Committee

773-359-1549

[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

*Live Well, Work Well flyers:*

- Breast-feeding
- Pregnancy: Reduce Your Child's Risk for Obesity

## National Immunization Awareness Month

National Center for Immunization and Respiratory Diseases

Centers for Disease Control and Prevention

800-232-4636

[www.cdc.gov/vaccines/events/niam.html](http://www.cdc.gov/vaccines/events/niam.html)

*Live Well, Work Well flyers:*

- Public Health: Adult Vaccinations
- Children's Health: Vaccinations

*Charts:*

- Immunization Schedule for Adults
- Immunization Schedule for Children 0-6 Years
- CDC Immunization Catch-up Schedule for Children 0-18 Years
- Immunization Schedule for Children 7-18 Years

## Psoriasis Awareness Month

National Psoriasis Foundation

800-723-9166

[www.psoriasis.org](http://www.psoriasis.org)

*Live Well, Work Well flyers:*

- Psoriasis
- Stress and Your Skin

## World Breastfeeding Week – Aug. 1-7

World Alliance for Breastfeeding Action

847-519-7730

[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)

*Live Well, Work Well flyers:*

- Breast-feeding
- Pregnancy: Reduce Your Child's Risk for Obesity

## National Health Center Week – Aug. 13-19

National Association of Community Health Centers

202-296-3800

[www.healthcenterweek.org/home-2018/](http://www.healthcenterweek.org/home-2018/)

*Live Well, Work Well flyers:*

- Children's Health series
- Public Health series

## Fungal Disease Awareness Week – Aug. 13-17

Centers for Disease Control and Prevention

[www.cdc.gov/fungal/awareness-week.html](http://www.cdc.gov/fungal/awareness-week.html)

## Contact Lens Health Week – Aug. 20-24

Centers for Disease Control and Prevention

800-232-4636

[www.cdc.gov/contactlenses/contact-lens-health-week.html](http://www.cdc.gov/contactlenses/contact-lens-health-week.html)

# SEPTEMBER

## NATIONAL HEALTH OBSERVANCES 2018



### Childhood Cancer Awareness Month

American Childhood Cancer Organization National Office  
855-858-2226

[www.acco.org/childhood-cancer-awareness-month](http://www.acco.org/childhood-cancer-awareness-month)

*Live Well, Work Well flyers:*

- Cancer: Learning the Facts
- Fight Cancer with Food
- Surviving Cancer

### Fruit & Veggies—More Matters Month

Produce for Better Health Foundation  
813-929-4994

[www.fruitsandveggiesmorematters.org/September+is+Fruits+%26+Veggies--More+Matters+Month](http://www.fruitsandveggiesmorematters.org/September+is+Fruits+%26+Veggies--More+Matters+Month)

*Live Well, Work Well flyers:*

- Eat Well, Live Well
- Fruits and Vegetables series

### Healthy Aging Month

American Academy of Ophthalmology  
415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Staying Healthy for Life
- Heart Health and the Elderly

### National Atrial Fibrillation Awareness Month

American Foundation for Women's Health  
940-466-9898

[www.stopafib.org/](http://www.stopafib.org/)

### National Childhood Obesity Awareness Month

American College of Sports Medicine  
317-637-9200

[www.acsm.org/about-acsm/initiatives/coam](http://www.acsm.org/about-acsm/initiatives/coam)

*Live Well, Work Well flyers:*

- Children's Health: Obesity
- Obesity: Epidemic Proportions
- Workplace Wellness article:*
- Fighting Childhood Obesity

### National Food Safety Education Month

Partnership for Food Safety Education  
202-220-0651

[www.fightbac.org](http://www.fightbac.org)

*Live Well, Work Well flyer:*

- Food Safety

### National ITP Awareness Month

Platelet Disorder Support Association  
877-528-3538

[www.pdsa.org/](http://www.pdsa.org/)

### National Pediculosis Prevention Month/Head Lice Prevention Month

National Pediculosis Association Inc.  
617-905-0176

[www.headlice.org](http://www.headlice.org)

*Live Well, Work Well flyer:*

- Children's Health: Head Lice

### National Preparedness Month

Ready Campaign  
Federal Emergency Management Agency, Department of Homeland Security  
800-237-3239

[www.ready.gov/september](http://www.ready.gov/september)

*Live Well, Work Well flyers:*

- Tornado Safety Precautions
- Prepare for a Quake Before It Hits
- Are You Prepared for an Emergency?
- Flood Safety Precautions

### National Recovery Month

Substance Abuse and Mental Health Services Administration  
877-726-4727

[www.recoverymonth.gov](http://www.recoverymonth.gov)

*Live Well, Work Well flyer:*

- Substance Abuse
- Know Your Benefits article:*
- Substance Abuse and Your Employee Assistance Program

### National Sickle Cell Month

NHLBI Center for Health Information  
301-592-8573

[www.nhlbi.nih.gov/health/educational/sickle-cell-awareness](http://www.nhlbi.nih.gov/health/educational/sickle-cell-awareness)

*Live Well, Work Well flyer:*

- Sickle Cell Disease

### National Traumatic Brain Injury Awareness Month

The Johnny O Foundation  
602-820-7655

[www.thejohnnyo.org](http://www.thejohnnyo.org)

*Live Well, Work Well flyer:*

- Children's Health: Sports Safety

### National Yoga Awareness Month

Yoga Health Foundation  
310-928-6638

[www.yogamonth.org](http://www.yogamonth.org)

*Live Well, Work Well flyer:*

- The Health Benefits of Yoga

### Newborn Screening Awareness Month

Save Babies Through Screening Foundation Inc.  
888-454-3383

[www.savebabies.org](http://www.savebabies.org)

*Know Your Benefits article:*

- Health Care Reform: Preventive Care Coverage for Children

# SEPTEMBER

NATIONAL HEALTH OBSERVANCES 2018



## Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition

888-682-7426

[www.ovarian.org/](http://www.ovarian.org/)

*Live Well, Work Well flyer:*

- Women’s Health: Ovarian Cancer

## Pain Awareness Month

American Chronic Pain Association

800-533-3231

[www.theacpa.org/September-is-Pain-Awareness-Month](http://www.theacpa.org/September-is-Pain-Awareness-Month)

## Prostate Cancer Awareness Month

ZERO - The End of Prostate Cancer

888-245-9455

[www.zerocancer.org](http://www.zerocancer.org)

*Live Well, Work Well flyers:*

- Men’s Health: Prostate Cancer
- Men’s Health: Preventive Screenings – Part 2

## Sepsis Awareness Month

Sepsis Alliance

619-232-0300

[www.sepsis.org/](http://www.sepsis.org/)

## Sexual Health Awareness Month

American Sexual Health Association

919-361-8400

[www.ashastd.org/](http://www.ashastd.org/)

## Whole Grains Month

Whole Grains Council

617-421-5500

<http://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september>

*Live Well, Work Well flyers:*

- Eat Well, Live Well
  - Food Density and Your Diet
- Employee poster:*
- Benefits of Whole Grains

## World Alzheimer’s Month

Alzheimer’s Disease International

011-44-207-981-0880

[www.alz.co.uk/wam](http://www.alz.co.uk/wam)

*Live Well, Work Well flyer:*

- Alzheimer’s Disease

## National Suicide Prevention Week – Sept. 9-15

American Association of Suicidology

202-237-2280

[www.suicidology.org/](http://www.suicidology.org/)

*Live Well, Work Well flyer:*

- Mental Health: Suicide

## World Suicide Prevention Day – Sept. 10

International Association for Suicide Prevention

[www.iasp.info/wspd/index.php](http://www.iasp.info/wspd/index.php)

*Live Well, Work Well flyer:*

- Mental Health: Suicide

## National Celiac Disease Awareness Day – Sept. 13

National Celiac Association

617-262-5422

[www.nationalceliac.org](http://www.nationalceliac.org)

*Live Well, Work Well flyer:*

- Celiac Disease

## National Farm Safety & Health Week – Sept. 16-22

National Education Center for Agricultural Safety

888-844-6322

[www.necasag.org/nationalfarmsafetyandhealthweek](http://www.necasag.org/nationalfarmsafetyandhealthweek)

*Live Well, Work Well flyers:*

- Eating Organic
- Support Your Local Farmer

## Get Ready Day – Sept. 18

American Public Health Association

202-777-2742

[www.getreadyforflu.org/getreadyday/index.htm](http://www.getreadyforflu.org/getreadyday/index.htm)

*Live Well, Work Well flyers:*

- Influenza: Facts About the Flu
- Tornado Safety Precautions
- Fire Safety and Prevention
- Hurricane Preparation at Home
- Flood Safety Precautions

## National HIV/AIDS and Aging Awareness Day – Sept. 18

The AIDS Institute

202-835-8373

[www.nhaad.org](http://www.nhaad.org)

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

## National School Backpack Awareness Day – Sept. 19

American Occupational Therapy Association

301-652-6611

[www.aota.org/conference-events/backpack-safety-awareness-day.aspx](http://www.aota.org/conference-events/backpack-safety-awareness-day.aspx)

*Live Well, Work Well flyer:*

- Backpack Safety for those Hefty Loads

## Falls Prevention Awareness Day – Sept. 22

National Council on Aging

571-527-3900

[www.ncoa.org/fpad](http://www.ncoa.org/fpad)

## Malnutrition Awareness Week – Sept. 24-28

American Society for Parenteral and Enteral Nutrition

610-649-7994

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.  
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# SEPTEMBER

## NATIONAL HEALTH OBSERVANCES 2018



[www.nutritioncare.org/maw/](http://www.nutritioncare.org/maw/)

*Live Well, Work Well flyer:*

- Eat Well, Live Well

- Cholesterol and Your Heart Health
- The Heart and Mind Connection
- Heart Disease
- Heart Health and the Elderly

### **Family Health & Fitness Day USA – Sept. 24**

Health Information Resource Center

800-626-6772

[www.nrpa.org/familyfitness](http://www.nrpa.org/familyfitness)

*Live Well, Work Well flyers:*

- Children’s Health: Exercise
- Family Health: Assessment and Action Plan
- Fitness First series

### **National Women’s Health & Fitness Day – Sept. 26**

Health Information Resource Center

847-816-8660

[www.fitnessday.com](http://www.fitnessday.com)

*Live Well, Work Well flyers:*

- Fitness First series
- Women’s Health series

### **Sport Purple for Platelets Day – Sept. 28**

Platelet Disorder Support Association

877-528-3538

[www.pdsa.org](http://www.pdsa.org)

### **World Rabies Day – Sept. 28**

Global Alliance for Rabies Control

<https://rabiesalliance.org/>

*Live Well, Work Well flyer:*

- Emergency Precautions for Your Pet

### **World Heart Day – Sept. 29**

World Heart Federation

011-41-22-807-03-20

[www.worldheartday.org](http://www.worldheartday.org)

*Live Well, Work Well flyers:*

# OCTOBER

NATIONAL HEALTH OBSERVANCES 2018

## Domestic Violence Awareness Month

National Coalition Against Domestic Violence

303-839-1852

[www.ncadv.org/](http://www.ncadv.org/)

*Live Well, Work Well flyer:*

- Domestic Abuse

## Eye Injury Prevention Month

American Academy of Ophthalmology

415-561-8534

[www.aao.org/eyesmart](http://www.aao.org/eyesmart)

*Live Well, Work Well flyers:*

- Sports Safety: Eye Protection
- Workplace Eye Safety

## Health Literacy Month

Health Literacy Consulting

562-690-4001

[www.healthliteracymonth.org](http://www.healthliteracymonth.org)

*Live Well, Work Well flyers:*

- Your Health Plan series
- Take Charge of Your Health Care

*Know Your Benefits flyers:*

- Be a Wise Health Care Consumer series
- Resources to Compare Health Care Costs

## Home Eye Safety Month

Prevent Blindness

800-331-2020

[www.preventblindness.org/eye-safety-home](http://www.preventblindness.org/eye-safety-home)

*Live Well, Work Well flyers:*

- Sports Safety: Eye Protection
- Vision Care series
- Children's Health: Vision Care

## International Walk to School Month

National Center for Safe Routes to School

866-610-7787

[www.iwalktoschool.org/](http://www.iwalktoschool.org/)

## National Breast Cancer Awareness Month

American Cancer Society

800-227-2345

[www.cancer.org/cancer/breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html)

*Live Well, Work Well flyers:*

- Take Charge of Breast Health
- Women's Health: Breast Cancer
- Women's Health: Mammograms

## National Bullying Prevention Month

PACER Center Inc.

888-248-0822

[www.pacer.org/bullying/nbpm](http://www.pacer.org/bullying/nbpm)

## National Dental Hygiene Month

American Dental Hygienists' Association

312-440-8900

[www.adha.org/national-dental-hygiene-month](http://www.adha.org/national-dental-hygiene-month)

## National Down Syndrome Awareness Month

National Down Syndrome Society

800-221-4602

[www.ndss.org](http://www.ndss.org)

## National Medical Librarians Month

Medical Library Association

312-419-9094, ext. 11

[www.mlanet.org/](http://www.mlanet.org/)

## National Physical Therapy Month

American Physical Therapy Association

800-999-2782

[www.apta.org/nptm/](http://www.apta.org/nptm/)

*Live Well, Work Well flyers:*

- Physical Therapy for Good Health
- The Health Benefits of Massage

## Sudden Cardiac Arrest Awareness Month

Heart Rhythm Society

202-464-3400

[www.stopcardiacarrest.org](http://www.stopcardiacarrest.org)

## Sudden Infant Death Syndrome (SIDS) Awareness Month

Eunice Kennedy Shriver National Institute of Child Health and Human Development

800-505-2742

[www.nichd.nih.gov/sts/Pages/default.aspx](http://www.nichd.nih.gov/sts/Pages/default.aspx)

*Live Well, Work Well flyers:*

- SIDS: Sudden Infant Death Syndrome
- Children's Health: Safe Sleeping

## National Primary Care Week – Oct. 1-5

American Medical Student Association

703-620-6600

[www.amsa.org/events/npcw/](http://www.amsa.org/events/npcw/)

*Live Well, Work Well flyers:*

- Visiting a Medical Specialist
- Doctor Appointments
- Talking to Your Doctor
- Following the Doctor's Orders

## Mental Illness Awareness Week – Oct. 7-13

National Alliance on Mental Illness

800-950-6264

[www.nami.org](http://www.nami.org)

*Live Well, Work Well flyers:*

- Mental Health series
- Selecting a Mental Health Professional

# OCTOBER

NATIONAL HEALTH OBSERVANCES 2018

## National Depression Screening Day – Oct. 11

Screening for Mental Health Inc.

781-239-0071

<http://mentalhealthscreening.org/programs/initiatives>

*Live Well, Work Well flyers:*

- Mental Health: Depression

## Bone and Joint Health Action Week – Oct. 12-20

United States Bone and Joint Initiative, NFP

847-430-5053

[www.usbjj.org](http://www.usbjj.org)

*Live Well, Work Well flyers:*

- Autoimmune Disease: Rheumatoid Arthritis
- Osteoarthritis
- Osteoporosis
- Sprains and Strains

## Metastatic Breast Cancer Awareness Day – Oct. 13

Metastatic Breast Cancer Network

888-500-0370

[www.mbcn.org/](http://www.mbcn.org/)

*Live Well, Work Well flyers:*

- Women's Health: Breast Cancer
- Take Charge of Breast Health
- Women's Health: Mammograms

## International Infection Prevention Week – Oct. 14-20

Association for Professionals in Infection Control and Epidemiology

202-789-1890

<http://professionals.site.apic.org/>

## National Latino AIDS Awareness Day – Oct. 15

Latino Commission on AIDS

212-675-3288

[www.nlaad.org](http://www.nlaad.org)

*Live Well, Work Well flyer:*

- Public Health: HIV/AIDS

## National Health Education Week – Oct. 15-19

Society for Public Health Education

202-408-9804

[www.sophe.org/focus-areas/national-health-education-week](http://www.sophe.org/focus-areas/national-health-education-week)

*Live Well, Work Well flyers:*

- Public Health series

## World Food Day – Oct. 16

Food and Agriculture Organizations of the United Nations

202-653-2458

[www.fao.org/world-food-day/2017/home/en/](http://www.fao.org/world-food-day/2017/home/en/)

## World Pediatric Bone and Joint Day – Oct. 19

United States Bone and Joint Initiative, NFP

847-430-5053

[www.usbjj.org](http://www.usbjj.org)

## National Healthcare Quality Week – Oct. 21-27

National Association for Healthcare Quality

847-375-4720

[www.nahq.org/membership/content/celebratehealthcarequality.html](http://www.nahq.org/membership/content/celebratehealthcarequality.html)

## Respiratory Care Week – Oct. 21-27

American Association for Respiratory Care

972-243-2272

[www.aarc.org/resources/programs-projects/respiratory-care-week/](http://www.aarc.org/resources/programs-projects/respiratory-care-week/)

*Live Well, Work Well flyers:*

- Asthma: Managing Your Condition
- Children's Health: Asthma
- Allergies: Seasonal Relief

## National Check Your Meds Day – Oct. 21

Consumer Reports

914-378-2559

<http://CRBestBuyDrugs.org>

## International Stuttering Awareness Day – Oct. 22

Stuttering Foundation of America

800-992-9392

[www.stutteringhelp.org](http://www.stutteringhelp.org)

## Red Ribbon Week – Oct. 23-31

National Family Partnership at Informed Families Education Center

800-705-8997

[www.redribbon.org/](http://www.redribbon.org/)

*Live Well, Work Well flyers:*

- Children's Health: Inhalant Abuse
- Children's Health: Prescription Drug Safety
- Substance Abuse

## World Psoriasis Day – Oct. 29

National Psoriasis Foundation

800-723-9166

[www.psoriasis.org](http://www.psoriasis.org)

*Live Well, Work Well flyers:*

- Psoriasis
- Stress and Your Skin

# NOVEMBER

NATIONAL HEALTH OBSERVANCES 2018

## American Diabetes Month

American Diabetes Association

800-342-2383

[www.diabetes.org/in-my-community/american-diabetes-month.html](http://www.diabetes.org/in-my-community/american-diabetes-month.html)

*Live Well, Work Well flyers:*

- Diabetes: Type 1
- Diabetes: Type 2
- Prediabetes: Don't Let it Lead to Type 2

## Bladder Health Month

Urology Care Foundation

410-689-3700

[www.urologyhealth.org/media-center/bladder-health-month](http://www.urologyhealth.org/media-center/bladder-health-month)

## COPD Awareness Month

American Lung Association

800-548-8252

[www.lung.org](http://www.lung.org)

*Live Well, Work Well flyer:*

- COPD: Chronic Obstructive Pulmonary Disease

## Diabetic Eye Disease Month

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Vision Care: Diabetic Eye Disease
- Vision Care: Eye Exams

## Lung Cancer Awareness Month

American Lung Association's National Office

800-548-8252

[www.lung.org](http://www.lung.org)

*Live Well, Work Well flyers:*

- Lung Cancer
- Smoking and Your Health

- Quit for Your Loved Ones

## National Alzheimer's Disease Awareness Month

Alzheimer's Association

800-272-3900

[www.alz.org/co/in\\_my\\_community\\_alzheimers\\_awareness\\_month.asp](http://www.alz.org/co/in_my_community_alzheimers_awareness_month.asp)

*Live Well, Work Well flyer:*

- Alzheimer's Disease

## National Family Caregivers Month

Caregiver Action Network

202-454-3970

[www.caregiveraction.org/](http://www.caregiveraction.org/)

*Live Well, Work Well flyer:*

- Family Matters: Caregiving

## National Healthy Skin Month

American Academy of Dermatology

888-503-7546

[www.aad.org](http://www.aad.org)

*Live Well, Work Well flyers:*

- Acne
- Psoriasis
- Public Health: Staph Infections
- Stress and Your Skin
- Skin Cancer: Are You Safe in the Sun?
- Tanning Beds

## National Hospice and Palliative Care Month

National Hospice and Palliative Care Organization

800-646-6460

[www.nhpco.org/hospice-month](http://www.nhpco.org/hospice-month)

*Live Well, Work Well flyers:*

- Caring for an Elderly Parent
- Family Matters: Making the Hospice Choice

## Stomach Cancer Awareness Month

No Stomach For Cancer Inc.

608-692-5141

[www.nostomachforcancer.org/get-involved/stomach-cancer-awareness-month](http://www.nostomachforcancer.org/get-involved/stomach-cancer-awareness-month)

*Live Well, Work Well flyer:*

- Surviving Cancer

## U.S. Antibiotic Awareness Week – Nov. 13-19

Centers for Disease Control and Prevention

800-232-4636

[www.cdc.gov/antibiotic-use/week/index.html](http://www.cdc.gov/antibiotic-use/week/index.html)

## Great American Smokeout – Nov. 16

American Cancer Society

800-227-2345

[www.cancer.org/healthy/stayawayfromtobacco/greatamerican-smokeout/index](http://www.cancer.org/healthy/stayawayfromtobacco/greatamerican-smokeout/index)

*Live Well, Work Well flyers:*

- Smoking series
- Smoking and Your Health
- Quit for Your Loved Ones

## International Survivors of Suicide Loss Day – Nov. 17

American Foundation for Suicide Prevention

888-333-2377

<http://afsp.org/find-support/ive-lost-someone/survivor-day>

*Live Well, Work Well flyer:*

- Mental Health series

## Gastroesophageal Reflux Disease Awareness Week – Nov. 20-26

International Foundation for Functional Gastrointestinal Disorders

414-964-1799

[www.aboutgerd.org/](http://www.aboutgerd.org/)

*Live Well, Work Well flyer:*



# NOVEMBER

NATIONAL HEALTH OBSERVANCES 2018

– GERD: Gastroesophageal Reflux Disease

## **National Family Health History Day – Nov. 22**

U.S. Department of Health and Human Services

Office of the Secretary

Office of the Surgeon General

877-696-6775

[www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)

# DECEMBER

NATIONAL HEALTH OBSERVANCES 2018

## Safe Toys and Celebrations Month

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Children’s Health: Toy Safety
- Holiday Stress: Sticking to Your Budget

## World AIDS Day – Dec. 1

World AIDS Campaign

011-020-7814-6767

[www.worldaidsday.org/](http://www.worldaidsday.org/)

*Live Well, Work Well flyers:*

- Public Health: HIV/AIDS
- World AIDS Day

## National Handwashing Awareness Week – Dec. 2-8

Henry the Hand

513-769-4263

[www.henrythehand.org/](http://www.henrythehand.org/)

## National Influenza Vaccination Week – Dec. 2-8

National Center for Immunization and Respiratory Diseases

800-232-4636

[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)

*Live Well, Work Well flyers:*

- Seasonal Flu Vaccine Myths
- Children’s Health: Influenza

# AT-A-GLANCE

## NATIONAL HEALTH OBSERVANCES 2018



### JANUARY

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- National Radon Action Month
- National Winter Sports TBI Awareness Month
- Thyroid Awareness Month
- Folic Acid Awareness Week (Jan. 7-13)
- National Drug and Alcohol Facts Week (Jan. 22-28)

### FEBRUARY

- AMD/Low Vision Awareness Month
- American Heart Month
- International Prenatal Infection Prevention Month
- National Children's Dental Health Month
- Teen Dating Violence Awareness Month
- African Heritage & Health Week (Feb. 1-7)
- Give Kids a Smile Day (Feb. 2)
- Go Red for Women (Feb. 2)
- World Cancer Day (Feb. 4)
- Congenital Heart Defect Awareness Week (Feb. 7-14)
- National Black HIV/AIDS Awareness Day (Feb. 7)
- National Donor Day (Feb. 14)
- National Heart Valve Disease Awareness Day (Feb. 22)
- National Eating Disorder Screening Program (Feb. 25-March 3)

### MARCH

- Bleeding Disorders Awareness Month
- National Cheerleader Safety Month
- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- National Kidney Month
- National Nutrition Month
- Problem Gambling Awareness Month
- Save Your Vision Month
- Trisomy Awareness Month
- Workplace Eye Wellness Month

- National Sleep Awareness Week (March 4-11)
- National School Breakfast Week (March 5-9)
- World Kidney Day (March 8)
- National Women and Girls HIV/AIDS Awareness Day (March 10)
- Patient Safety Awareness Week (March 11-17)
- Brain Awareness Week (March 12-18)
- National Poison Prevention Week (March 18-24)
- National Youth Violence Prevention Week (March 19-23)
- National Native American HIV/AIDS Awareness Day (March 20)
- World Tuberculosis Day (March 24)
- American Diabetes Alert Day (March 27)

### APRIL

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Distracted Driving Awareness Month
- National Donate Life Month
- National Facial Protection Month
- National Interprofessional Health Care Month
- National Minority Health Month
- Occupational Therapy Month
- Oral Cancer Awareness Month
- Sexual Assault Awareness and Prevention Month
- Sexual Assault Awareness Month of Action
- Sports Eye Safety Awareness Month
- Sexually Transmitted Infection (STI) Awareness Month
- Testicular Cancer Awareness Month
- Women's Eye Health and Safety Month
- National Public Health Week – Healthiest Nation 2030: Changing Our Future Together (April 2-8)
- Sexual Assault Awareness Day of Action (April 3)
- National Alcohol Screening Day (April 5)
- World Health Day (April 7)
- National Youth HIV and AIDS Awareness Day (April 10)

- RAINN Day (April 15)
- National Infant Immunization Week (April 21-28)
- National Infertility Awareness Week (April 22-28)
- World Immunization Week (April 23-29)
- Every Kid Healthy Week (April 23-27)
- World Meningitis Day (April 24)
- National Prescription Drug Take Back Day (April 28)
- Air Quality Awareness Week (April 30-May 4)

### MAY

- Arthritis Awareness Month
- Better Hearing and Speech Month
- Food Allergy Action Month
- Global Employee Health and Fitness Month
- Global Youth Traffic Safety Month
- Healthy Vision Month
- Hepatitis Awareness Month
- International Mediterranean Diet Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Mental Health Month
- National Asthma and Allergy Awareness Month
- National Osteoporosis Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- National Teen Pregnancy Prevention Month
- Preeclampsia Awareness Month
- Ultraviolet Awareness Month
- National Physical Education & Sport Week (May 1-7)
- Children's Mental Health Awareness Week (May 2-8)
- Hand Hygiene Day (May 5)
- National Neuropathy Awareness Week (May 6-12)
- North American Occupational Safety and Health Week (May 6-12)
- Walk and Bike to School Day (May 9)
- Cornelia de Lange Syndrome Awareness Day (May 12)
- National Alcohol- and Other Drug-related Birth Defects Week (May 13-19)
- National Women's Health Week (May 13-19)

# AT-A-GLANCE

## NATIONAL HEALTH OBSERVANCES 2018

- National Stuttering Awareness Week (May 14-20)
- National Hurricane Preparedness Week (May 15-21)
- HIV Vaccine Awareness Day (May 18)
- National Asian and Pacific Islander HIV/AIDS Awareness Day (May 19)
- National Hurricane Preparedness Week (May 20-26)
- World Autoimmune/Autoinflammatory Arthritis Day (May 20)
- Healthy and Safe Swimming Week (May 21-25)
- Heat Safety Awareness Day (May 25)
- Don't Fry Day (May 26)
- National Senior Health & Fitness Day (May 31)
- World No Tobacco Day (May 31)

### JUNE

- Fireworks Safety Month (June 1-July 4)
- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month
- Men's Health Month
- Myasthenia Gravis Awareness Month
- National Aphasia Awareness Month
- National Congenital Cytomegalovirus Awareness Month
- National Safety Month
- National Scleroderma Awareness Month
- National Rip Current Awareness Week (June 3-9)
- National Cancer Survivors Day (June 3)
- Men's Health Week (June 11-17)
- National Lightning Safety Awareness Week (June 18-22)
- World Sickle Cell Day (June 19)
- National HIV Testing Day (June 27)

### JULY

- Cord Blood Awareness Month
- International Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- National Cleft & Craniofacial Awareness and Prevention Month
- World Hepatitis Day (July 28)

### AUGUST

- Children's Eye Health and Safety Month
- Digestive Tract Paralysis Awareness Month
- Gastroparesis Awareness Month
- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Awareness Month
- World Breastfeeding Week (Aug. 1-7)
- National Health Center Week (Aug. 13-19)
- Fungal Disease Awareness Week (Aug. 13-17)
- Contact Lens Health Week (Aug. 20-24)

### SEPTEMBER

- Childhood Cancer Awareness Month
- Fruit & Veggies—More Matters Month
- Healthy Aging Month
- National Atrial Fibrillation Awareness Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National ITP Awareness Month
- National Pediculosis Prevention Month/Head Lice Prevention Month
- National Preparedness Month
- National Recovery Month
- National Sickle Cell Month
- National Traumatic Brain Injury Awareness Month
- National Yoga Awareness Month
- Newborn Screening Awareness Month
- Ovarian Cancer Awareness Month
- Pain Awareness Month
- Prostate Cancer Awareness Month
- Sepsis Awareness Month
- Sexual Health Awareness Month
- Whole Grains Month
- World Alzheimer's Month
- National Suicide Prevention Week (Sept. 9-15)
- World Suicide Prevention Day (Sept. 10)

- National Celiac Disease Awareness Day (Sept. 13)
- National Farm Safety & Health Week (Sept. 16-22)
- Get Ready Day (Sept. 18)
- National HIV/AIDS and Aging Awareness Day (Sept. 18)
- National School Backpack Awareness Day (Sept. 19)
- Falls Prevention Awareness Day (Sept. 22)
- Malnutrition Awareness Week (Sept. 24-28)
- Family Health & Fitness Day USA (Sept. 24)
- National Women's Health & Fitness Day (Sept. 26)
- Sport Purple for Platelets Day (Sept. 28)
- World Rabies Day (Sept. 28)
- World Heart Day (Sept. 29)

### OCTOBER

- Domestic Violence Awareness Month
- Eye Injury Prevention Month
- Health Literacy Month
- Home Eye Safety Month
- International Walk to School Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- National Down Syndrome Awareness Month
- National Medical Librarians Month
- National Physical Therapy Month
- Sudden Cardiac Arrest Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month
- National Primary Care Week (Oct. 1-5)
- Mental Illness Awareness Week (Oct. 7-13)
- National Depression Screening Day (Oct. 11)
- Bone and Joint Health Action Week (Oct. 12-20)
- Metastatic Breast Cancer Awareness Day (Oct. 13)
- International Infection Prevention Week (Oct. 14-2)
- National Latino AIDS Awareness Day (Oct. 15)
- National Health Education Week (Oct. 15-19)
- World Food Day (Oct. 16)
- World Pediatric Bone and Joint Day (Oct. 19)
- National Healthcare Quality Week (Oct. 21-27)



# AT-A-GLANCE

## NATIONAL HEALTH OBSERVANCES 2018

- Respiratory Care Week (Oct. 21-27)
- National Check Your Meds Day (Oct. 21)
- International Stuttering Awareness Day (Oct. 22)
- Red Ribbon Week (Oct. 23-31)
- World Psoriasis Day (Oct. 29)

### **NOVEMBER**

- American Diabetes Month
- Bladder Health Month
- COPD Awareness Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Family Caregivers Month
- National Healthy Skin Month
- National Hospice and Palliative Care Month
- Stomach Cancer Awareness Month
- U.S. Antibiotic Awareness Week (Nov. 13-19)
- Great American Smokeout (Nov. 16)
- International Survivors of Suicide Loss Day (Nov. 17)
- Gastroesophageal Reflux Disease Awareness Week (Nov. 20-26)
- National Family Health History Day (Nov. 22)

### **DECEMBER**

- Safe Toys and Celebrations Month
- World AIDS Day (Dec. 1)
- National Handwashing Awareness Week (Dec. 2-8)
- National Influenza Vaccination Week (Dec. 2-8)