

List of National Health Observances

Health Awareness Topics may or may not be posted during their corresponding month – it's up to you!
Please use this calendar from the Department of Health and Human Services as a guide
if you would like to post the Health Awareness Topics during their designated month.

January

National Birth Defects Prevention Month
Cervical Health Awareness Month

February

National Cancer Prevention Month
National Children's Dental Health Month
National Eating Disorders Awareness Week
American Heart Month

March

Safe Spring Break
National Nutrition Month
National Poison Prevention Week

April

Alcohol Awareness Month
National Child Abuse Prevention Month
National Minority Health Awareness Month
STD Awareness Month

May

Asthma & Allergy Awareness Month
Better Sleep Month
Healthy Vision Month
Hepatitis Awareness Month
Mental Health Month
Physical Fitness & Sports Month
American Stroke Month

June

Fireworks Safety Month
Home Safety Month
Sun Safety Week

July

National Youth Sports Week
UV Safety Month

August

National Immunization Awareness Month
Pain Awareness Month

September

5-a-Day (Fruit & Vegetable) Month
Cholesterol Education Month
Healthy Aging Month

October

National Breast Cancer Awareness Month
National Dental Hygiene Month
Dental Hygiene Month
Halloween Safety Month
Healthy Lung Month

November

Alzheimer's Awareness Month
American Diabetes Month
Lung Cancer Awareness Month
Great American Smokeout

December

National Handwashing Awareness Week
World AIDS Day