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National Health Observances

This listing of National Health Observances can be used as an outline to develop your corporate wellness program services for the coming year.

JANUARY

Birth Defects Prevention Month and Mother's March - March of Dimes Birth Defects Foundation – Local Chapter (475-5209), <http://www.modimes.org>

National Eye Health Care Month - Prevent Blindness America (800-331-2020), <http://www.preventblindness.org>

FEBRUARY

American Heart Month - American Heart Association – Local Chapter (446-8334), <http://www.americanheart.org>

National Child Passenger Safety Awareness - National Highway Traffic Safety Administration (202-366-2705) - National Safety Council, Local Chapter (453-7462), <http://www.nhtsa.dot.gov>

MARCH

National Nutrition Month - American Dietetic Association (312-899-0040), <http://www.eatright.org>

National Kidney Month - National Kidney Foundation – Local Chapter (800-638-8299), <http://www.kidney.org>

National Poison Prevention Week - Poison Prevention Week Council (301-504-0580, ext. 1184), <http://www.poisonprevention.org>, or <http://www.ppsinc.org>,

APRIL

Cancer Control Month- American Cancer Society – Local Chapter (451-7710), <http://www.cancer.org>

National Alcohol Awareness - Prevention Network (formerly Onondaga Council on Alcoholism/Addictions) (471-1359), <http://www.preventionnetwork.info>

National Council on Alcoholism and Drug Dependence, Inc. (212-206-6770), (800-622-2255 to locate an affiliate), <http://www.ncadd.org>

National Child Abuse Prevention Month - National Committee for Prevention of Child Abuse, (312-663-3520), <http://www.childabuse.org>

National Clearinghouse on Child Abuse and Neglect (800-394-3366), <http://www.calib.com/nccanch/prevmnth/index.cfm>

National Humor Month – The Carmel Institute of Humor (831-624-3058), <http://www.larrywilde.com>

MAY

National High Blood Pressure Month - National High Blood Pressure Education Program Information Center (301-951-3260), <http://www.nhlbi.nih.gov>

Correct Posture Month - American Chiropractic Association (800-368-3083), <http://www.amerchiro.org>

Mental Health Month -Mental Health Association – Local Chapter (445-5606), National Mental Health Association (703-684-7722), <http://www.nmha.org>

National Skin Cancer Detection Month -American Academy of Dermatology (847-330-0203), (888-462-3376), <http://www.aad.org>

National Foot Health Month - American Podiatric Medical Association (301-571-9200), <http://www.upma.org>

National Physical Fitness and Sports Month - President's Councils on Physical Fitness and Sports (202-690-9000), <http://www.fitness.gov>

National Employee Health and Fitness Day - National Association of Governors' Council on Physical Fitness and Sports, (317-237-5630), <http://www.nga.org>

Buckle Up America Week - U.S. Department of Transportation, National Highway Traffic Safety Administration (202-366-9550), <http://www.buckleupamerica.org>

JUNE

Dairy Month – American Dairy Association (708-696-1880), <http://www.nationaldairycouncil.com> or <http://www.dairyinfo.com> or <http://www.gotmilk.com>

National Safety Month – National Safety Council, (630-285-1121), <http://www.nsc.org>

JULY

NonDependence Day – American Lung Association – Local Chapter (422-6142), <http://www.lungusa.com>

AUGUST

(There are no National observances. Here are some suggestions of topics to plan for.)

Back to School Preparation

SEPTEMBER

National Cholesterol Education Month - American Heart Association – Local Chapter (446-8334), <http://www.americanheart.org>

National Cholesterol Education Program Information Center (301-951-3260), <http://www.nhibi.nih.gov>

Prostrate Health Month – Prostrate Cancer Education Council (303-216-0724), <http://www.pcaw.com>, <http://www.afud.org>

OCTOBER

National Breast Cancer Awareness Month - National Alliance of Breast Cancer Organizations (212-221-3300), <http://www.cancer.org>, or <http://www.nbcam.com>

Family Health Month - American Academy of Family Physicians (800-274-2237), <http://www.familyhealthmonth.org>

Domestic Violence Awareness Month - Vera House – (425-0818), National Coalition Against Domestic Violence (303-839-1852), <http://www.ncadv.org> or <http://www.verahouse.org>

National Aids Awareness Month – Aids Community Resources, Inc. (475-2430), <http://www.aidscommunityresources.com>

National Depression and Mental Health Month, National Mental Health Association, <http://www.nmha.org>

NOVEMBER

National Alzheimer’s Disease Awareness Month – Alzheimer’s Disease and Related Disorders Association, (800-272-3900), <http://www.alz.org>

National Child Mental Health Month – c/o New York University Child Study Center, (212-263-6622), <http://www.aboutkids.org>

National Diabetes Month - American Diabetes Association – Local Chapter (438-8687), <http://www.diabetes.org>

Great American Smoke Out - American Cancer Society – Local Chapter (437-7025), <http://www.cancer.org>

New York State Recognition of Employee Assistance Programs

National Caregivers Week

Random Acts of Kindness week 11/10-16 – World Kindness Day 11/12 - Random Acts of Kindness Foundation (800-660-2811), <http://www.actsofkindness.org>

DECEMBER

World AIDS Day- 12/1, (202-245-0471) - AIDS Community Resources, Inc. (475-2430), www.aidscommunityresources.com or <http://www.aawhworldhealth.org>

National Drunk and Drugged Driving Awareness Week – National Commission Against Drunk Driving, (202-452-6004), <http://www.ncadd.com> or National Safety Council – Local Chapter (453-7462), <http://www.nhtsa.dot.gov>