



National Health Observances

2012 Calendar

January

Cervical Health Awareness Month

National Cervical Cancer Coalition
(818) 992-4242

www.nccc-online.org/awareness.html

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

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

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyer:

- Vision Care: Glaucoma
- Vision Care: Eye Exams

National Radon Action Month

U.S. Environmental Protection Agency
(202) 343-9206

www.epa.gov/radon/nram

Live Well, Work Well flyers:

- The Dangers of Radon
- Lung Cancer

Thyroid Awareness Month

American Association of Clinical
Endocrinologists

(904) 353-7878

www.aace.com

Live Well, Work Well flyer:

- Thyroid Health

National Folic Acid Awareness Week – January 8-14

National Council on Folic Acid
(800) 621-3141, ext. 13

www.folicacidinfo.org

Live Well, Work Well flyers:

- All About Anemia
- Children's Health: Spina Bifida

- Fruits and Vegetables for Disease Prevention
- Pregnancy: Prenatal Care
- Prevention Newsletter:*
- Everyday Health and Wellness

Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

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. National Health Observances Calendar Design © 2011 Zywave, Inc. All rights reserved.

February

AMD/Low Vision Awareness Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

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

Heart Month

American Heart Association
(800) 242-8721

www.heart.org

Live Well, Work Well flyers:

- Cholesterol and Your Heart Health
- Daily Aspirin Therapy for Heart Health
- Heart Disease
- 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

Live Well, Work Well flyer:

- Pregnancy: Group B Strep
- Pregnancy: Prenatal Care

National Children's Dental Health Month

American Dental Association
(800) 621-8099

<http://www.ada.org/index.aspx>

Live Well, Work Well flyer:

- Children's Health: Dental Hygiene

Give Kids a Smile® Day – February 3

American Dental Association
(312) 440-2500

www.givekidsasmile.ada.org

Live Well, Work Well flyer:

- Children's Health: Dental Hygiene

National Wear Red Day – February 3

National Heart, Lung and Blood Institute
Health Information Center

(301) 592-8573

www.nhlbi.nih.gov/health/hearttruth

Live Well, Work Well flyers:

- Heart Disease
 - Women's Health series
- Prevention Newsletter:*
- Women – Stay Healthy at any Age

Congenital Heart Defect Awareness Week – February 7-14

Congenital Heart Information Network
(609) 882-1572

www.tchin.org/aware

Live Well, Work Well flyer:

- Children's Health: Birth Defects

National Donor Day – February 14

Division of Transplantation, Healthcare
Systems Bureau

Health Services and Services

Administration

U.S. Department of Health and Human
Services

(888) 275-4772

www.organdonor.gov

Live Well, Work Well flyer:

- Organ and Tissue Donation FAQs



Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

National Endometriosis Awareness Month

Endometriosis Research Center
(800) 239-7280
www.endocenter.org

Live Well, Work Well flyer:

- Women's Health: Endometriosis

National Nutrition Month®

American Dietetic Association
www.eatright.org/nnm

Live Well, Work Well flyers:

- Children's Health: Obesity
- Children's Health: Encourage Nutritious Eating
- 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

Save Your Vision Month

American Optometric Association
(314) 991-4100
<http://www.aoa.org/x5072.xml>

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 (SOFT)
(800) 716-7638
www.trisomy.org

Workplace Eye Wellness Month

Prevent Blindness America
(800) 331-2020
www.preventblindness.org

Live Well, Work Well flyer:

- Workplace Eye Safety

National Sleep Awareness Week® - March 5-11

National Sleep Foundation
(703) 243-1697
www.sleepfoundation.org/event/national-sleep-awareness-week%C2%AE

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
(800) 877-8822
www.schoolnutrition.org/nsbw

Live Well, Work Well flyer:

- The Importance of Breakfast
- Employee posters:*
- Eat Breakfast
 - Make the Health Choice: For Breakfast

World Kidney Day – March 8

National Kidney Foundation
(800) 622-9010
www.kidney.org

Live Well, Work Well flyers:

- Chronic Kidney Disease
- High Blood Pressure
- Kidney Stones
- Organ and Tissue Donation FAQs

Brain Awareness Week – March 12-18

Dana Alliance for Brain Initiatives
(212) 401-1689
www.dana.org/brainweek

Live Well, Work Well flyers:

- Brain Awareness: Use it or Lose it
- Decrease Your Brain Age
- Eat Healthy to Give Your Memory a Boost
- Stroke/Brain Attack
- The Heart and Mind Connection

National Poison Prevention Week – March 18-24

Poison Prevention Week Council
(703) 894-1858
www.poisonprevention.org/poison.htm

Live Well, Work Well flyers:

- First Aid Basics
- Pet Safety: Poisons

World Tuberculosis Day – March 24

Stop TB Partnership (Secretariat)
World Health Organization

(011) 41-22-791-2690

www.stoptb.org/events/world_tb_day

Live Well, Work Well flyer:

- Public Health: Tuberculosis (TB)

National Tsunami Awareness Week – March 25-31

National Weather Service
(301) 713-1677, ext. 124
www.tsunami.gov

American Diabetes Alert Day – March 27

American Diabetes Association
(800) DIABETES (342-2383)
www.diabetes.org/in-my-community/programs/alert-day

Live Well, Work Well flyers:

- Diabetes: Type 1
- Diabetes: Type 2
- Managing Your Blood Sugar
- Pre-Diabetes: Don't Let it Lead to Type 2
- Pregnancy: Gestational Diabetes
- Vision Care: Diabetic Eye Disease

April

Alcohol Awareness Month

National Council on Alcoholism and Drug Dependence, Inc.

(212) 269-7797

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

(888) 964-2001

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) 3-AUTISM (328-8476)

www.autism-society.org/about-us/national-autism-awareness-month/

Live Well, Work Well flyer:

- Children's Health: Autism

National Distracted Driving Awareness Month

FocusDriven

(603) 775-2405

www.focusdriven.org/index.aspx

Live Well, Work Well flyers:

- Cell Phone Use Behind the Wheel
- Driver Safety: Distractions

National Donate Life Month

Division of Transplantation, Healthcare Systems Bureau

(888) 275-4772

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

(847) 678-6200

www.aaoms.org

National Minority Health Month

Office of Minority Health

(800) 444-6472

www.minorityhealth.hhs.gov

Live Well, Work Well flyers:

- BMI: Body Mass Index
- Heart Disease
- Pre-Diabetes: Don't Let it Lead to Type 2
- What are Your Numbers?

National Sarcoidosis Awareness Month

National Sarcoidosis Society

(312) 567-6626

www.nationalsarcoidosisfriends.org

Sexual Assault Awareness and Prevention Month

Rape, Abuse & Incest National Network (RAINN)

(800) 656-4673

www.rainn.org

Live Well, Work Well flyers:

- Sexual Assault
- Sexual Harassment in the Workplace

Sports Eye Safety Awareness Month

American Academy of Ophthalmology

(415) 447-0258

www.geteyesmart.org/eyesmart/injuries/index.cfm

Live Well, Work Well flyer:

- Sports Safety: Eye Protection

STI Awareness Month

American Social Health

(919) 361-8400

www.ashastd.org/stiawarenessmonth.cfm

Live Well, Work Well flyer:

- Public Health: STDs

Women's Eye Health and Safety Month

Prevent Blindness America

(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Vision Care series
- Women's Health: Preventive Screenings Part 1

National Public Health Week – April 2-8

American Public Health Association

(202) 777-2425

www.nphw.org

Live Well, Work Well flyers:

- Children's Health series
- Public Health series
- Prevention Newsletters series

National Alcohol Screening Day®

Screening for Mental Health, Inc.

(781) 239-0071

www.mentalhealthscreening.org/events/national-alcohol-screening-day.aspx

Live Well, Work Well flyer:

- Alcohol-Related Illness

World Health Day – April 7

Pan American Health Organization

(202) 974-3000

www.who.int/world-health-day/en

Live Well, Work Well flyers:

- Public Health series

National Infant Immunization Week – April 21-28

National Center for Immunization and Respiratory Diseases

(800) CDC-INFO (232-4636)

www.cdc.gov/vaccines/events/niiw/default.htm

Live Well, Work Well flyers:

- Child Vaccinations series

Chart:

- Immunization Schedule for Children 0-6 Years

National Infertility Awareness Week – March 22-28

RESOLVE: The National Infertility Association

(703) 556-7172

www.resolve.org

World Meningitis Day – March 24

Confederation of Meningitis Organization

(011) 61-89-489-7791

<http://comoonline.org/>

Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion, Website: www.healthfinders.gov

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May



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Arthritis Awareness Month

Arthritis Foundation
(800) 283-7800
www.arthritis.org
Live Well, Work Well flyers:
– Autoimmune Disease: Rheumatoid Arthritis
– Osteoarthritis

Better Hearing and Speech Month

American Speech-Language-Hearing Association
(800) 498-2071
www.asha.org/bhsm
Live Well, Work Well flyers:
– Hearing Loss
– Aphasia

Employee Health and Fitness Month

National Association for Health and Fitness
(716) 583-0521
<http://physicalfitness.org/nehf.php>
Live Well, Work Well flyers:
– A wide variety of nutrition, fitness, smoking cessation and others

Healthy Vision Month

National Eye Institute
(301) 496-5248
www.nei.nih.gov/hvm/
Live Well, Work Well flyers:
– Vision Care series

Hepatitis Awareness Month

Hepatitis Foundation International
(800) 891-0707
www.hepatitisfoundation.org
Live Well, Work Well flyers:
– Child Vaccinations: Hepatitis B
– Hepatitis Overview: Comparing Types A, B and C

Lupus Awareness Month

Lupus Foundation of America, Inc.
(888) 385-1155
www.lupus.org/newsite/pages/lupus-awareness-month.html
Live Well, Work Well flyer:
– Autoimmune Disease: Lupus

Melanoma/Skin Cancer Detection and Prevention Month®

American Academy of Dermatology
(888) 462-DERM (462-3376)
www.melanomamonday.org
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
Live Well, Work Well flyers:
– Mental Health series

National Celiac Disease Awareness Month

American Celiac Disease Alliance
(703) 622-3331
www.americanceliac.org
Live Well, Work Well flyer:
– Celiac Disease

National High Blood Pressure Education Month

National Heart, Lung and Blood Institute
(301) 592-8573
www.nhlbi.nih.gov
Live Well, Work Well flyers:
– Heart Disease
– High Blood Pressure
– What are Your Numbers?

National Osteoporosis Awareness and Prevention Month

National Osteoporosis Foundation
(800) 231-4222
www.nof.org
Live Well, Work Well flyer:
– Osteoporosis
– Women's Health: Preventive Screenings Part 1

Ultraviolet Awareness Month

Prevent Blindness America
(800) 331-2020
www.preventblindness.org
Live Well, Work Well flyers:
– Children's Health: UV Protection
– Vision Care: UV Protection

Children's Mental Health Awareness Week – May 1-7

National Federation of Families for Children's Mental Health
(240) 403-1901
www.fcmh.org

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

American Society of Safety Engineers
(847) 699-2929
www.asse.org/newsroom
Live Well, Work Well flyers:
– Manage Fatigue During Work
– Workplace Eye Safety
– Workplace Fire Evacuations
– Workplace Stress

National Stuttering Awareness Week – May 7-13

Stuttering Foundation of America
(800) 992-9392
www.stutteringhelp.org

Air Quality Awareness Week – May 7-13

National Weather Service
(301) 713-1867
www.airquality.noaa.gov
Live Well, Work Well flyers:
– Asthma: Managing Your Condition
– Public Health: Reducing Air Pollution
– The Dangers of Radon

Food Allergy Awareness Week – May 13-19

Food Allergy & Anaphylaxis Network
(800) 929-4040
www.foodallergy.org/section/food-allergy-awareness-week1
Live Well, Work Well flyers:
– Allergies: Foods
– Lactose Intolerance

National Alcohol- and Other Drug-Related Birth Defects Week – May 13-19

National Council on Alcoholism and Drug Dependence, Inc.
(212) 269-7797
www.ncadd.org
Live Well, Work Well flyers:
– Children's Health: Birth Defects
– Fetal Alcohol Syndrome

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May



Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

National Women's Health Week (May 13-19) and Check-Up Day (May 14)

Office on Women's Health
(202) 205-1952

www.womenshealth.gov/whw

Live Well, Work Well flyers:

- Women's Health series

HIV Vaccine Awareness Day – May 18

National Institute of Allergy and Infection Diseases

(301) 435-3732

www.niaid.nih.gov/news/events/hvad/Pages/default.aspx

Live Well, Work Well flyer:

- Public Health: HIV/AIDS

Heat Safety Awareness Day – May 25

National Weather Service

(301) 713-1867, ext. 135

www.weather.gov/om/heat/index.shtml

Live Well, Work Well flyers:

- Fitness First: Avoiding Dehydration
- Surviving the Summer Heat

National Hurricane Preparedness Week – May 27-June 2

National Weather Service

(301) 713-1677, ext. 124

www.nhc.noaa.gov

Live Well, Work Well flyer:

- Hurricane Preparation at Home

National Senior Health & Fitness Day® – May 30

Mature Market Resource Center

(800) 828-8225

www.fitnessday.com

Live Well, Work Well flyers:

- Heart Health and the Elderly
- Staying Healthy for Life

World No Tobacco Day – May 31

Pan American Health Organization

(202) 974-3000

www.who.int/tobacco/wntd/en

Live Well, Work Well flyers:

- Smoking series
- Smoking and Your Health
- The Cost of Smoking
- Quit for Your Loved Ones



Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

Fireworks Safety Month – June 1-July 4

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Burn Awareness
- Firework Safety

Cataract Awareness Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Vision Care: Cataracts
- Vision Care series

Home Safety Month

Home Safety Council
(202) 330-4900

www.homesafetycouncil.org/AboutUs/HS/M/au_hsm_w001.asp

Live Well, Work Well flyers:

- Children's Health: Baby Safety
- Flood Safety Precautions
- Fire Safety and Prevention
- Home Modifications for Seniors
- Hurricane Preparation at Home
- Pet Safety: Poisons
- Prepare for a Quake Before it Hits
- Tornado Safety Precautions
- Food Safety
- Holiday Safety series

National Aphasia Awareness Month

National Aphasia Association
(800) 922-4622

www.aphasia.org

Live Well, Work Well flyers:

- Stroke/Brain Attack
- Aphasia

National Congenital Cytomegalovirus Awareness Month

Stop CMV – The CMV Action Network
(209) 712-9929

www.stopcmv.org

National Cancer Survivors Day – June 3

National Cancer Survivors Day Foundation

(615) 794-3006

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

Live Well, Work Well flyers:

- Men's Health series
- Prevention Newsletter:*
- Men – Stay Healthy at Any Age

World Sickle Cell Day – June 19

African American Blood Drive and Bone Marrow Registry for Sickle Cell Disease Awareness

(323) 750-1087

<http://aablooddriveandmarrowregistry4sicklecellawareness.webs.com/worldsicklecellday.htm>

Live Well, Work Well flyer:

- Sickle Cell Disease

National HIV Testing Day – June 27

National Association of People with AIDS
(866) 846-9366

www.napwa.org

Live Well, Work Well flyers:

- Public Health: HIV/AIDS
- World AIDS Day



Fireworks Safety Month – June 1- July 4

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Burn Awareness
- Firework Safety

International Group B Strep Awareness Month

Group B Strep International
(909) 620-7214

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/ja-alliance-main.php

Live Well, Work Well flyer:

- Autoimmune Disease: Rheumatoid Arthritis

National Cleft and Craniofacial Awareness & Prevention Month

AmeriFace
(888) 486-1209

www.nccapm.org

Live Well, Work Well flyer:

- Children's Health: Birth Defects

UV Safety Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Children's Health: UV Protection
- Tanning Beds
- Vision Care: UV Protection

World Hepatitis Day

National Viral Hepatitis Roundtable

www.nvhr.org

Live Well, Work Well flyers:

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

Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

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August

Children's Eye Health and Safety Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

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

National Immunization Awareness Month

National Center for Immunization and
Respiratory Diseases
(800) 232-4636

www.cdc.gov/vaccines/events/niam/default.htm

Live Well, Work Well flyers:

- Child Vaccinations series
- Public Health: Adult Immunizations
- Seasonal Flu Vaccine: Common Myths Exposed

Charts:

- Immunization Schedule for Adults
- Immunization Schedules for Children

World Breastfeeding Week

World Alliance for Breastfeeding Action
(847) 519-7730

www.worldbreastfeedingweek.org

Live Well, Work Well flyers:

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

Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

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Childhood Cancer Awareness Month

CureSearch for Children's Cancer
(800) 458-6223
www.curesearch.org/ArticleView2.aspx?id=7750&l=8810&c=7eb54f

Live Well, Work Well flyers:

- Cancer: Learning the Facts
- Fight Cancer with Food

Fruit and Veggies – More Matters Month

Produce for Better Health Foundation
(302) 235-2329
www.fruitsandveggiesmorematters.org

Live Well, Work Well flyers:

- Eat Well, Live Well
- Fruits and Vegetables series

Healthy Aging® Month

Educational Television Network, Inc.
(610) 793-0979
www.healthyaging.net/events.htm

Live Well, Work Well flyers:

- Staying Healthy for Life
- Heart Health and the Elderly

Prevention Newsletters:

- Women – Stay Healthy at any Age
- Men – Stay Healthy at any Age

Leukemia & Lymphoma Awareness Month

Leukemia & Lymphoma Society
(800) 955-4572
www.lls.org

Live Well, Work Well flyers:

- Leukemia
- Lymphoma

National Atrial Fibrillation Awareness Month

American Foundation for Women's Health
(940) 466-9898
www.stopafib.org

National Childhood Obesity Awareness Month

American College of Sports Medicine
(317) 637-9200
www.healthierkidsbrighterfutures.org/home/

Live Well, Work Well flyers:

- Children's Health: Obesity

- Children's Health: Early Childhood Health
- Children's Health: Overweight or Not?
- Pregnancy: Reduce Your Child's Risk for Obesity

National Cholesterol Education Month

National Heart, Lung and Blood Institute
Health Information Center
(301) 592-8573
<http://hp2010.nhlbihin.net/cholmonth>

Live Well, Work Well flyers:

- Cholesterol and Your Heart Health
- Change Your Diet to Lower Your Cholesterol
- Keep Your Cholesterol in Check
- What are Your Numbers?

National Sickle Cell Month

Sickle Cell Disease Association of America, Inc.
(800) 421-8453
www.sicklecelldisease.org

Live Well, Work Well flyers:

- Sickle Cell Disease

Newborn Screening Awareness Month

Save Babies Through Screening
Foundation, Inc.
(888) 454-3383
www.savebabies.org

Chart:

- Life Course Chart: Children & Adolescents

Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition
(888) 682-7426
www.ovarian.org

Live Well, Work Well flyer:

- Women's Health: Ovarian Cancer

Prostate Cancer Awareness Month

ZERO: The Project to End Prostate Cancer
(888) 245-9455
www.zerocancer.org

Live Well, Work Well flyers:

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

Whole Grains Month

Whole Grains Council
(617) 421-5500
www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september

Live Well, Work Well flyers:

- Eat Well, Live Well
 - Food Density and Your Diet
- Employee poster:*
- Your "Whole" Goal

National Celiac Disease Awareness Day – September 13

Celiac Sprue Association
(877) 272-4272
www.csaceliacs.org

Live Well, Work Well flyer:

- Celiac Disease

National Farm Safety & Health Week – September 16-22

National Education Center for Agricultural Safety
(888) 844-6322
www.nsc.org/necas

Live Well, Work Well flyers:

- Eating Organic
- Support Your Local Farmer

National Rehabilitation Awareness Celebration – September 16-22

National Rehabilitation Awareness
Foundation
(800) 943-6723
www.nraf-rehabnet.org

Live Well, Work Well flyer:

Get Ready Day – September 18

American Public Health Association
(202) 777-2509
www.aphagetready.org

Live Well, Work Well flyers:

- Influenza
- Tornado Safety Precautions
- Fire Safety and Prevention
- Hurricane Preparation at Home
- Flood Safety Precautions

National School Backpack Awareness Day – September 19

American Occupational Therapy
Association

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(301) 652-2682

www.oota.org

Live Well, Work Well flyer:

- Backpack Safety for those Hefty Loads
- Prevention Newsletter:*
- Back-to-School Basics

World Alzheimer's Day – September 21

Alzheimer's Disease International

(011) 44-20-7981-0880

www.alz.co.uk/adi/wad

Live Well, Work Well flyer:

- Alzheimer's Disease

National Women's Health & Fitness Day™ – September 26

Health Information Resource Center

(800) 828-8225

www.fitnessday.com

Live Well, Work Well flyers:

- Fitness First series
- Women's Health series

Prevention Newsletter:

- Women – Stay Healthy at any Age

RAINN Day – September 27

Rape, Abuse & Incest National Network (RAINN)

(800) 544-1034

www.rainn.org/

Live Well, Work Well flyers:

- Sexual Assault
- Sexual Harassment in the Workplace

World Rabies Day – September 28

Global Alliance for Rabies Control

(507) 899-4885

www.worldrabiesday.org

Live Well, Work Well flyer:

- Emergency Precautions for Your Pet

Family Health & Fitness Day USA® – September 29

Health Information Resource Center

(800) 828-8225

www.fitnessday.com

Live Well, Work Well flyers:

- Children's Health: Exercise
- Family Health: Assessment and Action Plan
- Fitness First series
- Set a Good Example for Your Kids

World Heart Day – September 29

World Heart Federation

www.worldheart.org

Live Well, Work Well flyers:

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

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Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

Eye Injury Prevention Month

American Academy of Ophthalmology
(415) 447-0213
www.geteyesmart.org/eyesmart/injuries/index.cfm

Live Well, Work Well flyers:

- Sports Safety: Eye Protection
- Workplace Eye Safety

Health Literacy Month

Health Literacy Consulting
(508) 653-1199
www.healthliteracymonth.com

Live Well, Work Well flyers:

- Your Health Plan series
- Take Charge of Your Health Care
- Know Your Employee Benefits flyers:*
- Be a Wise Health Care Consumer series
- Resources to Compare Health Care Costs

Home Eye Safety Month

Prevent Blindness America
(800) 331-2020
www.preventblindness.org

Live Well, Work Well flyers:

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

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month
Board of Sponsors
www.nbcam.org

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

Prevention Newsletter:

- Bullying: What Parents Can Do

National Down Syndrome Awareness Month

National Down Syndrome Society

(800) 221-4602

www.ndss.org

Live Well, Work Well flyer:

- Children's Health: Birth Defects

National Physical Therapy Month

American Physical Therapy Association
(800) 999-2782
www.moveforwardpt.com

Live Well, Work Well flyers:

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

Stop America's Violence Everywhere (SAVE) Today

American Medical Association Alliance
(312) 464-4470
www.amaalliance.org

Live Well, Work Well flyer:

- Domestic Abuse
- Prevention Newsletter:*
- Bullying: What Parents Can Do

Sudden Infant Death Syndrome Awareness Month

First Candle/SIDS Alliance
(800) 221-7437
www.firstcandle.org

Live Well, Work Well flyer:

- SIDS: Sudden Infant Death Syndrome

Drive Safely Work Week – October 1-6

Network of Employers for Traffic Safety
(888) 221-0045
www.trafficsafety.org

Live Well, Work Well flyers:

- Driver Safety: Distractions
- Winter Safety: Driving
- Children's Safety: Vehicle Precautions
- Avoiding Animal-Vehicle Collisions

Child Health Day – October 1

Maternal and Child Health Bureau
(301) 443-2170
www.mchb.hrsa.gov

Live Well, Work Well flyers:

- Children's Health series

Walk to School Day – October 3

National Center for Safe Routes to School
(866) 610-7787

www.walktoschool-usa.org/index.cfm

Live Well, Work Well flyer:

- Children's Health: Obesity

Mental Illness Awareness Week – October 7

National Alliance on Mental Illness
(800) 950-6264
www.nami.org

Live Well, Work Well flyers:

- Mental Health series
- Selecting a Mental Health Professional

Bone and Joint Initiative National Action Week – October 12-20

U.S. Bone and Joint Decade Initiative
(847) 384-4010
www.usbjd.org

Live Well, Work Well flyers:

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

World Food Day – October 16

U.S. National Committee for World Food Day
(202) 653-2404
www.worldfooddayusa.org

International Stuttering Awareness Day – October 22

Stuttering Foundation of America
(800) 992-9392
www.stutteringhelp.org

Red Ribbon Week – October 23-31

National Family Partnership at Informed Families Education Center
(800) 705-8997
www.nfp.org

Prevention Newsletter:

- Drug and Alcohol Prevention for Your Kids
- Live Well, Work Well flyers:*
- Children's Health: Inhalant Abuse
- Children's Health: Prescription Drug Abuse
- Substance Abuse
- Prescription Drug Abuse

November

American Diabetes Month

American Diabetes Association
(800) DIABETES (342-2383)
<http://www.diabetes.org/in-my-community/programs/american-diabetes-month/>

Live Well, Work Well flyers:

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

COPD Awareness Month

American Lung Association
(800) 548-8252
www.lungusa.org

Live Well, Work Well flyer:

- COPD: Chronic Obstructive Pulmonary Disease

Diabetic Eye Disease Month

Prevent Blindness America
(800) 331-2020
www.preventblindness.org

Live Well, Work Well flyers:

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

Lung Cancer Awareness Month

Lung Cancer Alliance
(202) 463-2080
www.lungcanceralliance.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

Live Well, Work Well flyer:

- Alzheimer's Disease

National Healthy Skin Month

American Academy of Dermatology
(888) 462-DERM (462-3376)
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 Palliative Care Month

National Hospice and Palliative Care Organization
(800) 646-6460
www.nhpco.org

Live Well, Work Well flyers:

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

National Stomach Cancer Awareness Month

No Stomach for Cancer, Inc.
(608) 335-0241
www.nostomachforcancer.org

Drowsy Driving Prevention Week – November 12-18

National Sleep Foundation
(703) 243-1697
<http://drowsydriving.org/resources/drowsy-driving-prevention-week-toolkit/>

Live Well, Work Well flyer:

- Driver Safety: Distractions

Great American Smokeout – November 15

American Cancer Society
(800) ACS-2345 (227-2345)
www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/great-american-smokeout-landing

Live Well, Work Well flyers:

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

International Survivors of Suicide Day – November 17

American Foundation of Suicide Prevention
(212) 363-3500
www.afsp.org

Live Well, Work Well flyers:

- Mental Health series

Gastroesophageal Reflux Disease (GERD) Awareness Week – November 18-24

International Foundation for Functional Gastrointestinal Disorders
(888) 964-2001
www.aboutgerd.org/site/about-gerd/gerd-awareness-week

Live Well, Work Well flyer:

- GERD: Gastroesophageal Reflux Disease

December

Safe Toys and Gifts Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

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

World AIDS Day – December 1

World AIDS Campaign
(011) 31-20-616-9045

www.worldaidscampaign.org

Live Well, Work Well flyers:

- Public Health: HIV/AIDS
- World AIDS Day

Source: 2012 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion. Website: www.healthfinders.gov

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JANUARY

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- National Radon Action Month
- Thyroid Awareness Month
- National Folic Acid Awareness Week (8-14)

FEBRUARY

- AMD/Low Vision Awareness Month
- Heart Month
- International Prenatal Infection Prevention Month
- National Children's Dental Health Month
- Give Kids a Smile Day (3)
- National Wear Red Day (3)
- Congenital Heart Defect Awareness Week (7-14)
- National Donor Day (14)

MARCH

- National Endometriosis Awareness Month
- National Nutrition Month®
- Save Your Vision Month
- Trisomy Awareness Month
- Workplace Eye Wellness Month
- National Sleep Awareness Week®
- National School Breakfast Week (5-9)
- World Kidney Day (8)
- Brain Awareness Week (12-18)
- National Poison Prevention Week (18-24)
- World Tuberculosis Day (24)
- National Tsunami Awareness Week (25-31)
- American Diabetes Alert Day (27)

APRIL

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Distracted Driving Month
- National Donate Life Month
- National Facial Protection Month

- National Minority Health Month
- National Sarcoidosis Awareness Month
- Sexual Assault Awareness and Prevention Month
- Sports Eye Safety Awareness Month
- STI Awareness Month
- Women's Eye Health and Safety Month
- National Public Health Week (2-8)
- National Alcohol Screening Day® (5)
- World Health Day (7)
- National Infant Immunization Week (21-28)
- National Infertility Awareness Week (22-28)
- World Meningitis Day (24)

MAY

- Arthritis Awareness Month
- Better Hearing and Speech Month
- Employee Health and Fitness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Lupus Awareness Month
- Melanoma/Skin Cancer Detection and Prevention Month®
- Mental Health Month
- National Celiac Disease Awareness Month
- National High Blood Pressure Education Month
- National Osteoporosis Awareness and Prevention Month
- Ultraviolet Awareness Month
- Children's Mental Health Awareness Week (1-7)
- North American Occupational Safety and Health Week (6-12)
- National Stuttering Awareness Week (7-13)
- Air Quality Awareness Week (7-11)
- Food Allergy Awareness Week (13-19)
- National Alcohol- and Other Drug-Related Birth Defects Week (13-19)
- National Women's Health Week (13-19)
- National Women's Check-Up Day (14)
- HIV Vaccine Awareness Day

- Heat Safety Awareness Day (25)
- National Hurricane Preparedness Week (May 27-June 2)
- National Senior Health & Fitness Day® (30)
- World No Tobacco Day (31)

JUNE

- Fireworks Safety Month (June 1-July 4)
- Cataract Awareness Month
- Home Safety Month
- National Aphasia Awareness Month
- National Congenital Cytomegalovirus Awareness Month
- National Cancer Survivor's Day (3)
- Men's Health Week (11-17)
- World Sickle Cell Day (19)
- National HIV Testing Day (27)

JULY

- Fireworks Safety Month (June 1-July 4)
- International Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- National Cleft & Craniofacial Awareness & Prevention Month
- UV Safety Month
- World Hepatitis Day (28)

AUGUST

- Children's Eye Health and Safety Month
- National Immunization Awareness Month
- World Breastfeeding Week (1-7)

SEPTEMBER

- Childhood Cancer Awareness Month
- Fruit and Veggies – More Matters Month
- Leukemia & Lymphoma Awareness Month
- National Atrial Fibrillation Awareness Month
- National Childhood Obesity Awareness Month
- National Cholesterol Education Month

At~A~Glance

- National Sickle Cell Month
- Newborn Screening Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- Whole Grains Month
- Healthy Aging® Month
- National Celiac Disease Awareness Day (13)
- National Farm Safety & Health Week (16-22)
- National Rehabilitation Awareness Celebration Week (16-22)
- Get Ready Day (18)
- National School Backpack Awareness Day (19)
- World Alzheimer's Day (21)
- National Women's Health & Fitness Day™ (26)
- RAINN Day (27)
- World Rabies Day (28)
- Family Health & Fitness Day USA® (29)
- World Heart Day (29)

OCTOBER

- Eye Injury Prevention Month
- Health Literacy Month
- Home Eye Safety Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Down Syndrome Awareness Month
- National Physical Therapy Month
- Stop America's Violence Everywhere (SAVE) Today
- Sudden Infant Death Syndrome Awareness Month
- Drive Safely Work Week (1-6)
- Child Health Day (1)
- Walk to School Day (3)
- Mental Illness Awareness Week (7)
- Bone and Joint Initiative National Action Week (12-20)
- World Food Day (16)
- International Stuttering Awareness Day (22)
- Red Ribbon Week (23-31)

NOVEMBER

- American Diabetes Month
- COPD Awareness Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Healthy Skin Month
- National Hospice Palliative Care Month
- National Stomach Cancer Awareness Month
- Drowsy Driving Prevention Week (12-18)
- Great American Smokeout (15)
- National Survivors of Suicide Day (17)
- Gastroesophageal Reflux Disease (GERD) Awareness Week (18-24)

DECEMBER

- Safe Toys and Gifts Month
- World AIDS Day (1)

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