

**MEN'S HEALTH NETWORK CALENDAR OF HEALTH AWARENESS PERIODS
FOR MEN AND THEIR FAMILIES**

Some awareness days and weeks vary from year to year
Please consult the web site given for accurate dates

JANUARY

National Glaucoma Awareness Month

Prevent Blindness America
www.preventblindness.org

National Eye Care Month

www.preventblindness.org/news/observe.html

March of Dimes Birth Defects Prevention Month

March of Dimes Birth Defects Foundation
www.modimes.org

Cervical Health Awareness Month

<https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month>

Employee Health and Fitness Month

National Association for Health and Fitness
<https://www.physicalfitness.org/global-employee-health-fitness-month>

FEBRUARY

American Heart Month

American Heart Association
www.americanheart.org

National Children's Dental Health Month

<https://www.ada.org/en/public-programs/national-childrens-dental-health-month>

National Wear Red Day

National Heart, Lung, and Blood Institute Health Information Center
<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day>

MARCH

Colorectal Cancer Awareness Month

www.preventcancer.org/colorectal

National Kidney Month

National Kidney Foundation
<https://www.kidney.org/content/national-kidney-month>

Workplace Eye Health and Safety Month

Prevent Blindness America

<https://www.preventblindness.org/protect-your-vision-job>

National Nutrition Month

American Dietetic Association

<https://www.eatright.org/food/resources/national-nutrition-month>

National Collegiate Health and Wellness Week (1st week in March)

Colleges establish their own web pages for this observance, Search Google for National Collegiate Health and Wellness Week

National Poison Prevention Week (3rd week)

<https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week>

APRIL

Testicular Cancer Awareness Month

www.TesticularCancerAwarenessMonth.com

National Minority Health Month

www.minorityhealth.hhs.gov

National Cancer Control Month

American Cancer Society

www.cancer.org

Sexually Transmitted Disease (STD) Awareness Month

American Sexual Health Association

<http://www.ashasexualhealth.org/sexually-transmitted-infections-awareness-month>

World Health Day (April 7th)

<https://www.who.int/westernpacific/news/events/world-health-day>

National Youth Sports Safety Month

National Youth Sports Safety Foundation, Inc.

<http://nyshsi.org>

National Infant Immunization Week

Centers for Disease Control and Prevention

www.cdc.gov/vaccines/events/niiw/index.html

www.cdc.gov/vaccines/events/niiw/activities.html

Child Abuse Prevention Month

Prevent Child Abuse America
<https://preventchildabuse.org>

-and-

Child Welfare Information Gateway
www.childwelfare.gov

MAY

Mother's Day (2nd Sunday)

Women's Health Week (Begins on Mother's Day)

www.womenshealth.gov/WHW

Asthma and Allergy Awareness Month

Allergy and Asthma Network
www.aanma.org

National High Blood Pressure Month

National Heart, Lung, and Blood Institute Information Center
www.nhlbi.nih.gov

Stroke Awareness Month

National Stroke Association
www.stroke.org

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American Heart Association
www.americanheart.org

National Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology
www.aad.org

National Mental Health Month

Mental Health America
www.nmha.org

National Osteoporosis Prevention Month

National Osteoporosis Foundation
www.nof.org

Hepatitis Awareness Month

Hepatitis Foundation International
<https://hepatitisfoundation.org>

National Physical Fitness and Sports Month

President's Council on Physical Fitness and Sports
www.fitness.gov

National Arthritis Month

Arthritis Foundation
www.arthritis.org

Older Americans Month

Administration on Aging – USDHHS
www.acl.gov

National Senior Health and Fitness Day (4th Sunday)

Mature Market Resource Center
www.fitnessday.com

JUNE

Father's Day (3rd Sunday)

Men's Health Month

www.MensHealthMonth.org

Wear Blue Day (Friday before Father's Day)

www.WearBlueDay.com

Men's Health Week (Ends on Father's Day.)

www.MensHealthWeek.org

International Men's Health Week (Ends on the USA's Father's Day.)

(Supported by Men's Health Network)
www.imhw.org
www.InternationalMensHealthWeek.org

National Safety Month

American Society of Safety Engineers
www.asse.org

National Headache Awareness Week (2nd week in June.)

National Headache Foundation
www.headaches.org

JULY

Juvenile Arthritis Awareness Month

Arthritis, Rheumatology, and Autoimmune Diseases
<https://curearthritis.org/juvenile-arthritis-awareness-month>

AUGUST

Children's Eye Health and Safety Month

Prevent Blindness America

www.preventblindness.org

SEPTEMBER

Prostate Health Month (All prostate health issues.)

www.ProstateHealthmonth.com

Prostate Cancer Awareness Month

www.ProstateCancerAwarenessMonth.com

National Cholesterol Education Month

National Heart, Lung, and Blood Institute Information Center

www.nhlbi.nih.gov

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Centers for Disease Control and Prevention

www.cdc.gov/cholesterol/cholesterol_education_month.htm

Leukemia and Lymphoma Awareness Month

Leukemia Society of America

www.leukemia.org

National Cholesterol Education Month

https://www.cdc.gov/cholesterol/cholesterol_education_month.htm

National Sickle Cell Awareness Month

Sickle Cell Disease Association of America

www.sicklecelldisease.org

National Farm Safety and Health Week

National Safety Council

www.nsc.org

Prostate Cancer Awareness Week

www.ProstateHealthMonth.com

Baby Safety Awareness Month

Juvenile Product Manufacturers Association

www.jpma.org

Ovarian Cancer Awareness Month

National Ovarian Cancer Resource Center

<http://ovarian.org/connect/volunteer/508-ovarian-cancer-awareness-month>

OCTOBER

Make a Difference Day (celebrating people helping people)

The Points of Light Foundation
www.pointsoflight.org

National Family Health Month

American Academy of Family Physicians
www.aafp.org

Healthy Choice American Heart Walk

American Heart Association
www.americanheart.org

Healthy Lung Month

American Lung Association
www.lungusa.org

National Sudden Infant Death Syndrome Awareness Month (SIDS)

First Candle
www.firstcandle.org

National Depression and Mental Health Month / Depression Screening Day

<https://www.mhanational.org/national-depression-screening-day>

National Mental Illness Awareness Week

American Psychiatric Association
www.psych.org

World Mental Health Day

World Federation for Mental Health
<https://wfmh.global>

National Dental Hygiene Month

American Dental Hygienists Association
www.adha.org

Lupus Awareness Month

Lupus Foundation of America
www.lupus.org

Child Health Month / Campaign for Healthier Babies Month

American Academy of Pediatrics
www.aap.org

-and-

March of Dimes Birth Defects Foundation
www.modimes.org

National Breast Cancer Awareness Month

Male Breast Cancer Resource Center
www.MaleBreastCancerResourceCenter.com

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The Susan G. Komen Breast Cancer Foundation
www.komen.org

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National Cancer Institute's Cancer Information Service
www.cancer.gov

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American Cancer Society
www.cancer.org

NOVEMBER

Impotence Education Month

<https://www.urologyhealth.org>

National Alzheimer's Disease Awareness Month

Alzheimer's Disease and Related Disorders Association
www.alz.org

National Diabetes Month

American Diabetes Association
www.diabetes.org

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Centers for Disease Control and Prevention
www.cdc.gov/diabetes

National Epilepsy Awareness Month

Epilepsy Foundation of America
www.efa.org

Great American Smokeout

American Cancer Society
www.cancer.org

DECEMBER

World AIDS Day (December 1)

American Association for World Health

www.thebody.com

National Influenza Vaccination Week

Centers for Disease Control and Prevention

www.cdc.gov/flu/NIVW