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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](http://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>