

2013



National Health Observances



Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services



Health observances are special days, weeks, or months used to raise awareness of important health topics. Examples include the Great American Smokeout and World AIDS Day.



2013 National Health Observances:

- Year at a Glance provides a summary of health observances by month.
- The Complete Calendar includes full listings by month and date, including contact information for the sponsoring agencies. The Complete Calendar is also available in PDF.

Attention health professionals, teachers, and community groups!

By supporting National Health Observances, you can:

- Educate the public about health risks
- Organize successful health promotion events and campaigns
- Get new ideas, information, and resources on health topics of interest

Contact the sponsoring organization to request outreach materials and information.

Disclaimer:

Information appearing in this document does not represent endorsement by the Office of Disease Prevention and Health Promotion (ODPHP) or the U.S. Department of Health and Human Services (DHHS), which are not responsible for naming or approving national health observances. For more information about an observance, please contact the sponsoring organization directly.

You are free to reproduce or copy this publication. Please include the following credit line:

“Source: 2013 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.”



U.S. Department of Health and Human Services Public Affairs Contacts

Press Office of the Secretary

(202) 690-6343

Office of the Assistant Secretary for Health

Director of Communications

(202) 205-0143

National Vaccine Program Office

(202) 690-5566

Office of Disease Prevention and Health Promotion

(240) 453-8280

Office of HIV/AIDS Policy

(202) 690-5560

Office of Human Research Protections

(240) 453-6900

Office of Minority Health

(240) 453-2882

Office of Population Affairs

(240) 453-2800

Office of Research Integrity

(240) 453-8200

Office of the Surgeon General

(240) 453-6141

Office on Women's Health

(202) 690-7650

President's Council on Fitness, Sports and Nutrition

(240) 276-9567

Administration for Children and Families

(202) 401-9215

Administration on Aging

(202) 401-4541

Agency for Healthcare Research and Quality

(301) 427-1104

Agency for Toxic Substances and Disease Registry

(404) 498-0070

Centers for Disease Control and Prevention

(404) 639-3286

Centers for Medicare & Medicaid Services

(202) 690-6145

Food and Drug Administration

(301) 796-4540

Health Resources and Services Administration

(301) 443-3376

Indian Health Service

(301) 443-3593

National Institutes of Health

(301) 496-5787

Substance Abuse and Mental Health Services Administration

(240) 276-2130



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 6 – 12 National Folic Acid Awareness Week	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Give Kids A Smile® Day 1 National Wear Red® Day	2
3	4	5	6	7 National Black HIV/AIDS Awareness Day 7 – 14 Congenital Heart Defect Awareness Week	8	9
10	11	12	13	14 National Donor Day	15	16
17	18	19	20	21	22	23
24	25	26	27	28		



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 – 10 National Sleep Awareness Week® 3	4 – 8 National School Breakfast Week 4	5	6	7	8	9
10	11 – 17 Brain Awareness Week 11	12	13	14 World Kidney Day 14	15	16
17	18 – 22 Flood Safety Awareness Week 18 – 22 National Youth Violence Prevention Week 18 – 24 National Poison Prevention Week 18	19	20	21	22	23
24 World Tuberculosis Day 24 – 30 National Tsunami Preparedness Week 31	25	26 American Diabetes Alert Day 26	27	28	29	30



April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1 – 7 National Public Health Week	2 2 SAAM (Sexual Assault Awareness Month) Day of Action	3	4	5	6
7	8	9	10	11 11 National Alcohol Screening Day®	12	13
14	15	16	17	18	19	20 20 – 27 National Infant Immunization Week
21 21 – 27 National Infertility Awareness Week	22	23	24 24 World Meningitis Day	25	26	27
28	29 29 – May 3 Air Quality Awareness Week	30				

2013 National Health Observances



May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
			1	2	3	4				
5 – 11 Children's Mental Health Awareness Week 5 – 11 North American Occupational Safety and Health Week	5	6	7	8 National Bike to School Day	8	9	10	11	11 Cornelia de Lange Syndrome Awareness Day	
12 – 18 Food Allergy Awareness Week	12	13 – 17 National Neuropathy Awareness Week 13 – 19 National Alcohol- and Other Drug-Related Birth Defects Awareness Week 13 – 19 National Stuttering Awareness Week	13	14	15	16	17	18	18 HIV Vaccine Awareness Day	
19 National Asian and Pacific Islander HIV/AIDS Awareness Day	19	20 World Autoimmune Arthritis Day	20	21 – 27 Recreational Water Illness and Injury Prevention Week	21	22	23	24	24 Heat Safety Awareness Day	25
26 – June 1 National Hurricane Preparedness Week	26	27	28	29 National Senior Health & Fitness Day®	29	30	31			



June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 – July 4 Fireworks Safety Month ¹
2 National Cancer Survivors Day 2 – 8 National Rip Current Awareness Week	3	4	5	6	7	8
9	10 – 16 Men's Health Week	11	12	13	14	15
16	17	18	19 World Sickle Cell Day	20	21	22
23 – 29 National Lightning Safety Awareness Week	24	25	26	27 National HIV Testing Day	28	29
30						



July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 28 World Hepatitis Day	29	30	31			



August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1 – 7 World Breastfeeding Week	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13 National Celiac Disease Awareness Day	14
15 15 – 21 National Farm Safety & Health Week 15 – 21 National Rehabilitation Awareness Celebration	16	17	18 Get Ready Day 18 National School Backpack Awareness Day	19	20	21
22	23	24	25 National Women's Health & Fitness Day™	26	27 National Gay Men's HIV/AIDS Awareness Day 27 RAINN Day 27 Sport Purple For Platelets Day	28 Family Health & Fitness Day USA® 28 World Rabies Day
29 World Heart Day	30					



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 7 – 11 Drive Safely Work Week 7 – 13 Mental Illness Awareness Week	8	9 9 Walk to School Day	10	11	12 12 – 20 Bone and Joint Health National Awareness Week
13	14 14 – 18 National Health Education Week	15 15 National Latino AIDS Awareness Day	16	17	18	19
20 20 – 26 International Infection Prevention Week 20 – 26 Respiratory Care Week	21	22 22 International Stuttering Awareness Day	23 23 – 31 Red Ribbon Week	24	25	26
27	28	29	30	31		



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 21 Great American Smokeout	22	23
24 24 – 30 Gastroesophageal Reflux Disease Awareness Week	25	26	27	28	29	30



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 World AIDS Day 1 – 7 National Handwashing Awareness Week	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2013 National Health Observances



January

National Birth Defects Prevention Month

National Birth Defects Prevention Network
14781 Memorial Drive, #1561
Houston, TX 77079
nbdpn@nbdpn.org
<http://www.nbdpn.org>
Materials available
Contact: NBDPN Education and Outreach Committee

National Glaucoma Awareness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

National Radon Action Month

U.S. Environmental Protection Agency
1200 Pennsylvania Avenue NW, MC 6609J
Washington, DC 20460
(202) 343-9051
(202) 343-2394 Fax
<http://www.epa.gov/radon/nram>
Materials available
Contact: Lou Witt

Thyroid Awareness Month

American Association of Clinical Endocrinologists
245 Riverside Avenue, Suite 200
Jacksonville, FL 32202
(904) 353-7878
(904) 404-4207 Fax
dmousa@aace.com
<http://www.thyroidawareness.com>
Materials available
Contact: Dalia Mousa

6 -12

National Folic Acid Awareness Week

National Council on Folic Acid
c/o Spina Bifida Association
4590 MacArthur Boulevard NW, Suite 250
Washington, DC 20007
(800) 621-3141 x13
(202) 944-3285 x13
(202) 944-3295 Fax
ncfa@sbaa.org
<http://www.folicacidinfo.org>
Materials available
Contact: None designated



February

AMD/Low Vision Awareness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

International Prenatal Infection Prevention Month

Group B Strep International
11 El Dorado Court
Pomona, CA 91766
(909) 620-7214
(909) 620-5557 Fax
info@gbs-intl.org
<http://www.groupbstrepinternational.org>
Materials available
Contact: Marti Perhach

National Children's Dental Health Month

American Dental Association
211 East Chicago Avenue
Chicago, IL 60611-2637
(800) 621-8099
ncdhm@ada.org
<http://www.ada.org/5578.aspx>
Materials available
Contact: None designated

Teen Dating Violence Awareness Month

Break the Cycle
5777 West Century Blvd., Suite 1150
Los Angeles, CA 90045
(310) 286-3383
(310) 286-3586 Fax
teendvmonth@breakthecycle.org
<http://www.teendvmonth.org>
<http://www.breakthecycle.org>
Materials available
Contact: None designated

1 Give Kids A Smile® Day

American Dental Association
211 East Chicago Avenue
Chicago, IL 60611-2637
(312) 440-2500
gkas@ada.org
<http://www.ada.org/givekidsasmile.aspx>
Materials available
Contact: None designated

1 National Wear Red® Day

National Heart, Lung, and Blood Institute
Health Information Center
Attention: The Heart Truth
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
(301) 592-8563 Fax
nhlbiinfo@nhlbi.nih.gov
<http://www.nhlbi.nih.gov/health/hearttruth>
Materials available
Contact: Information Specialist

2013 National Health Observances



FEBRUARY (continued)

7 National Black HIV/AIDS Awareness Day

Healthy Black Communities, Inc.
964 Ralph David Abernathy, Suite C12
Atlanta, GA 30310-1833
(404) 454-5469
info@blackaidsday.org
<http://www.blackaidsday.org>
Materials available
Contact: LaMont Evans

7 – 14 Congenital Heart Defect Awareness Week

Congenital Heart Information Network
101 North Washington Avenue, Suite 1A
Margate City, NJ 08402
(609) 882-1572
(609) 822-1573
(609) 822-1574 Fax
mb@tchin.org
<http://www.tchin.org/aware>
Materials available
Contact: Mona Barmash

14 National Donor Day

Division of Transplantation, Healthcare
Systems Bureau
Health Resources and Services Administration
U.S. Department of Health and Human
Services
Parklawn Building, Room 12C-05
5600 Fishers Lane
Rockville, MD 20857
(888) 275-4772
(703) 821-2098 Fax
ask@hrsa.gov
<http://www.organdonor.gov>
Materials available
Contact: Division of Transplantation Staff

2013 National Health Observances



March

National Colorectal Cancer Awareness Month

Prevent Cancer Foundation
1600 Duke Street, Suite 500
Alexandria, VA 22314
(800) 227-2732
(703) 836-4412
(703) 886-4413 Fax
sarah.abou@preventcancer.org
<http://www.preventcancer.org>
Materials available
Contact: Sarah Abou-El-Seoud

National Endometriosis Awareness Month

Endometriosis Association
8585 North 76th Place
Milwaukee, WI 53223
(800) 992-3636
(414) 355-2200
(414) 355-6065 Fax
carol@endometriosisassn.org
<http://www.endometriosisassn.org>
Materials available
Contact: Carol Drury

National Nutrition Month®

Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
nnm@eatright.org
<http://www.eatright.org/nnm>
Materials available
Contact: Knowledge Center

Save Your Vision Month

American Optometric Association
243 North Lindbergh Boulevard, First Floor
St. Louis, MO 63141
(800) 365-2219
(314) 991-4100
(314) 991-4101 Fax
mcbryson@aoa.org
<http://www.aoa.org/x5072.xml>
Materials available
Contact: Susan Thomas

Trisomy Awareness Month

Support Organization for Trisomy 18, 13 &
Related Disorders
2982 South Union Street
Rochester, NY 14624-1926
(800) 716-SOFT -7638
(585) 594-4621
(585) 594-1957 Fax
barbsoft@rochester.rr.com
<http://www.trisomy.org>
Materials available
Contact: Barb Vanherreweghe

Workplace Eye Wellness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

2013 National Health Observances



MARCH (continued)

3 – 10

National Sleep Awareness Week®

National Sleep Foundation
1010 North Glebe Road, Suite 310
Arlington, VA 22201
(703) 243-1697
nsf@sleepfoundation.org
<http://www.sleepfoundation.org/event/national-sleep-awareness-week-2013>
Materials available
Contact: Tom Clifford

4 – 8

National School Breakfast Week

School Nutrition Association
120 Waterfront Street, Suite 300
National Harbor, MD 20745
(800) 877-8822
(301) 686-3100
(301) 686-3115 Fax
servicecenter@schoolnutrition.org
<http://www.schoolnutrition.org/nsbw>
Materials available
Contact: Laura Maynard

11 – 17

Brain Awareness Week

Dana Alliance for Brain Initiatives
505 Fifth Avenue, 6th Floor
New York, NY 10017
(212) 401-1689
(212) 593-7623 Fax
bawinfo@dana.org
<http://www.dana.org/brainweek>
Materials available
Contact: Kathleen Roina

14

World Kidney Day

National Kidney Foundation
30 East 33rd Street
New York, NY 10016
(800) 622-9010
(212) 889-2210
(212) 889-2310 Fax
info@kidney.org
<http://www.kidneyday.org>
Materials available
Contact: None designated

18 – 22

Flood Safety Awareness Week

National Oceanic and Atmospheric
Administration
National Weather Service
Office of Climate, Water, and Weather
Services
1325 East-West Highway, Room 13142
Silver Spring, MD 20910
(301) 713-1677 x124
deborah.jones@noaa.gov
<http://www.nws.noaa.gov/floodsafety/index.shtml>
Materials available
Contact: None designated

18 – 22

National Youth Violence Prevention Week

National Association of SAVE
322 Chapanoke Road, Suite 110
Raleigh, NC 27603
(866) 343-SAVE (7283)
(919) 661-7800
(919) 661-7777 Fax
info@nationalsave.org
<http://nationalsave.org/event/national-youth-violence-prevention-week>
Materials available
Contact: None designated

2013 National Health Observances



MARCH (continued)

18 – 24

National Poison Prevention Week

Poison Prevention Week Council
515 King Street, Suite 510
Alexandria, VA 22314
(703) 894-1858
(703) 683-2812 Fax
wilsonwells@aapcc.org
<http://www.poisonprevention.org/poison.htm>
Materials available
Contact: Courtney Wilson

24

World Tuberculosis Day

Stop TB Partnership (Secretariat)
World Health Organization HTM/STB/TBP
20, avenue Appia
CH-1211 Geneva 27
SWITZERLAND
+(41) 22 791 2690
+(41) 22 791 4886 Fax
stoptbinfo@who.int
http://www.stoptb.org/events/world_tb_day
Materials available
Contact: None designated

24 – 30

National Tsunami Preparedness Week

National Oceanic and Atmospheric
Administration
National Weather Service
Office of Climate, Water, and Weather
Services
1325 East-West Highway, Room 13142
Silver Spring, MD 20910
(301) 713-1677 x124
deborah.jones@noaa.gov
<http://www.tsunami.gov>
Materials available
Contact: Deborah Jones

26

American Diabetes Alert Day

American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
(800) DIABETES (342-2383)
(703) 549-1500
(703) 549-6995 Fax
askada@diabetes.org
[http://www.diabetes.org/in-my-community/
programs/alert-day](http://www.diabetes.org/in-my-community/programs/alert-day)
Materials available
Contact: Local Chapters



April

Alcohol Awareness Month

National Council on Alcoholism and Drug Dependence, Inc.
244 East 58th Street, 4th Floor
New York, NY 10022
(800) NCA-CALL (622-2255) (24-hour helpline)
(212) 269-7797
(212) 269-7510 Fax
national@ncadd.org
<http://www.ncadd.org/index.php/programs-a-services/alcohol-awareness-month>
Materials available
Contact: None designated

Irritable Bowel Syndrome Month

International Foundation for Functional Gastrointestinal Disorders
700 West Virginia Street, #201
Milwaukee, WI 53204
(888) 964-2001
(414) 964-1799
(414) 964-7176 Fax
iffgd@iffgd.org
<http://www.aboutibs.org/site/about-ibs/april-ibs-awareness-month>
Materials available
Contact: Nancy Norton

National Autism Awareness Month

The Autism Society
4340 East West Highway, Suite 350
Bethesda, MD 20814-3067
(800) 3-AUTISM (328-8476)
(301) 657-0881
(301) 657-0869 Fax
info@autism-society.org
<http://www.autism-society.org/about-us/national-autism-awareness-month/>
Materials available
Contact: Jennifer Repella

National Child Abuse Prevention Month

Child Welfare Information Gateway
Children's Bureau ACYF, HHS
1250 Maryland Avenue SW, 8th Floor
Washington, DC 20024
(800) 394-3366
info@childwelfare.gov
<http://www.childwelfare.gov/preventing/preventionmonth/index.cfm>
Materials available
Contact: None designated

National Distracted Driving Awareness Month

FocusDriven
P. O. Box 45333
Omaha, NE 68145
(603) 775-2405
info@focusdriven.org
<http://www.focusdriven.org/index.aspx>
Materials available
Contact: None designated

National Donate Life Month

Division of Transplantation, Healthcare Systems Bureau
Health Resources and Services Administration
U.S. Department of Health and Human Services
Parklawn Building, Room 12C-05
5600 Fishers Lane
Rockville, MD 20857
(888) 275-4772
(703) 821-2098 Fax
ask@hrsa.gov
<http://www.organdonor.gov>
Materials available
Contact: Division of Transplantation Staff

2013 National Health Observances



APRIL (continued)

National Facial Protection Month

American Association of Oral and Maxillofacial Surgeons

American Academy of Pediatric Dentistry

American Association of Orthodontists

9700 West Bryn Mawr Avenue

Rosemont, IL 60018-5701

(847) 678-6200

(847) 678-4619 (Fax)

inquiries@aaoms.org

<http://www.aaoms.org>

Materials available

Contact: AAOMS Communications

National Minority Health Month

Office of Minority Health

U.S. Department of Health and Human Services

P.O. Box 37337

Washington, DC 20013-7337

(800) 444-6472

(301) 251-1797

(240) 453-2883 Fax

info@minorityhealth.hhs.gov

<http://minorityhealth.hhs.gov>

Materials available

Contact: Information Specialist

Occupational Therapy Month

American Occupational Therapy Association, Inc.

4720 Montgomery Lane

Bethesda, MD 20814

(301) 652-6611

(800) 377-8555 TDD

(301) 652-7258 Fax

praota@aota.org

<http://www.aota.org>

Materials available

Contact: Katie Riley

Contact: None designated

Sports Eye Safety Awareness Month

American Academy of Ophthalmology

P.O. Box 7424

San Francisco, CA 94120-7424

(415) 447-0258

(415) 561-8533 Fax

eyemd@aao.org

<http://www.geteyesmart.org/eyesmart/injuries/index.cfm>

Materials available

Contact: Georgia Alward

STI Awareness Month

American Social Health

P. O. Box 13827

Research Triangle Park, NC 27709-3827

(919) 361-8400

(919) 361-8425 Fax

info@ashastd.org

<http://www.ashastd.org/april-is-std-awareness-month.html>

Materials available

Contact: ASHA Media Relations Office

1 – 7

National Public Health Week

American Public Health Association

800 I Street NW

Washington, DC 20001-3710

(202) 777-2428

(202) 777-2500 TTY

(202) 777-2532 Fax

nphw@apha.org

<http://www.nphw.org>

Materials available

Contact: None designated

2013 National Health Observances



APRIL (continued)

2 **SAAM (Sexual Assault Awareness Month) Day of Action**

National Sexual Violence Resource Center
123 North Enola Drive
Enola, PA 17025
(877) 739-3895
(717) 909-0710
(717) 909-0714 Fax
resources@nsvrc.org
<http://www.nsvrc.org/saam/current-campaign/day-of-action>
Materials available
Contact: Lauren Soror

11 **National Alcohol Screening Day®**

Screening for Mental Health, Inc.
One Washington Street, Suite 304
Wellesley Hills, MA 02481
(781) 239-0071
(781) 431-7447 Fax
smhinfo@mentalhealthscreening.org
<http://www.mentalhealthscreening.org/events/national-alcohol-screening-day.aspx>
Materials available
Contact: None designated

20 – 27 **National Infant Immunization Week**

National Center for Immunization and
Respiratory Diseases
Centers for Disease Control and Prevention
1600 Clifton Road NE, MS A27
Atlanta, GA 30333
(800) CDC-INFO (232-4636)
(404) 639-8200
(404) 639-8905 Fax
cdcinfo@cdc.gov
<http://www.cdc.gov/vaccines/events/niiw/index.html>
Materials available
Contact: Dwan Hightower

21 – 27 **National Infertility Awareness Week**

RESOLVE: The National Infertility Association
1760 Old Meadow Road, Suite 500
McLean, VA 22102
(703) 556-7172
(703) 506-3288 Fax
<http://www.resolve.org>
Materials available
Contact: Rebecca Flick

24 **World Meningitis Day**

Confederation of Meningitis Organization
Telethon Institute for Child Health Research
P.O. Box 855
West Perth 6872
AUSTRALIA
+ 61 894897791
+ 61 894897705 Fax
lindag@ichr.uwa.edu.au
<http://www.comoonline.org>
Materials available
Contact: Linda Gibbs

29 – May 3 **Air Quality Awareness Week**

National Oceanic and Atmospheric
Administration
National Weather Service
Office of Climate, Water, and Weather
Services
1325 East West Highway, Room 13160
Silver Spring, MD 20910
(301) 713-1867 x135
jannie.g.ferrell@noaa.gov
<http://www.airquality.noaa.gov>
Materials available
Contact: Jannie G. Ferrell

2013 National Health Observances



May

Arthritis Awareness Month

Arthritis Foundation
P.O. Box 7669
Atlanta, GA 30357-0669
(800) 283-7800
(404) 872-0457 Fax
help@arthritis.org
<http://www.arthritis.org/arthritis-awareness-month.php>
Materials available
Contact: Carol Galbreath

Better Hearing and Speech Month

American Speech-Language-Hearing Association
2200 Research Boulevard, Mailstop 215
Rockville, MD 20850
(800) 498-2071
(301) 296-5700
(301) 296-8580 Fax
bhsm@asha.org
<http://www.asha.org/bhsm>
Materials available
Contact: None designated

Global Employee Health and Fitness Month

National Association for Health and Fitness
65 Niagara Square, Room 607
Buffalo, NY 14202
(716) 583-0521
(716) 851-4052
(716) 851-4309 Fax
wellness@city-buffalo.org
<http://www.physicalfitness.org>
Materials available
Contact: Philip Haberstro

Healthy Vision Month

National Eye Institute
National Institutes of Health
Building 31, Room 6A32
31 Center Drive
Bethesda, MD 20892
(301) 496-5248
(301) 402-1065 Fax
<http://www.nei.nih.gov/healthyvisionmonth>
Materials available
Contact: Linda Huss

Hepatitis Awareness Month

Division of Viral Hepatitis
Centers for Disease Control and Prevention
1600 Clifton Rd, G-37
Atlanta, GA 30033
(404) 718-8596
dvhwi@cdc.gov
<http://www.cdc.gov/hepatitis>
Materials available
Contact: None designated

Lupus Awareness Month

Lupus Foundation of America, Inc.
2000 L Street NW, Suite 410
Washington, DC 20036
(888) 385-8787
(202) 349-1155
(202) 349-1156 Fax
info@lupus.org
<http://www.lupus.org/newsite/pages/lupus-awareness-month.html>
Materials available
Contact: Duane Peters

2013 National Health Observances



MAY (continued)

Melanoma/Skin Cancer Detection and Prevention Month®

American Academy of Dermatology
930 East Woodfield Road
Schaumburg, IL 60173
(888) 462-DERM (3376)
(847) 330-0230
(847) 330-8907 Fax
mediarelations@aad.org
<http://www.spotskincancer.org>
Materials available
Contact: Allison Sit

Mental Health Month

Mental Health America
2000 North Beauregard Street, 6th Floor
Alexandria, VA 22311
(800) 969-6642
(703) 684-7722
(703) 684-5968 Fax
ameans@mentalhealthamerica.net
<http://www.mentalhealthamerica.net/go/may>
Materials available
Contact: None designated

National Asthma and Allergy Awareness Month

Asthma and Allergy Foundation of America
8201 Corporate Drive, Suite 1000
Landover, MD 20785
(800) 7-ASTHMA (727-8462)
(202) 466-7643
(202) 466-8940 Fax
info@aafa.org
<http://www.aafa.org>
Materials available
Contact: None designated

National Celiac Disease Awareness Month

American Celiac Disease Alliance
2504 Duxbury Place
Alexandria, VA 22308
(703) 622-3331
info@americanceeliac.org
<http://www.americanceeliac.org>
Materials available
Contact: Andrea Levario

National High Blood Pressure Education Month

National Heart, Lung, and Blood Institute
Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
(301) 592-8563 Fax
nhlbiinfo@nhlbi.nih.gov
<http://www.nhlbi.nih.gov>
Materials available
Contact: Information Specialist

National Mediterranean Diet Month

Oldways and the Mediterranean Foods Alliance
266 Beacon Street
Boston, MA 02116
(617) 421-5500
(617) 421-5511 Fax
gorcutt@oldwayspt.org
<http://www.oldwayspt.org>
Materials available
Contact: Georgia Orcutt

2013 National Health Observances



MAY (continued)

National Osteoporosis Awareness and Prevention Month

National Osteoporosis Foundation
1150 17th Street NW, Suite 850
Washington, DC 20036
(800) 231-4222
(202) 223-2226
(202) 223-2237 Fax
communications@nof.org
<http://www.nof.org>
Materials available
Contact: Valerie Patmintra

National Toxic Encephalopathy and Chemical Injury Awareness Month

National Toxic Encephalopathy Foundation
P.O. Box 29194
Las Vegas, NV 89126
(702) 490-9677
angel@ntef-usa.org
<http://www.ntef-usa.org>
Materials available
Contact: Angel De Fazio

Ultraviolet Awareness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

Preeclampsia Awareness Month

Preeclampsia Foundation
6767 North Wickham Road, Suite 400
Melbourne, FL 32940
(800) 665-9341
(321) 421-6957
(321) 821-0450 Fax
eleni.tsigas@preeclampsia.org
<http://www.preeclampsia.org>
Materials available
Contact: Eleni Tsigas

5 – 11

Children's Mental Health Awareness Week

National Federation of Families for Children's Mental Health
9605 Medical Center Drive, Suite 280
Rockville, MD 20850
(240) 403-1901
(240) 403-1909 Fax
ffcmh@ffcmh.org
<http://www.ffcmh.org>
Materials available
Contact: Sandra A. Spencer

5 – 11

North American Occupational Safety and Health Week

American Society of Safety Engineers
ASSE Public Relations Department
1800 East Oakton Street
Des Plaines, IL 60018-2187
(847) 699-2929
(847) 768-3413
(847) 296-3769 Fax
dhurns@asse.org
<http://www.asse.org/naosh>
Materials available
Contact: Diane Hurns

2013 National Health Observances



MAY (continued)

8 National Bike to School Day

National Center for Safe Routes to School
730 Martin Luther King, Jr. Blvd, Suite 300
Campus Box 3430
Chapel Hill, NC 27599-3430
(866) 610-SRTS (7787)
walk@walktoschool.org
<http://www.walkbiketoschool.org>
Materials available
Contact: Susan Byszeski

11 Cornelia de Lange Syndrome Awareness Day

CdLS-USA Foundation
302 West Main Street, #100
Avon, CT 06001
(800) 753-2357
(800) 223-8355
(860) 676-8166
(860) 676-8255
(860) 676-8337 Fax
outreach@cdlsusa.org
<http://www.cdlsusa.org>
Materials available
Contact: Marie Malloy

12 – 18 Food Allergy Awareness Week

Food Allergy & Anaphylaxis Network
11781 Lee Jackson Highway, Suite 160
Fairfax, VA 22033
(800) 929-4040
(703) 691-3066
(703) 691-2713 Fax
faaw@foodallergy.org
<http://www.foodallergy.org>
Materials available
Contact: Nancy Gregory

13 – 17 National Neuropathy Awareness Week

The Neuropathy Association
60 East 42nd Street, Suite 942
New York, NY 10165
(212) 692-0665
(212) 692-0668 Fax
info@neuropathy.org
<http://www.neuropathy.org>
Materials available
Contact: Natacha T. Pires

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

National Council on Alcoholism and Drug
Dependence, Inc.
217 Broadway, Suite 712
New York, NY 10007
(800) nca-call (622-2255) (24-hour affiliate
referral)
(212) 269-7797
(212) 269-7510 Fax
president@ncadd.org
<http://www.ncadd.org>
Materials available
Contact: President

13 – 19 National Stuttering Awareness Week

Stuttering Foundation of America
1805 Moriah Woods Boulevard, #3
P.O. Box 11749
Memphis, TN 38111-0749
(800) 992-9392
(800) 967-7700
(901) 761-0484 Fax
info@stutteringhelp.org
<http://www.stutteringhelp.org>
Materials available
Contact: Jane Fraser

2013 National Health Observances



MAY (continued)

18 HIV Vaccine Awareness Day

National Institute of Allergy and Infectious Diseases
Division of AIDS Vaccine Research Program
6700-B Rockledge Drive, Room 4139
Bethesda, MD 20892
(301) 435-3732
(301) 402-1505 Fax
niaidaidsscib@niaid.nih.gov
<http://www.niaid.nih.gov>
Materials available
Contact: NIAID SCIB

19 National Asian and Pacific Islander HIV/AIDS Awareness Day

The Banyan Tree Project
Asian & Pacific Islander Wellness Center
730 Polk Street, 4th Floor
San Francisco, CA 94109
(415) 292-3420 x352
(415) 292-3404 Fax
sapna@apiwellness.org
<http://www.banyantreeproject.org>
Materials available
Contact: Sapna Mysoor

20 World Autoimmune Arthritis Day

The International Autoimmune Arthritis Movement
646 South Barrington Avenue
Los Angeles, CA 90049
(877) 609-iaam (4226)
tiffany@iaamovement.org
<http://www.worldautoimmunearthritisday.org>
Materials available
Contact: Tami Brown

21 – 27 Recreational Water Illness and Injury Prevention Week

Waterborne Disease Prevention Branch
Division of Foodborne, Waterborne, and Environmental Diseases
National Center for Emerging and Zoonotic Infectious Diseases
Centers for Disease Control and Prevention
1600 Clifton Road, Mail Stop C-09
Atlanta, GA 30333
(404) 639-1700
(404) 718-4842 Fax
healthywater@cdc.gov
<http://www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week>
Materials available
Contact: Michele Hlavsa

24 Heat Safety Awareness Day

National Oceanic and Atmospheric Administration
National Weather Service
Office of Climate, Water, and Weather Services
1325 East-West Highway, Room 13160
Silver Spring, MD 20910
(301) 713-1867 x135
jannie.g.ferrell@noaa.gov
<http://www.weather.gov/om/heat/index.shtml>
Materials available
Contact: Jannie G. Ferrell

26 – June 1 National Hurricane Preparedness Week

National Oceanic and Atmospheric Administration
National Weather Service
Office of Climate, Water, and Weather Services
1325 East-West Highway, Room 13142
Silver Spring, MD 20910
(301) 713-1677 x124
deborah.jones@noaa.gov
<http://www.nhc.noaa.gov>
Materials available
Contact: Deborah Jones



MAY (continued)

29

National Senior Health & Fitness Day®

Mature Market Resource Center™

1850 West Winchester Road, #213

Libertyville, IL 60048

(800) 828-8225

(847) 816-8660

(847) 816-8662 (Fax)

info@fitnessday.com

<http://www.fitnessday.com>

Materials available

Contact: Gary W. Ford

2013 National Health Observances



June

Cataract Awareness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

Men's Health Month

Men's Health Network
P.O. Box 75972
Washington, DC 20013
(202) 543-6461 x101
(202) 543-2727 Fax
info@menshealthweek.org
<http://www.menshealthmonth.org>
Materials available
Contact: Theresa Morrow

National Aphasia Awareness Month

National Aphasia Association
350 Seventh Avenue, Suite 902
New York, NY 10001
(800) 922-4622
(212) 267-2814
(212) 267-2812 Fax
naa@aphasia.org
<http://www.aphasia.org>
Materials available
Contact: Ellayne Ganzfried

National Congenital Cytomegalovirus Awareness Month

Stop CMV - The CMV Action Network
P. O. Box 62214
Sunnyvale, CA 94088-2214
(209) 712-9929
awareness@stopcmv.org
<http://www.stopcmv.org/en/landing/june.html>
Materials available
Contact: Janelle Greenlee

National Safety Month

National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
(800) 621-7615
(630) 775-2307
(630) 285-1315 Fax
media@nsc.org
<http://www.nsc.org/nsm>
Materials available
Contact: Debbie Riedner

National Scleroderma Awareness Month

Scleroderma Foundation
300 Rosewood Drive, Suite 105
Danvers, MA 01923
(800) 722-HOPE (4673)
(978) 463-5809 Fax
sfinfo@scleroderma.org
[http://scfo.convio.net/site/
PageServer?pagename=SAW_ias](http://scfo.convio.net/site/PageServer?pagename=SAW_ias)
Materials available
Contact: National Office or Local Chapters

2013 National Health Observances



JUNE (continued)

1 – July 4 **Fireworks Safety Month**

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

2 **National Cancer Survivors Day**

National Cancer Survivors Day Foundation
P.O. Box 682285
Franklin, TN 37068
(615) 794-3006
(615) 794-0179 Fax
info@ncsd.org
<http://www.ncsd.org>
Materials available
Contact: None designated

2 – 8 **National Rip Current Awareness Week**

National Oceanic and Atmospheric
Administration
National Weather Service
Office of Climate, Water, and Weather
Services
1325 East-West Highway, Room 13142
Silver Spring, MD 20910
(301) 713-1677 x124
deborah.jones@noaa.gov
<http://www.ripcurrents.noaa.gov/week.shtml>
Materials available
Contact: Deborah Jones

10 – 16 **Men's Health Week**

Men's Health Network
P.O. Box 75972
Washington, DC 20013
(202) 543-6461 x101
(202) 543-2727 Fax
info@menshealthweek.org
<http://www.menshealthmonth.org>
Materials available
Contact: Theresa Morrow

19 **World Sickle Cell Day**

African American Blood Drive and Bone
Marrow Registry for Sickle Cell Disease
Awareness
P.O. Box 1275
Inglewood, CA 90308-1275
(323) 750-1087
aa4scdawareness@aol.com
<http://aablooddriveandmarrowregistry4sicklecellawareness.webs.com/worldsicklecellday.htm>
Materials available
Contact: Nita Thompson

23 – 29 **National Lightning Safety Awareness Week**

National Oceanic and Atmospheric
Administration
National Weather Service
Office of Climate, Water, and Weather
Services
1325 East-West Highway, Room 13142
Silver Spring, MD 20910
(301) 713-0090 x141
donna.franklin@noaa.gov
<http://www.lighteningsafety.noaa.gov>
Materials available
Contact: Donna Franklin

2013 National Health Observances



JUNE (continued)

27

National HIV Testing Day

National Association of People with AIDS

8401 Colesville Road, Suite 505

Silver Spring, MD 20910-3349

(866) 846-9366

(240) 247-0880

(240) 247-0574 Fax

info@napwa.org

<http://www.aids.gov/awareness-days/national-hiv-testing-day>

Materials available

Contact: None designated

2013 National Health Observances



July

Cord Blood Awareness Month

Parent's Guide to Cord Blood Foundation
23110 Georgia Avenue
Brookeville, MD 20833
(301) 774-4915
info@parentsguidecordblood.org
<http://www.parentsguidecordblood.org>
Materials available
Contact: Dr. Frances Verter

International Group B Strep Awareness Month

Group B Strep International
11 El Dorado Court
Pomona, CA 91766
(909) 620-7214
(909) 620-5557 Fax
info@gbs-intl.org
<http://www.groupbstrepinternational.org>
Materials available
Contact: Marti Perhach

Juvenile Arthritis Awareness Month

Arthritis Foundation
P.O. Box 7669
Atlanta, GA 30357-0669
(800) 283-7800
(404) 872-0457 Fax
help@arthritis.org
<http://www.arthritis.org/ja-alliance-main.php>
Materials available
Contact: Carol Galbreath

28

World Hepatitis Day

World Hepatitis Alliance
contact@worldhepatitisalliance.org
<http://www.worldhepatitisday.info>
Materials available
Contact: Michael Ninburg

2013 National Health Observances



August

Children's Eye Health and Safety Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

National Breastfeeding Month

The United States Breastfeeding Committee
2025 M Street NW, Suite 800
Washington, DC 20036
(202) 367-1132
(202) 367-2132 Fax
office@usbreastfeeding.org
<http://www.usbreastfeeding.org/nbm>
Materials available
Contact: Megan Renner

Psoriasis Awareness Month

National Psoriasis Foundation
6600 SW 92nd Avenue, Suite 300
Portland, OR 97223
(800) 723-9166
(503) 245-0626 Fax
getinfo@psoriasis.org
<http://www.psoriasis.org>
Materials available
Contact: National Office

1 – 7

World Breastfeeding Week

World Alliance for Breastfeeding Action
P. O. Box 4097
Schaumburg, IL 60168-4079
(847) 519-7730
(847) 969-0460 Fax
waba@waba.org
<http://www.worldbreastfeedingweek.org>
Materials available
Contact: None designated



September

Childhood Cancer Awareness Month

CureSearch National Childhood Cancer Foundation
4600 East-West Highway, Suite 600
Bethesda, MD 20814
(800) 458-6223
(301) 718-0047 Fax
info@curesearch.org
<http://www.curesearch.org/articleview2.aspx?id=7750&l=8810&c=7eb54f>
Materials available
Contact: None designated

Fruit and Veggies—More Matters Month

Produce for Better Health Foundation
Centers for Disease Control and Prevention
7465 Lancaster Pike, Suite J, 2nd Floor
Hockessin, DE 19707
(302) 235-2329
(302) 235-5555 Fax
kstevens@pbhfoundation.org
<http://www.fruitsandveggiesmorematters.org>
Materials available
Contact: Kristen Stevens

Healthy Aging® Month

Educational Television Network, Inc.
P.O. Box 442
Unionville, PA 19375
(610) 793-0979
info@healthyaging.net
<http://www.healthyaging.net>
Materials available
Contact: Information Specialist

Infant Mortality Awareness Month

First Candle
1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
(410) 653-8226
(410) 653-8709 Fax
info@firstcandle.org
<http://www.firstcandle.org>
Materials available
Contact: Nadine Goldberg

National Atrial Fibrillation Awareness Month

American Foundation for Women's Health
P.O. Box 541
Greenwood, TX 76246-0541
(940) 466-9898
mhills@stopafib.org
<http://www.stopafib.org>
Materials available
Contact: Mellanie True Hills

National Cholesterol Education Month

National Heart, Lung, and Blood Institute
Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
(301) 592-8563 Fax
nhlbiinfo@nhlbi.nih.gov
<http://hp2010.nhlbihin.net/cholmonth>
Materials available
Contact: Information Specialist

National ITP Awareness Month

Platelet Disorder Support Association
133 Rollins Avenue, Suite 500
Rockville, MD 20852
(877) 528-3538
(301) 770-6636
(301) 770-6638 Fax
pdsa@pdsa.org
<http://www.pdsa.org/resources/itp-awareness-month.html>
Materials available
Contact: Nancy Potthast

2013 National Health Observances



SEPTEMBER (continued)

National Pediculosis Prevention Month/ Head Lice Prevention Month

National Pediculosis Association, Inc.
1005 Boylston Street, #343
Newton, MA 02461
(617) 905-0176
(812) 434-6652 Fax
npa@headlice.org
<http://www.headlice.org>
Materials available
Contact: Deborah Altschuler

National Preparedness Month

Ready Campaign FEMA/DHS
500 C Street SW, Suite 714
Washington, DC 20472
(800) BE-READY (237-3239)
(240) 699-0525 Fax
fema-publications-warehouse@fema.gov
<http://www.ready.gov>
Materials available
Contact: None designated

National Recovery Month

Substance Abuse and Mental Health Services
Administration
P.O. Box 2345
Washington, DC 20847-2345
(800) 662-HELP (4357)
(240) 221-4292 Fax
samhsainfo@samhsa.hhs.gov
<http://www.recoverymonth.gov>
Materials available
Contact: None designated

National Sickle Cell Month

Sickle Cell Disease Association of America, Inc.
231 East Baltimore Street, Suite 800
Baltimore, MD 21202
(800) 421-8453
(410) 528-1495
(410) 528-1555 Fax
scdaa@sicklecelldisease.org
<http://www.sicklecelldisease.org>
Materials available
Contact: None designated

National Yoga Awareness Month

Yoga Health Foundation
578 Washington Boulevard., #716
Marina del Rey, CA 90292
(310) 928-6638
join@yogamonth.org
<http://www.yogamonth.org>
Materials available
Contact: Johannes R. Fisslinger

Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition
2501 Oak Lawn Avenue, Suite 435
Dallas, TX 75219
(888) OVARIAN (682-7426)
(214) 273-4200
nocc@ovarian.org
www.ovarian.org/september-awareness.php
Materials available
Contact: None designated

Prostate Cancer Awareness Month

ZERO - The End of Prostate Cancer
10 G Street NE, Suite 601
Washington, DC 20002
(888) 245-9455
(202) 463-9455
(202) 463-9456
melissa@zerocancer.org
<http://www.zerocancer.org>
Materials available
Contact: Melissa Kadish

2013 National Health Observances



SEPTEMBER (continued)

Whole Grains Month

Whole Grains Council
226 Beacon Street
Boston, MA 02116
(617) 421-5500
(617) 421-5511 Fax
cynthia@oldwayspt.org
<http://www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september>
Materials available
Contact: Cynthia Harriman

World Alzheimer's Month

Alzheimer's Disease International
64 Great Suffolk Street
London, SE1 OBL
UNITED KINGDOM
+44 20 7981 0880
+44 20 7928 2357 Fax
info@alz.co.uk
<http://www.alz.co.uk/wam>
Materials available
Contact: None designated

13 National Celiac Disease Awareness Day

Celiac Sprue Association
P.O. Box 31700
Omaha, NE 68131-0700
(877) 272-4272
(402) 643-4108 Fax
celiacs@csaceliacs.org
<http://www.csaceliacs.org>
Materials available
Contact: Mary Schluckebier

15 – 21 National Farm Safety & Health Week

National Education Center for Agricultural
Safety
10250 Sundown Road
Peosta, IA 52068
(888) 844-6322
(563) 557-0354
(563) 557-0353 Fax
halversc@nicc.edu
<http://www.necasag.org>
Materials Available
Contact: Charlotte Halverson

15 – 21 National Rehabilitation Awareness Celebration

National Rehabilitation Awareness Foundation
100 Abington Executive Park
Clarks Summit, PA 18411
(800) 943-6723
(570) 341-4637
(570) 341-4331 Fax
jbrogn@allied-services.org
<http://www.nraf-rehabnet.org>
Materials available
Contact: James Brogna

18 Get Ready Day

American Public Health Association
800 I Street NW
Washington, DC 20001-3710
(202) 777-2509
(202) 777-2500 TTY
(202) 777-2532 Fax
audrey.pernik@apha.org
<http://www.aphagetready.org>
Materials available
Contact: Charlene Bright

2013 National Health Observances



SEPTEMBER (continued)

18 National School Backpack Awareness Day

American Occupational Therapy Association, Inc.
4720 Montgomery Lane, Suite 200
Bethesda, MD 20824-3449
(301) 652-6611 (voice mail)
(800) 377-8555 TDD
(301) 652-7711 Fax
praota@aota.org
<http://www.aota.org>
Materials available
Contact: Katie Riley

25 National Women's Health & Fitness Day™

Health Information Resource Center™
1850 West Winchester Road, #213
Libertyville, IL 60048
(800) 828-8225
info@fitnessday.com
<http://www.fitnessday.com>
Materials available
Contact: Patricia Henze

27 National Gay Men's HIV/AIDS Awareness Day

National Association of People with AIDS
8401 Colesville Road, Suite 505
Silver Spring, MD 20910
(866) 846-9366
(240) 247-0880
(240) 247-0574 Fax
sbailous@napwa.org
<http://www.napwa.org>
Materials available
Contact: Stephen Bailous

27 RAINN Day

Rape, Abuse & Incest National Network
(RAINN)
2000 L Street NW, Suite 406
Washington, DC 20036
(800) 656-HOPE (4673)
National Sexual Assault Hotline
(202) 544-1034
rainnday@rainn.org
<http://www.rainn.org/rainnday>
Materials available
Contact: Megan Erhardt

27 Sport Purple For Platelets Day

Platelet Disorder Support Association
133 Rollins Avenue, Suite 5
Rockville, MD 20852
(877) 528-3538
(301) 770-6636
(301) 770-6638 Fax
pdsa@pdsa.org
<http://www.pdsa.org>
Materials available
Contact: Nancy Potthast

28 Family Health & Fitness Day USA®

Health Information Resource Center™
1850 West Winchester Road, #213
Libertyville, IL 60048
(800) 828-8225
info@fitnessday.com
<http://www.fitnessday.com>
Materials Available
Contact: Patricia Henze

2013 National Health Observances



SEPTEMBER (continued)

28

World Rabies Day

Global Alliance for Rabies Control
529 Humboldt Street, Suite 1
Manhattan, KS 66502
(570) 899-4885
peter.costa@worldrabiesday.org
<http://www.worldrabiesday.org>
Materials available
Contact: Peter Costa

29

World Heart Day

World Heart Federation
7 Rue des Batoirs, Case postale 155
1211 Geneva 4
SWITZERLAND
info@worldheart.org
<http://www.worldheart.org>
Materials available
Contact: Cynthia Haro

2013 National Health Observances



October

Domestic Violence Awareness Month

National Coalition Against Domestic Violence
One Broadway, Suite B210
Denver, CO 80203
(303) 839-1852
(303) 839-8459 TTY
(303) 831-9251 Fax
mainoffice@ncadv.org
[http://www.ncadv.org/takeaction/
DomesticViolenceAwarenessMonth.php](http://www.ncadv.org/takeaction/DomesticViolenceAwarenessMonth.php)

Materials available

Contact: None designated

Eye Injury Prevention Month

American Academy of Ophthalmology
P.O. Box 7424
San Francisco, CA 94120-7424
(415) 447-0258
(415) 561-8533 Fax
eyemd@aao.org
[http://www.geteyesmart.org/eyesmart/injuries/
index.cfm](http://www.geteyesmart.org/eyesmart/injuries/index.cfm)

Materials available

Contact: Georgia Alward

Health Literacy Month

Health Literacy Consulting
31 Highland Street, Suite 201
Natick, MA 01760
(508) 653-1199
(508) 650-9492 Fax
helen@healthliteracy.com
<http://www.healthliteracymonth.org>

Materials available

Contact: Helen Osborne

Home Eye Safety Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month
Board of Sponsors
C1C-315 1800 Concord Pike
Wilmington, DE 19850-5437
nbcamquestions@yahoo.com
<http://www.nbcam.org>
Materials available
Contact: None designated

National Bullying Prevention Month

PACER Center, Inc.
8161 Normandale Blvd.
Bloomington, MN 55437
(888) 248-0822
(952) 838-0199 Fax
bullying411@pacer.org
<http://www.pacer.org/bullying/nbpm/>
Materials available
Contact: None designated

2013 National Health Observances



OCTOBER (continued)

National Down Syndrome Awareness Month

National Down Syndrome Society
666 Broadway
New York, NY 10012
(800) 221-4602
(212) 979-2873 Fax
info@ndss.org
<http://www.ndss.org>
Materials available
Contact: Educational Services

National Medical Librarians Month

Medical Library Association
65 East Wacker Place, Suite 1900
Chicago, IL 60601-7246
(312) 419-9094 x11
(312) 419-8950 Fax
mlams@mlahq.org
<http://www.mlanet.org>
Materials available
Contact: Tomi Gunn

National Physical Therapy Month

American Physical Therapy Association
1111 North Fairfax Street
Alexandria, VA 22314-1488
(800) 999-2782
(703) 684-2782 x3248
(703) 706-8578 Fax
public-relations@apta.org
<http://www.apta.org/nptm>
Materials available
Contact: Public Relations Department

Sudden Infant Death Syndrome Awareness Month

First Candle
1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
(410) 653-8226
(410) 653-8709 Fax
info@firstcandle.org
<http://www.firstcandle.org>
Materials available
Contact: Nadine Goldberg

7 – 11

Drive Safely Work Week

Network of Employers for Traffic Safety
344 Maple Avenue West, #357
Vienna, VA 22180
(888) 221-0045
(703) 273-6005
(703) 273-7122 Fax
nets@trafficsafety.org
<http://www.trafficsafety.org>
Materials available
Contact: Liz Stevens

7 – 13

Mental Illness Awareness Week

National Alliance on Mental Illness
3803 North Fairfax Drive, Suite 100
Arlington, VA 22203
(800) 950-6264 Helpline
(703) 524-7600
(703) 524-9094 Fax
info@nami.org
<http://www.nami.org>
Materials available
Contact: None designated

2013 National Health Observances



OCTOBER (continued)

9

Walk to School Day

National Center for Safe Routes to School
730 Martin Luther King, Jr. Blvd, Suite 300 /
Campus Box 3430
Chapel Hill, NC 27599-3430
866-610-SRTS (7787)
walk@walktoschool.org
http://www.walkbiketoschool.org
Materials available
Contact: Susan Byszeski

12 – 20

Bone and Joint Health National Awareness Week

U.S. Bone and Joint Initiative
6300 North River Road
Rosemont, IL 60018
(847) 430-5053
(847) 430-5052
(847) 823-1822 Fax
usbji@usbji.org
http://www.usbji.org
Materials available
Contact: Toby King

14 – 18

National Health Education Week

Society for Public Health Education
10 G Street NE, Suite 605
Washington, DC 20002-4242
(202) 408-9804
(202) 408-9815 Fax
info@sophe.org
http://www.sophe.org/nhew.cfm
Materials available
Contact: Julia Gin

15

National Latino AIDS Awareness Day

Latino Commission on AIDS
24 West 25th Street, 9th Floor
New York, NY 10010
(212) 584-9315
(212) 202-3620 Fax
mramirez@latinoaids.org
http://www.nlaad.org
Materials available
Contact: Melissa Faith Ramirez

20 – 26

International Infection Prevention Week

Association for Professionals in Infection
Control and Epidemiology
1275 K Street NW, Suite 1000
Washington, DC 20005-4006
(202) 789-1890
(202) 789-1899 Fax
info@apic.org
http://www.iipw.site.apic.org/about
Materials available
Contact: None designated

20 – 26

Respiratory Care Week

American Association for Respiratory Care
9425 North MacArthur Boulevard, Suite 100
Irving, TX 75063
(972) 243-2272
(972) 484-2720 Fax
info@aarc.org
http://www.aarc.org/rcweek
Materials available
Contact: Public Relations

2013 National Health Observances



OCTOBER (continued)

22

International Stuttering Awareness Day

Stuttering Foundation of America
1805 Moriah Woods Boulevard, #3
P.O. Box 11749
Memphis, TN 38111-0749
(800) 992-9392
(800) 967-7700
(901) 761-0484 Fax
info@stutteringhelp.org
<http://www.stutteringhelp.org>
Materials available
Contact: Jane Fraser

23 – 31

Red Ribbon Week

National Family Partnership at Informed
Families Education Center
2409 Coral Way, Suite 501
Miami, FL 33145
(800) 705-8997
(305) 856-4886
(305) 856-4815 Fax
agoldstein@informedfamilies.org
<http://www.nfp.org>
<http://www.redribbon.org>
Materials available
Contact: Amy Goldstein

2013 National Health Observances



November

American Diabetes Month

American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
(800) DIABETES (342-2383)
(703) 549-1500
(703) 549-6995 Fax
askada@diabetes.org
[http://www.diabetes.org/in-my-community/
programs/american-diabetes-month](http://www.diabetes.org/in-my-community/programs/american-diabetes-month)
Materials available
Contact: Local Chapters

COPD Awareness Month

American Lung Association
1301 Pennsylvania Avenue NW, Suite 800
Washington, DC 20004
(800) 548-8252
(202) 785-3355
(202) 452-1805 Fax
mike.townsend@lung.org
<http://www.lung.org>
Materials available
Contact: Mike Townsend

Diabetic Eye Disease Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

Lung Cancer Awareness Month

Lung Cancer Alliance
888 16th Street NW, Suite 150
Washington, DC 20006
(202) 463-2080
(202) 463-7497 Fax
info@lungcanceralliance.org
<http://www.lungcanceralliance.org>
Materials available
Contact: Kay Cofrancesco

National Alzheimer's Disease Awareness Month

Alzheimer's Association
225 North Michigan Avenue, 17th Floor
Chicago, IL 60601-7633
(800) 272-3900
(312) 335-4078
(866) 699-1246 Fax
info@alz.org
<http://www.alz.org>
Materials available
Contact: None designated

National Family Caregivers Month

National Family Caregivers Association
10400 Connecticut Avenue, Suite 500
Kensington, MD 20895-3944
(800) 896-3650
(301) 942-2302 Fax
info@thefamilycaregiver.org
<http://www.thefamilycaregiver.org>
Materials available
Contact: None designated

2013 National Health Observances



NOVEMBER (continued)

National Healthy Skin Month

American Academy of Dermatology
930 East Woodfield Road
Schaumburg, IL 60173
(888) 462-DERM (3376)
(847) 330-0230
(847) 330-8907 Fax
mediarelations@aad.org
<http://www.aad.org>
Materials available
Contact: Allison Sit

National Hospice Palliative Care Month

National Hospice and Palliative Care
Organization
1731 King Street, Suite 100
Alexandria, VA 22314
(800) 658-8898 or (800) 646-6460
(703) 837-1500
(703) 837-1233 Fax
jradulovic@nhpco.org
<http://www.nhpco.org>
Materials available
Contact: Jon Radulovic

National Stomach Cancer Awareness Month

No Stomach For Cancer, Inc.
9202 Waterside Street, #203
Middleton, WI 53562
(608) 335-0241
info@nostomachforcancer.org
<http://www.nostomachforcancer.org>
Materials available
Contact: Karen Chelcun-Schreiber

21 Great American Smokeout

American Cancer Society
250 Williams Street NW
Atlanta, GA 30303
(800) ACS-2345 (227-2345)
<http://www.cancer.org>
Materials available
Contact: National Office

24 – 30 Gastroesophageal Reflux Disease Awareness Week

International Foundation for Functional
Gastrointestinal Disorders
700 West Virginia Street, #201
Milwaukee, WI 53204
(888) 964-2001
(414) 964-1799
(414) 964-7176 Fax
iffgd@iffgd.org
[http://www.aboutgerd.org/site/about-gerd/
gerd-awareness-week](http://www.aboutgerd.org/site/about-gerd/gerd-awareness-week)
Materials available
Contact: Nancy Norton

2013 National Health Observances



December

Safe Toys and Gifts Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
(312) 363-6001
(312) 363-6052 Fax
<http://www.preventblindness.org>
Materials available
Contact: PBA Vision Health Resource Center

1 World AIDS Day

World AIDS Campaign
Van Diemenstraat 192 1013 CP Amsterdam
THE NETHERLANDS
+31 20 616 9045
info@worldaidscampaign.org
<http://www.worldaidsday.org/about-world-aids-day.php>
Materials available
Contact: None designated

1 - 7 National Handwashing Awareness Week

Henry the Hand Foundation
11714 U.S. Route 42
Cincinnati, OH 45241
(513) 769-HAND (4263)
dr.will@henrythehand.com
<http://www.henrythehand.com>
Materials available
Contact: Dr. Will Sawyer



The Year 2013 at a Glance

JANUARY

National Birth Defects Prevention Month

National Glaucoma Awareness Month

National Radon Action Month

Thyroid Awareness Month

6 – 12 National Folic Acid Awareness Week

FEBRUARY

AMD/Low Vision Awareness Month

International Prenatal Infection Prevention Month

National Children's Dental Health Month

Teen Dating Violence Awareness Month

1 Give Kids A Smile® Day

1 National Wear Red® Day

7 National Black HIV/AIDS Awareness Day

7 – 14 Congenital Heart Defect Awareness Week

14 National Donor Day

MARCH

National Colorectal Cancer Awareness Month

National Endometriosis Awareness Month

National Nutrition Month®

Save Your Vision Month

Trisomy Awareness Month

Workplace Eye Wellness Month

3 – 10 National Sleep Awareness Week®

4 – 8 National School Breakfast Week

11 – 17 Brain Awareness Week

14 World Kidney Day

18 – 22 Flood Safety Awareness Week

18 – 22 National Youth Violence Prevention Week

18 – 24 National Poison Prevention Week

24 World Tuberculosis Day

24 – 30 National Tsunami Preparedness Week

26 American Diabetes Alert Day

APRIL

Alcohol Awareness Month

Irritable Bowel Syndrome Month

National Autism Awareness Month

National Child Abuse Prevention Month

National Distracted Driving Awareness Month

National Donate Life Month

National Facial Protection Month

National Minority Health Month

Occupational Therapy Month

Sports Eye Safety Awareness Month

STI Awareness Month

1 – 7 National Public Health Week

2 SAAM (Sexual Assault Awareness Month) Day of Action

11 National Alcohol Screening Day®

20 – 27 National Infant Immunization Week

21 – 27 National Infertility Awareness Week

24 World Meningitis Day

29 – May 3 Air Quality Awareness Week

MAY

Arthritis Awareness Month

Better Hearing and Speech Month

Global 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 Asthma and Allergy Awareness Month

National Celiac Disease Awareness Month

2013 National Health Observances



National High Blood Pressure Education Month
National Mediterranean Diet Month
National Osteoporosis Awareness and Prevention Month
National Toxic Encephalopathy and Chemical Injury Awareness Month
Ultraviolet Awareness Month
Preeclampsia Awareness Month
5 – 11 Children's Mental Health Awareness Week
5 – 11 North American Occupational Safety and Health Week
8 National Bike to School Day
11 Cornelia de Lange Syndrome Awareness Day
12 – 18 Food Allergy Awareness Week
13 – 17 National Neuropathy Awareness Week
13 – 19 National Alcohol- and Other Drug-Related Birth Defects Awareness Week
13 – 19 National Stuttering Awareness Week
18 HIV Vaccine Awareness Day
19 National Asian and Pacific Islander HIV/AIDS Awareness Day
20 World Autoimmune Arthritis Day
21 – 27 Recreational Water Illness and Injury Prevention Week

24 Heat Safety Awareness Day
26 – June 1 National Hurricane Preparedness Week
29 National Senior Health & Fitness Day®

JUNE

Cataract Awareness Month
Men's Health Month
National Aphasia Awareness Month
National Congenital Cytomegalovirus Awareness Month
National Safety Month
National Scleroderma Awareness Month
1 - July 4 Fireworks Safety Month
2 National Cancer Survivors Day
2 – 8 National Rip Current Awareness Week
10 – 16 Men's Health Week
19 World Sickle Cell Day
23 – 29 National Lightening Safety Awareness Week
27 National HIV Testing Day

JULY

Cord Blood Awareness Month
International Group B Strep Awareness Month
Juvenile Arthritis Awareness Month

28 World Hepatitis Day

AUGUST

Children's Eye Health and Safety Month
National Breastfeeding Month
Psoriasis Awareness Month
1 – 7 World Breastfeeding Week

SEPTEMBER

Childhood Cancer Awareness Month
Fruit and Veggies—More Matters Month
Healthy Aging® Month
Infant Mortality Awareness Month
National Atrial Fibrillation Awareness Month
National Cholesterol Education Month
National ITP Awareness Month
National Pediculosis Prevention Month/Head Lice Prevention Month
National Preparedness Month
National Recovery Month
National Sickle Cell Month
National Yoga Awareness Month
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month
Whole Grains Month

2013 National Health Observances



World Alzheimer's Month

13 National Celiac Disease Awareness Day

15 – 21 National Farm Safety & Health Week

15 – 21 National Rehabilitation Awareness Celebration

18 Get Ready Day

18 National School Backpack Awareness Day

25 National Women's Health & Fitness Day™

27 National Gay Men's HIV/AIDS Awareness Day

27 RAINN Day

27 Sport Purple For Platelets Day

28 Family Health & Fitness Day USA®

28 World Rabies Day

29 World Heart Day

OCTOBER

Domestic Violence Awareness Month

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 Medical Librarians Month

National Physical Therapy Month

Sudden Infant Death Syndrome Awareness Month

7 – 11 Drive Safely Work Week

7 – 13 Mental Illness Awareness Week

9 Walk to School Day

12 – 20 Bone and Joint Health National Action Week

14 – 18 National Health Education Week

15 National Latino AIDS Awareness Day

20 – 26 International Infection Prevention Week

20 – 26 Respiratory Care Week

22 International Stuttering Awareness Day

23 – 31 Red Ribbon Week

NOVEMBER

American Diabetes Month

COPD Awareness Month

Diabetic Eye Disease Month

Lung Cancer Awareness Month

National Alzheimer's Disease Awareness Month

National Family Caregivers Month

National Healthy Skin Month

National Hospice Palliative Care Month

National Stomach Cancer Awareness Month

21 Great American Smokeout

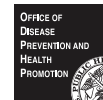
24 – 30 Gastroesophageal Reflux Disease Awareness Week

DECEMBER

Safe Toys and Gifts Month

1 World AIDS Day

1 – 7 National Handwashing Awareness Week



Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services