

JUNE 2024

LGBTQA+ Awareness Month, also called Pride Month, celebrated annually in June to honor the 1969 Stonewall riots, and promote equal justice and opportunity for lesbian, gay, bisexual, transgender and questioning (LGBTQ+) Americans.

Men's Health Month (June 16, Father's Day): The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Alzheimer's & Brain Awareness Month: Each June, the Alzheimer's Association® helps raise awareness about the disease and support the 50 million people worldwide living with Alzheimer's and other forms of dementia.

Scleroderma Awareness Month: Celebrated annually in June, this is a time to highlight the rare condition affecting one in 4,000 adults in the U.S.

Juneteenth: This holiday, long celebrated by African Americans, recognizes the day in 1865 when enslaved people in Texas learned they had been freed and the Emancipation was enforced.

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AT-A-GLANCE

Month-Long Observances

- Alzheimer's & Brain Awareness Month
- Men's Health Month
- PTSD Awareness Month
- Scleroderma Awareness Month
- LGBTQ+ Pride Month

Weeklong Observances

- Jun 1-7 National CPR and AED Awareness Week
- Jun 10-14 Community Health Improvement Week
- Jun 10-16 International Men's Health Week
- Jun 13-19 National CNA Week

Recognition Days

- Jun 2 National Cancer Survivors Day
- Jun 5 World Environment Day
- Jun 8 Family Health & Fitness Day®
- Jun 19 Juneteenth
- Jun 16 Father's Day
- Jun 27 National HIV Testing Day
- Jun 20 World Refugee Day

Just for fun

- June is National Great Outdoors Month



JULY 2024

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Minority Mental Health Awareness Month: Observed each July to bring awareness to the unique struggles that racial and ethnic minority communities in the United States face regarding mental illness.

National Cleft and Craniofacial Awareness & Prevention Month: Cleft and craniofacial conditions affect thousands of infants, children, teens, and adults in the United States each year. Some are born with congenital anomalies like cleft lip and palate, others with more complex, life-threatening craniofacial conditions. This helps raise awareness and improve understanding of orofacial clefts and other conditions of the head and face.

UV Safety Month: During Ultraviolet Safety Month, the mission is to spread awareness about how important it is to protect our eyes and skin from the side effects of the sun's UV rays. This month continues to be a reminder of the connection between overexposure to UV light and cancers of the eyes, lips, and skin.

July 26 National Disability Independence Day: This commemorates the 1990 signing of the Americans with Disabilities Act, which guarantees equal opportunity for people with disabilities.

AT-A-GLANCE

Month-Long Observances

- Minority Mental Health Awareness Month
- National Cleft and Craniofacial Awareness & Prevention Month
- UV Safety Month
- National Park and Recreation Month

Weeklong Observances

- Jul 1-7 Clean Beaches Week

Recognition Days

- Jul 4 Independence Day
- Jul 7 Hijri New Year
- Jul 18 Nelson Mandela International Day
- Jul 26 Americans with Disabilities Act (ADA) Anniversary

Just for fun

- Jul 17 World Emoji Day



AUGUST 2024

National Immunization Awareness Month National Immunization Awareness Month (NIAM): is an annual observance held in August to highlight the importance of vaccination for people of all ages and the importance of getting recommended vaccines throughout your life.

National Medic Alert Month: August promotes medical identification awareness, urging the use of alert systems like bracelets for swift access to vital health information in emergencies, enhancing medical care for individuals with chronic conditions or allergies.

World Breastfeeding Week: WBW was started in 1992 and serves to protect, promote and support breastfeeding across all levels of society by encouraging support for breastfeeding from governments, health systems, workplaces and communities.

August 21 World Senior Citizens' Day: This day provides an opportunity to show our appreciation for the dedication, accomplishments, and services that seniors give throughout their lives.

August 26 Women's Equality Day: The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, granting women the right to vote, but also calls attention to women's continuing efforts toward full equality.

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AT-A-GLANCE

Month-Long Observances

- National Immunization Awareness Month
- Neurosurgical Awareness Month
- Gastroparesis Awareness Month
- Psoriasis Awareness Month
- MedicAlert Awareness Month
- National Eye Exam Month

Weeklong Observances

- Aug 1-7 World Breastfeeding Week
- Aug 4-10 National Health Center Week

Recognition Days

- Aug 1 World Lung Cancer Day
- Aug 9 International Day of the World's Indigenous Peoples
- Aug 21 World Senior Citizens Day
- Aug 26 Women's Equality Day
- Aug 30 National Grief Awareness Day

Just for fun

- Aug 17 National Nonprofit Day

SEPTEMBER 2024

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National Hispanic Heritage Month (Sep 15 – Oct 15): This time is a celebration of the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. September 15th is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.

National Recovery Month: Recovery Month is a national observance celebrating gains made by those in recovery and to acknowledge the dedication of providers and community members who make recovery possible. This month promotes education about treatment options for substance abuse and mental health services.

September 17 National Physician Suicide Awareness Day: #NPSADay is a reminder and call to action to help everyone prevent physician suicide, including health organizations, health systems, hospitals, medical societies and practices. This year's theme, 'Creating Hope Through Action,' is a reminder that suicide is preventable, not inevitable.

AT-A-GLANCE

Month-Long Observances

- Childhood Cancer Awareness Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National Suicide Prevention Month
- Pain Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- Blood Cancer Awareness Month
- Gynecologic Cancer Awareness Month
- World Alzheimer's Month

Weeklong Observances

- Sep 6-10 National Suicide Prevention Week
- Sep 2-8 Know Your Numbers Week (UK)

Recognition Days

- Sep 8 World Physical Therapy Day
- Sep 15 World Lymphoma Awareness Day
- Sep 17 World Patient Safety Day
- Sep 29 World Heart Day

Just for fun

- September is Whole Grains Month



OCTOBER 2024

Health Literacy Month: Health Literacy Month is an international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, consumer alliances, and many other groups can work collaboratively to integrate and expand the mission of health literacy.

National Down Syndrome Awareness Month: The National Down Syndrome Society worked to have October proclaimed Down Syndrome Awareness Month. This is a time to raise awareness and celebrate the many abilities of those with Down Syndrome.

National Primary Care Week: During the first week of October, Primary Care Physicians around the country come together to focus on improving care for their patients. The week also offers an opportunity to showcase new approaches to healthcare, celebrate progress, network with colleagues and explore new avenues for underserved populations.

October 6 National Depression Screening Day: Major depression is one of the most common mental illnesses, affecting more than 16 million American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

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AT-A-GLANCE

Month-Long Observances

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- National Liver Awareness Month
- National Physical Therapy Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

Weeklong Observances

- Oct 6-12 Mental Illness Awareness Week
- Oct 2-8 National Primary Care Week
- Oct 13-19 International Infection Prevention Week
- Oct 16-20 National Health Education Week
- Oct 20-26 National Healthcare Quality Week
- Oct 20-26 Respiratory Care Week
- Oct 21-27 National Pharmacy Week
- Oct 23-31 Red Ribbon Week

Recognition Days

- Oct 2 Rosh Hashanah
- Oct 9 Emergency Nurses Day
- Oct 10 World Mental Health Day
- Oct 11-12 Yom Kippur
- Oct 12 World Hospice and Palliative Care Day
- Oct 14 Indigenous Peoples' Day

Just for fun

- Oct 1 World Vegetarian Day

NOVEMBER 2024

National Native American Heritage Month: This month celebrates rich and diverse cultures, traditions, and histories of Native Americans and acknowledges their important contributions. This is a time to educate each other about tribes, raise a general awareness about the unique challenges Native people have faced historically and today, and the ways in which tribal citizens have worked to conquer these challenges.

COPD Awareness Month: More than 16.4 million people have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD), but millions more may have it and not know it. COPD is an umbrella term encompassing progressive lung diseases like emphysema, chronic bronchitis and irreversible asthma.

National Family Caregivers Month: This is a time to recognize and honor family caregivers, and offers an opportunity to raise awareness around caregiving issues, educate communities and increase support for caregivers.

November 6 National Stress Awareness Day: Organized by the International Stress Management Association, the mission of this day is to raise awareness of psychological distress in the workplace and strategies to address it.

November 20 Transgender Day of Remembrance: This is an opportunity to come together and remember transgender and gender-variant individuals who were murdered due to hate or prejudice.

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AT-A-GLANCE

Month-Long Observances

- American Diabetes Month
- Lung Cancer Awareness Month
- National Healthy Skin Month
- National Hospice and Palliative Care Month
- Stomach Cancer Awareness Month

Weeklong Observances

- Nov 10-16 National Nurse Practitioner Week
- Nov 17-22 GERD Awareness Week

Recognition Days

- Nov 14 World Diabetes Day
- Nov 17 National Epilepsy Day

Just for fun

- Nov 13 World Kindness Day

DECEMBER 2024

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December 1-7 National Influenza Vaccination Week: This is a call to all Americans aged 6 months and older to get their annual flu vaccine if they have not already. Flu remains a significant public health concern, and this serves to remind people there is still time to get a flu vaccine—the only vaccine protecting against flu—to prevent infection and its potentially serious complications.

December 1 World AIDS Day: Each year this is an opportunity to unite in the fight against HIV, show support for the 38 million people living with the virus, and remember those who died from AIDS-related illness. Since being identified in 1984, more than 35 million people have died of HIV or AIDS-related illnesses, making it one of the most destructive pandemics in history.

AT-A-GLANCE

Weeklong Observances

- Dec 1-7 National Handwashing Awareness Week
- Dec 1-7 National Influenza Vaccination Week

Recognition Days

- Dec 3 #GivingTuesday

Just for fun

- Dec 4 National Cookie Day

NESHCo Reminders

- **Call for Lamplighter Entries!** Eligible entries for the 2025 competition must have been produced and/or completed – including measured results – between October 1, 2023 and January 31, 2025.

JANUARY 2025

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National Winter Sports TBI Awareness Month: There are physical risks associated with our favorite winter activities, such as snowmobiling, skiing, and snowboarding. These high-velocity activities can cause serious injuries, especially concussions and other traumatic brain injuries (TBI).

Thyroid Awareness Month: Thyroid Awareness Month, observed in January, aims to educate about thyroid health. It raises awareness about thyroid disorders like hypothyroidism, hyperthyroidism, and thyroid cancer. Through campaigns, screenings, and educational initiatives, the month promotes understanding of symptoms, treatment options, and the importance of early detection. It encourages individuals to prioritize thyroid health and seek medical advice if experiencing related symptoms.

January 12 National Pharmacist Day: Where would we be without our pharmacists? It's time to thank those who keep us healthy throughout the year. This day focuses on the importance of pharmacists, and it honors how much they impact our health and well-being.

AT-A-GLANCE

Month-Long Observances

- Cervical Health Awareness Month
- National Glaucoma Awareness Month
- National Blood Donor Month

Recognition Days

- Jan 12 National Pharmacist Day
- Jan 16 Martin Luther King, Jr. Day
- Jan 25 IV Nurses Day

Just for fun

- Jan 29 National Puzzle Day

FEBRUARY 2025

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American Heart Month: February is American Heart Month, a time when all people can focus on their cardiovascular health. Heart disease is the number one cause of deaths for most groups. Heart disease affects all ages, genders, and ethnicities.

February 7-13 African Heritage & Health Week honors more than 400 years of African American history and heritage that has shaped American culture as we know it today. This week celebrates the healthy foods, flavors, and cooking techniques of African and African American cuisine.

February 14 National Donor Day is an observance dedicated to spreading awareness and education about organ, eye, and tissue donation. This is also a day to recognize those who have given and received the gift of life through organ, eye and tissue donation, are currently waiting for a lifesaving transplant, and those who died waiting because an organ was not donated in time.

AT-A-GLANCE

Month-Long Observances

- Black History Month
- American Heart Month

Weeklong Observances

- Feb 1-7 National Patient Recognition Week
- Feb 7-13 African Heritage & Health Week
- Feb 7-14 Congenital Heart Defect Week
- Feb 24-28 National Eating Disorder Week

Recognition Days

- Feb 4 World Cancer Day
- Feb 7 National Black HIV/AIDS Awareness Day
- Feb 14 National Donor Day

Just for fun

- Celebration of Chocolate Month

NESHCo Reminders

- **Call for Nominations!** The NESHCo Evans F. Houghton Award recognizes exemplary performance in, and significant contributions to, the field of healthcare public relations, marketing, and communications.



MARCH 2025

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National Nutrition Month®: is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

March 9-15 National Sleep Awareness Week®: is hosted by the National Sleep Foundation and is an opportunity to reemphasize the important connection between your sleep and your health.

March 10-16 Brain Awareness Week: Brain research allows us to understand our biology and body function better, which empowers medical professionals to find ways to prevent or treat brain, nervous system, and body problems.

March 17-23 National Drug and Alcohol Facts Week®: NDAFW is hosted by the National Institute on Drug Abuse and shares facts about drugs, alcohol, and addiction in your community. NDAFW calls for open dialogue about the science of drug use and addiction among youth.

AT-A-GLANCE

Month-Long Observances

- Women's History Month
- National Kidney Month
- Multiple Sclerosis Awareness Month
- National Developmental Disabilities Awareness Month

Weeklong Observances

- Mar 9-15 Patient Safety Awareness Week
- Mar 9-15 Pulmonary Rehab Week

Recognition Days

- Mar 4 World Obesity Day
- Mar 6 National Dentist Day
- Mar 8 International Women's Day
- Mar 10 National Women and Girls HIV/AIDS Awareness Day
- Mar 21 World Down Syndrome Day
- Mar 24 World Tuberculosis Day
- Mar 30 National Doctor's Day

Just for fun

- Mar 1 World Music Therapy Day



APRIL 2025

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Alcohol Awareness Month: First started in 1987, National Alcohol Awareness Month was founded by the National Council on Alcoholism and Drug Dependence (NCADD). This day is meant to educate on the dangers of alcohol dependence. Claiming the lives of more than 90,000 people every year, this month focuses on raising awareness about alcohol abuse and dependency before it is fatal.

April 2 World Autism Awareness Day is a UN observance day that is meant to foster understanding of autism and fight the discrimination that many face around the world.

April 7 World Health Day: Since 1950, April 7th has been World Health Day, a UN and World Health Organization (WHO) observance meant to raise awareness of the need to improve global health.

April 16 National Healthcare Decisions Day is dedicated to encouraging individuals to make their healthcare preferences known and to discuss advance care planning with loved ones and healthcare providers. NHDD serves to empower people to take control of their healthcare decisions and ensure that their wishes are respected during times of medical crisis or incapacity.

AT-A-GLANCE

Month-Long Observances

- Autism Awareness Month
- Occupational Therapy Month
- Parkinson's Awareness Month
- National Minority Health Month (NMHM)
- Sexual Assault Awareness Month

Weeklong Observances

- Apr 20-26 National Infertility Awareness Week®
- Apr 20-26 National Volunteers Week

Recognition Days

- Apr 17 World Hemophilia Day
- Apr 25 National DNA Day

Just for fun

- Apr 22 Earth Day

NESHCo Reminders

- Register for the NESHCo 2025 Annual Conference!



MAY 2025

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ALS Awareness Month: Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. The ALS Association comes together to raise awareness of the disease, share stories from people living with ALS, show support for caregivers, and shine a spotlight on those who dedicate their lives to finding a cure.

Melanoma and Skin Cancer Awareness Month: This observance aims to raise awareness about hypertension and its associated risks, as well as educate people about prevention, management, and treatment strategies.

High Blood Pressure Education Month: This month-long campaign aims to raise awareness about melanoma, the deadliest form of skin cancer, as well as other types of skin cancer. It emphasizes the importance of sun safety, skin cancer prevention, early detection, and treatment.

May 11-17 National Women's Health Week (NWHW) is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). This week serves as a reminder for women and girls to make their health a priority and take care of themselves.

AT-A-GLANCE

Month-Long Observances

- Mental Health Month
- National Asthma and Allergy Awareness Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month

Weeklong Observances

- May 6-12 National Nurses Week

Recognition Days

- May 16 Celiac Disease Awareness Day
- May 17 World Hypertension Day

Just for fun

- May 4 World Laughter Day

NESHCo Reminders

- Join us for NESHCo 2025 in Springfield, MA!

