

National Events 2016

JANUARY 2016

Cervical Health Awareness Month

National Cervical Cancer Coalition (NCCC)
www.nccc-online.org

National Glaucoma Awareness Month

Glaucoma Research Foundation
www.glaucoma.org

January 18 – 22 (third week of January)

Healthy Weight Week

www.fitwoman.com/healthy-weight-week

National Thyroid Awareness Month

The American Association of Clinical
Endocrinologists
www.thyroidawareness.com

FEBRUARY 2016

American Heart Month

Contact your local chapter of the American
Heart Association or AHA National Center
www.americanheart.org
www.cdc.gov

National Cancer Prevention Month

American Institute for Cancer Research
www.aicr.org
American Cancer Society
www.cancer.org

February 5th

National Wear Red Day

The Heart Truth—a National Awareness
Campaign for Women About Heart Disease
National Heart, Lung, and Blood Institute
Health Information Center
www.hearttruth.gov or Women Heart
www.womenheart.org or
Go Red for Women Cause Initiatives
American Heart Association National Center
<https://www.goredforwomen.org>

MARCH 2016

National Colorectal Awareness Month

Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

National Nutrition Month

Academy of Nutrition and Dietetics
www.eatright.org

March 6 – 13

National Sleep Awareness Week

National Sleep Foundation
www.sleepfoundation.org

March 6 – 12

National Pulmonary Rehabilitation Week

American Association of Cardiovascular and
Pulmonary
Rehabilitation
www.aacvpr.org

March 22 (fourth Tuesday in March)

American Diabetes Alert Day

American Diabetes Association
www.diabetes.org

APRIL 2016

Alcohol Awareness Month

Center for Disease Control and Prevention
(CDC)
www.cdc.gov

Stress Awareness Month

American Counseling Association (ACA)
www.counseling.org

April 7

World Health Day

World Health Organization
www.who.int

April 4 – 10

National Public Health Week

American Public Health Association
www.apha.org

National Events 2016

National Testicular Cancer and Esophageal Awareness Month

American Cancer Society
www.cancer.org

April 6, 2016

National Walking Day

American Heart Association
www.startwalkingnow.org

Oral Cancer Awareness Month

Oral Cancer Foundation
www.oralcancerfoundation.org

MAY 2016

Asthma and Allergy Awareness Month

Allergy and Asthma Foundation of America
www.aafa.org or www.aanma.org

Employee Health & Fitness Month

National Association for Health and Fitness,
ACTIVE Life
www.healthandfitnessmonth.com

Healthy Vision Month/UV Safety

National Eye Institute
www.nei.nih.gov/hvm

National High Blood Pressure Education Month

NHLBI Information Center
www.nhlbi.nih.gov

National Melanoma/Skin Cancer Awareness Month

American Academy of Dermatology
www.aad.org or American Cancer Society
www.skincancer.org

National Mental Health Month

National Mental Health Association
www.nmha.org

National Osteoporosis Awareness Prevention Month

National Osteoporosis Foundation
www.nof.org

National Stroke Awareness Month

National Stroke Association
www.stroke.org or
American Heart Association (National Center)

May 8 – 14 (Mother's Day week)

National Women's Health Week

Office on Women's Health
Department of Health and Human Services
www.womenshealth.gov

May 18 (third Wednesday)

National Employee Health and Fitness Day

National Association for Health and Fitness
www.physicalfitness.org

May 16 – 20 (third week in May)

Bike to Work Week

League of American Bicyclists
www.bikeleague.org

National Bike Month

www.bikeleague.org

Skin Cancer Detection and Prevention Month

American Cancer Society
www.cancer.org

JUNE 2016

National Employee Wellness Month

www.nationalemployeehealthmonth.com

Migraine and Headache Awareness Month

National Headache Foundation
www.headaches.org

June 13 – 19 (ending with Father's Day)

National Men's Health Week

National Men's Health Network
www.menshealthweek.org

JULY 2016

Eye Injury Prevention Month

Federal Occupational Health
www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp

National Events 2016

UV Safety Month

American Academy of Ophthalmology
www.ao.org

AUGUST 2016

National Immunization Awareness Month

Center for Disease Control & Prevention
www.cdc.gov/vaccines

SEPTEMBER 2016

Fruit & Veggie More Matters Month

Fruits & Veggies More Matters
www.fruitsandveggiesmorematters.gov

National Cholesterol Education Awareness Month

National Heart, Lung, & Blood Institute
hp2010.nhlbihin.net/cholmonth

National Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition, Inc.
www.ovarian.org

National Yoga Month

Yoga Health Foundation
www.yogamonth.org

National Prostate Health Month

National Prostate Cancer Coalition
www.menshealthnetwork.org

September 28 (last Wednesday)

National Women's Health & Fitness Day

Health Information Resource Center
www.fitnessday.com/women

OCTOBER 2016

American Heart Walk

Dates vary depending on your location.
American Heart Association
www.heartwalk.org

Healthy Lung Month

American Lung Association
www.lungusa.org

National Breast Cancer Awareness Month

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

National Depression and Mental Health Screening Month

Screening for Mental Health, Inc.
www.mentalhealthscreening.org

October 1 (annually same date)

International Day of Older Persons

<http://www.un.org/en/events/olderpersonsday>

October 10 (always October 10)

World Mental Health Day

World Federation for Mental Health
www.wfmh.org

October 21

National Mammography Day

American Cancer Society
www.cancer.org

October 16 - 22 (third week in October)

National Health Education Week

Society for Public Health Education
www.sophe.org

October 26 (Wed. of last week)

Lung Health Day

American Association for Respiratory Care
www.aarc.org

NOVEMBER 2016

American Diabetes Month

American Diabetes Association
www.diabetes.org

Great American Smokeout Month

American Cancer Society
www.cancer.org

National Lung Cancer Awareness Month

American Cancer Society
www.cancer.org

National Events 2016

Pancreatic Cancer Awareness Month

Pancreatic Cancer Action Network

www.pancan.org

November 2

National Eating Healthy Day

American Heart Association

www.americanheart.org

November 17 (third Thursday)

Great American Smokeout

American Cancer Society

www.CANCER.org

DECEMBER 2016

December 4 – 10

National Influenza Vaccination Week

www.cdc.gov/flu/nivw/

Holiday Wellness