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

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

JANUARY

National Glaucoma Awareness Month
Prevent Blindness America
www.preventblindness.org

National Eye Care Month
www.preventblindness.org/news/observe.html

March of Dimes Birth Defects Prevention Month
March of Dimes Birth Defects Foundation
www.modimes.org

Cervical Health Awareness Month
https://www.nccc-online.org/hpv-cervical-cancer/cervical-health-awareness-month

Employee Health and Fitness Month
National Association for Health and Fitness

FEBRUARY

American Heart Month
American Heart Association
www.americanheart.org

National Children’s Dental Health Month

National Wear Red Day
National Heart, Lung, and Blood Institute Health Information Center

MARCH

Colorectal Cancer Awareness Month
www.preventcancer.org/colorectal

National Kidney Month
National Kidney Foundation
https://www.kidney.org/content/national-kidney-month
Workplace Eye Health and Safety Month
Prevent Blindness America
https://www.preventblindness.org/protect-your-vision-job

National Nutrition Month
American Dietetic Association
https://www.eatright.org/food/resources/national-nutrition-month

National Collegiate Health and Wellness Week (1st week in March)
Colleges establish their own web pages for this observance, Search Google for National Collegiate Health and Wellness Week

National Poison Prevention Week (3rd week)

APRIL

Testicular Cancer Awareness Month
www.TesticularCancerAwarenessMonth.com

National Minority Health Month
www.minorityhealth.hhs.gov

National Cancer Control Month
American Cancer Society
www.cancer.org

Sexually Transmitted Disease (STD) Awareness Month
American Sexual Health Association
http://www.ashasexualhealth.org/sexually-transmitted-infections-awareness-month

World Health Day (April 7th)
https://www.who.int/westernpacific/news/events/world-health-day

National Youth Sports Safety Month
National Youth Sports Safety Foundation, Inc.
http://nyshsi.org

National Infant Immunization Week
Centers for Disease Control and Prevention
www.cdc.gov/vaccines/events/niiw/index.html
www.cdc.gov/vaccines/events/niiw/activities.html
Child Abuse Prevention Month
Prevent Child Abuse America
https://preventchildabuse.org

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Child Welfare Information Gateway
www.childwelfare.gov

MAY

Mother’s Day (2nd Sunday)

Women’s Health Week (Begins on Mother’s Day)
www.womenshealth.gov/WHW

Asthma and Allergy Awareness Month
Allergy and Asthma Network
www.aanma.org

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

Stroke Awareness Month
National Stroke Association
www.stroke.org

-and-

American Heart Association
www.americanheart.org

National Melanoma/Skin Cancer Detection and Prevention Month
American Academy of Dermatology
www.aad.org

National Mental Health Month
Mental Health America
www.nmha.org

National Osteoporosis Prevention Month
National Osteoporosis Foundation
www.nof.org

Hepatitis Awareness Month
Hepatitis Foundation International
https://hepatitisfoundation.org
National Physical Fitness and Sports Month  
President’s Council on Physical Fitness and Sports  
www.fitness.gov

National Arthritis Month  
Arthritis Foundation  
www.arthritis.org

Older Americans Month  
Administration on Aging – USDHHS  
www.acl.gov

National Senior Health and Fitness Day (4th Sunday)  
Mature Market Resource Center  
www.fitnessday.com

JUNE

Father’s Day (3rd Sunday)  

Men’s Health Month  
www.MensHealthMonth.org

Wear Blue Day (Friday before Father’s Day)  
www.WearBlueDay.com

Men’s Health Week (Ends on Father’s Day.)  
www.MensHealthWeek.org

International Men’s Health Week (Ends on the USA’s Father’s Day.)  
(Supported by Men’s Health Network)  
www.imhw.org  
www.InternationalMensHealthWeek.org

National Safety Month  
American Society of Safety Engineers  
www.asse.org

National Headache Awareness Week (2nd week in June.)  
National Headache Foundation  
www.headaches.org

JULY

Juvenile Arthritis Awareness Month  
Arthritis, Rheumatology, and Autoimmune Diseases  
https://curearthritis.org/juvenile-arthritis-awareness-month
AUGUST

Children’s Eye Health and Safety Month
Prevent Blindness America
www.preventblindness.org

SEPTEMBER

Prostate Health Month (All prostate health issues.)
www.ProstateHealthMonth.com

Prostate Cancer Awareness Month
www.ProstateCancerAwarenessMonth.com

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

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Centers for Disease Control and Prevention
www.cdc.gov/cholesterol/cholesterol_education_month.htm

Leukemia and Lymphoma Awareness Month
Leukemia Society of America
www.leukemia.org

National Cholesterol Education Month
https://www.cdc.gov/cholesterol/cholesterol_education_month.htm

National Sickle Cell Awareness Month
Sickle Cell Disease Association of America
www.sicklecelldisease.org

National Farm Safety and Health Week
National Safety Council
www.nsc.org

Prostate Cancer Awareness Week
www.ProstateHealthMonth.com

Baby Safety Awareness Month
Juvenile Product Manufacturers Association
www.jpma.org

Ovarian Cancer Awareness Month
National Ovarian Cancer Resource Center
http://ovarian.org/connect/volunteer/508-ovarian-cancer-awareness-month
OCTOBER

**Make a Difference Day (celebrating people helping people)**
The Points of Light Foundation  
www.pointsoflight.org

**National Family Health Month**
American Academy of Family Physicians  
www.aafp.org

**Healthy Choice American Heart Walk**
American Heart Association  
www.americanheart.org

**Healthy Lung Month**
American Lung Association  
www.lungusa.org

**National Sudden Infant Death Syndrome Awareness Month (SIDS)**
First Candle  
www.firstcandle.org

**National Depression and Mental Health Month / Depression Screening Day**
https://www.mhanational.org/national-depression-screening-day

**National Mental Illness Awareness Week**
American Psychiatric Association  
www.psych.org

**World Mental Health Day**
World Federation for Mental Health  
https://wfmh.global

**National Dental Hygiene Month**
American Dental Hygienists Association  
www.adha.org

**Lupus Awareness Month**
Lupus Foundation of America  
www.lupus.org

**Child Health Month / Campaign for Healthier Babies Month**
American Academy of Pediatrics  
www.aap.org

-and-
March of Dimes Birth Defects Foundation
www.modimes.org

**National Breast Cancer Awareness Month**

Male Breast Cancer Resource Center

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

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

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American Cancer Society
www.cancer.org

**NOVEMBER**

**Impotence Education Month**
https://www.urologyhealth.org

**National Alzheimer’s Disease Awareness Month**
Alzheimer’s Disease and Related Disorders Association
www.alz.org

**National Diabetes Month**
American Diabetes Association
www.diabetes.org

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

**National Epilepsy Awareness Month**
Epilepsy Foundation of America
www.efa.org

**Great American Smokeout**
American Cancer Society
www.cancer.org
DECEMBER

World AIDS Day (December 1)
American Association for World Health
www.thebody.com

National Influenza Vaccination Week
Centers for Disease Control and Prevention
www.cdc.gov/flu/NIVW