



National Health Observances

2011 CALENDAR



Source: 2011 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion
Website: www.healthfinder.gov

Cervical Health Awareness Month

National Cervical Cancer Coalition
(NCCC)

(818) 909-4242

www.nccc-online.org/awareness.html

Live Well, Work Well flyers:

- Women's Health: Cervical Cancer
- Women's Health: Preventive Screenings – Part 2

National Birth Defects Prevention Month

National Birth Defects Prevention Network

www.nbdpn.org

Live Well, Work Well flyers:

- Children's Health: Birth Defects
- Children's Health: Spina Bifida
- Fetal Alcohol Syndrome
- Pregnancy: Prenatal Care

National Glaucoma Awareness Month

Prevent Blindness America

(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyer:

- Vision Care: Glaucoma
- Vision Care: Eye Exams

National Radon Action Month

Office of Radiation and Indoor Air
Indoor Environments Division

U.S. Environmental Protection Agency

(202) 343-9370

www.epa.gov/radon/nram

Live Well, Work Well flyers:

- The Dangers of Radon
- Lung Cancer

Thyroid Awareness Month

American Association of Clinical
Endocrinologists

(904) 353-7878 ext. 147

www.aace.com

Live Well, Work Well flyer:

- Thyroid Health

National Folic Acid Awareness Week – January 2-8

National Council on Folic Acid

(800) 621-3141 ext. 13

www.folicacidinfo.org

Live Well, Work Well flyers:

- All About Anemia
- Children's Health: Spina Bifida
- Fruits and Vegetables, Part 1: Essential for a Healthy Life
- Fruits and Vegetables, Part 3: Disease Prevention
- Pregnancy: Prenatal Care

Prevention Newsletter:

- Everyday Health and Wellness

February 2011

AMD/Low Vision Awareness Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Children's Health: Vision Care
- Vision Care series

American Heart Month

American Heart Association
(800) 242-8721

www.americanheart.org

Live Well, Work Well flyers:

- Cholesterol and Your Heart Health
- What are Your Numbers?
- Daily Aspirin Therapy for Heart Health
- The Guide to Metabolic Syndrome
- Heart Disease
- Heart Disease Risk Quiz
- The Heart and Mind Connection
- Heart Health and the Elderly

International Prenatal Infection Prevention Month

Group B Strep International
(909) 620-7214

www.groupbstrepinternational.org

Live Well, Work Well flyer:

- Pregnancy: Group B Strep
- Pregnancy: Prenatal Care

National Children's Dental Health Month

American Dental Association
(800) 621-8099

www.ada.org

Live Well, Work Well flyers:

- Children's Health: Dental Hygiene

National Wise Health Consumer Month

American Institute for Preventive Medicine
(248) 539-1800 ext. 220

www.aipm.net/wise

Live Well, Work Well flyers:

- Curbing Medication Errors
- Direct-to-Consumer Advertising
- Emergency Room or Urgent Care?
- Saving Money on Prescriptions
- Your Health Plan series

Know Your Employee Benefits flyers:

- How to Be a Wise Health Care Consumer

- Be a Wise Health Care Consumer series

Give Kids a Smile Day – February 4

American Dental Association
(800) 621-8099

www.givekidsasmile.ada.org

Live Well, Work Well flyer:

- Children's Health: Dental Hygiene

National Wear Red Day – February 4

National Heart, Lung and Blood Institute
Health Information Center
(301) 592-8573

www.nhlbi.nih.gov/health/hearttruth

Live Well, Work Well flyers:

- Heart Disease
- Women's Health series

Congenital Heart Defect Awareness Week – February 7-14

Congenital Heart Information Network
(609) 882-1572

www.tchin.org/aware

Live Well, Work Well flyer:

- Children's Health: Birth Defects

Children of Alcoholics Week – February 13-19

National Association for Children of Alcoholics
(888) 554-2627

www.nacoa.org

Live Well, Work Well flyers:

- Alcohol-Related Illnesses
- Fetal Alcohol Syndrome
- Substance Abuse

National Donor Day – February 14

Division of Transplantation, Healthcare Systems Bureau
Health Services and Services Administration
U.S. Department of Health and Human Services
(888) 275-4772

www.organdonor.gov

Live Well, Work Well flyer:

- Organ and Tissue Donation FAQs

Source: 2011 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion.
Website: www.healthfinder.gov

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National Colorectal Cancer Awareness Month

Prevent Cancer Foundation
(800) 227-2732
www.preventcancer.org/colorectal

Live Well, Work Well flyers:

- Colorectal Cancer
- Getting a Colonoscopy
- Men's Health: Preventive Screenings, Part 2
- Women's Health: Preventive Screenings, Part 2

Prevention Newsletter:

- Everyday Health and Wellness

National Endometriosis Awareness Month

Endometriosis Research Center
(800) 239-7280
www.endocenter.org

Live Well, Work Well flyer:

- Women's Health: Endometriosis

National Nutrition Month®

American Dietetic Association
www.eatright.org/nnm

Live Well, Work Well flyers:

- Children's Health: Obesity
- Eating Out Can Be Healthy
- Food Density and Your Diet
- Food Facts... and Fiction
- Food Labels: The Breakdown
- Healthy Portion Sizes
- Revolutionary Healthy Diets
- Super Foods for Super Health
- Trans Fat: The Worst Fat

Save Your Vision Month

American Optometric Association
(314) 991-4100
www.aoa.org

Live Well, Work Well flyers:

- Children's Health: Vision Care
- Sports Safety: Eye Protection
- Vision Care series

Trisomy Awareness Month

Support Organization for Trisomy 18, 13 & Related Disorders (SOFT)
(800) 716-7638
www.trisomy.org

Workplace Eye Wellness Month

Prevent Blindness America
(800) 331-2020
www.preventblindness.org

Live Well, Work Well flyer:

- Workplace Eye Safety

Patient Safety Awareness Week – March 6-12

National Patient Safety Foundation
(617) 391-9900
www.npsf.org/hp/psaw

Live Well, Work Well flyers:

- Choosing a Medical Care Facility
 - Curbing Medication Errors
 - Prescription Drug Abuse
 - Understanding Your Doctor's Instructions
 - Following the Doctor's Orders?
- Prevention Newsletters:*
- Protecting Your Child From Medical Errors

National School Breakfast Week – March 7-12

School Nutrition Association
(800) 877-8822
www.schoolnutrition.org/nsbw

Live Well, Work Well flyer:

- The Importance of Breakfast
- Employee poster:*
- Eat Breakfast

World Kidney Day – March 11

National Kidney Foundation
(800) 622-9010
www.kidney.org

Live Well, Work Well flyers:

- High Blood Pressure
- Organ and Tissue Donation FAQs
- Kidney Stones
- Chronic Kidney Disease

Brain Awareness Week – March 14-20

Dana Alliance for Brain Initiatives
(212) 401-1689
www.dana.org/brainweek

Live Well, Work Well flyers:

- Brain Awareness: Use it or Lose it
- Decrease Your Brain Age
- Stroke/Brain Attack

- Eat Healthy to Give Your Memory a Boost
- Dyslexia
- The Heart and Mind Connection

National Poison Prevention Week – March 20-26

Poison Prevention Week Council
(703) 894-1858
www.poisonprevention.org/poison.htm

Live Well, Work Well flyers:

- First Aid Basics
- Pet Safety: Poisons

World Salt Awareness Week – March 21-27

World Action on Salt & Health
www.worldactiononsalt.com

Live Well, Work Well flyer:

- Cutting Back on Salt
 - High Blood Pressure
- Prevention Newsletter:*
- Control Your Blood Pressure

World Tuberculosis Day – March 24

Stop TB Partnership (Secretariat)
World Health Organization
(011) 41-22-791-4650
www.stoptb.org

Live Well, Work Well flyer:

- Public Health: Tuberculosis (TB)

American Diabetes Alert Day – March 25

American Diabetes Association
(800) DIABETES (342-2383)
www.diabetes.org

Live Well, Work Well flyers:

- Pre-Diabetes: Don't Let it Lead to Type 2
- Diabetes: Type 1
- Diabetes: Type 2
- Pregnancy: Gestational Diabetes
- Managing Your Blood Sugar

April 2011



Source: 2011 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion.
Website: www.healthfinder.gov

Alcohol Awareness Month

Substance Abuse and Mental Health Services

(877) 726-4727

www.samhsa.gov

Live Well, Work Well flyers:

- Alcohol-Related Illnesses
- Fetal Alcohol Syndrome
- Substance Abuse

Prevention Newsletter:

- Drug and Alcohol Prevention for Your Kids

Irritable Bowel Syndrome Awareness Month

International Foundation for Functional Gastrointestinal Disorders

(888) 964-2001

www.aboutibs.org

Live Well, Work Well flyer:

- IBS: Irritable Bowel Syndrome

National Autism Awareness Month

The Autism Society

(800) 3-AUTISM (328-8476)

www.autism-society.org/naam

Live Well, Work Well flyer:

- Children's Health: Autism

National Donate Life Month

Division of Transplantation, Healthcare Systems Bureau

U.S. Department of Health and Human Services

(888) 275-4772

www.organdonor.gov

Live Well, Work Well flyers:

- Blood Donation
- Organ and Tissue Donation FAQs

National Minority Health Awareness Month

Office of Minority Health

U.S. Department of Health and Human Services

(800) 444-6472

www.minorityhealth.hhs.gov

Live Well, Work Well flyers:

- BMI: Body Mass Index
- Heart Disease
- What are Your Numbers?

- Pre-Diabetes: Don't Let it Lead to Type 2

Sexual Assault Awareness and Prevention Month

Rape, Abuse & Incest National Network (RAINN)

(800) 656-4673

www.rainn.org

Live Well, Work Well flyers:

- Sexual Assault
- Sexual Harassment at Work

Sports Eye Safety Month

American Academy of Ophthalmology

(415) 447-0213

www.geteyesmart.org/eyesmart/injuries/index.cfm

Live Well, Work Well flyers:

- Sports Safety: Eye Protection

National Public Health Week – April 4-10

American Public Health Association

(202) 777-2425

www.nphw.org

Live Well, Work Well flyers:

- Fire Safety and Prevention
- Children's Safety: Playgrounds
- Water: Are You Getting Enough?
- Driver Safety: Distractions
- First Aid Basics

World Health Day – April 7

Pan American Health Organization

WHO Regional Office for the Americas

(202) 974-3156

www.who.int/world-health-day/en

Live Well, Work Well flyers:

- Public Health series

National Infant Immunization Week – April 23-30

National Center for Immunization and Respiratory Diseases

Centers for Disease Control and Prevention

(800) CDC-INFO (232-4636)

www.cdc.gov/vaccines/events/niiw/default.htm

Live Well, Work Well flyers:

- Child Vaccinations series

Chart:

- Immunization Schedule for Children 0-6 Years

National Infertility Awareness Week – March 24-30

RESOLVE: The National Infertility Association

(703) 506-3260

www.resolve.org



Arthritis Awareness Month

Arthritis Foundation
(800) 283-7800
www.arthritis.org

Live Well, Work Well flyers:

- Autoimmune Disease: Rheumatoid Arthritis
- Osteoarthritis

Healthy Vision Month

National Eye Institute
(301) 496-5248
www.nei.nih.gov/nehep/resources/hvm

Live Well, Work Well flyers:

- Vision Care series

Hepatitis Awareness Month

Hepatitis Foundation International
(800) 891-0707
www.hepatitisfoundation.org

Live Well, Work Well flyers:

- Child Vaccinations: Hepatitis B
- Hepatitis Overview: Comparing Types A, B and C

Melanoma/Skin Cancer Detection and Prevention Month

Melanoma Monday – May 2

American Academy of Dermatology
(888) 462-DERM (462-3376)
www.aad.org

Live Well, Work Well flyers:

- Skin Cancer: Are You Safe in the Sun?
- Tanning Beds

National Celiac Disease Awareness Month

American Celiac Disease Alliance
(703) 622-3331
www.capwiz.com/ceciac/home

Live Well, Work Well flyer:

- Celiac Disease

National High Blood Pressure Education Month

National Heart, Lung and Blood Institute
(301) 592-8573
www.nhlbi.nih.gov

Live Well, Work Well flyers:

- Heart Disease
- High Blood Pressure
- What are Your Numbers?

National Osteoporosis Awareness and Prevention Month

National Osteoporosis Foundation
(800) 231-4222

www.nof.org

Live Well, Work Well flyer:

- Osteoporosis
- Women's Health: Preventive Screenings Part 1

National Physical Fitness and Sports Month

President's Council on Physical Fitness and Sports
(240) 276-9567

www.fitness.gov

Live Well, Work Well flyers:

- Children's Health: Exercise
- Fitness First series

Ultraviolet Awareness Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Vision Care: UV Protection
- Children's Health: UV Protection

North American Occupational Safety and Health Week – May 1-7

American Society of Safety Engineers
(847) 699-2929
www.asse.org

Live Well, Work Well flyers:

- Workplace Eye Safety
- Workplace Fire Evacuations
- Workplace Stress
- Office Germs
- Manage Fatigue During Work

Food Allergy Awareness Week – May 8-14

Food Allergy & Anaphylaxis Network
(800) 929-4040
www.foodallergy.org

Live Well, Work Well flyers:

- Allergies: Foods
- Lactose Intolerance

National Alcohol- and Other Drug-Related Birth Defects Week – May 8-14

National Council on Alcoholism and Drug Dependence, Inc.
(800) NCA-CALL (622-2255)

www.ncadd.org

Live Well, Work Well flyers:

- Children's Health: Birth Defects

- Fetal Alcohol Syndrome

National Women's Health Week (May 8-14) and Check-Up Day (May 9)

Office on Women's Health
(202) 205-1952

www.womenshealth.gov/whw

Live Well, Work Well flyers:

- Women's Health series

National Employee Health and Fitness Day – May 18

National Association for Health and Fitness
(716) 583-0521

www.physicalfitness.org

Live Well, Work Well flyers:

- Fitness First series
- Test Your Fitness Level
- What Are Your Numbers?

World Hepatitis Day – May 19

National Viral Hepatitis Roundtable

www.nvhr.org

Live Well, Work Well flyers:

- Child Vaccinations: Hepatitis B
- Hepatitis Overview: Comparing Types A, B and C

National Senior Health & Fitness Day – May 25

Mature Market Resource Center
(800) 828-8225

www.fitnessday.com

Live Well, Work Well flyers:

- Fitness First series
- Heart Health and the Elderly

Heat Safety Awareness Day – May 27

National Oceanic and Atmospheric Administration National Weather Service
(301) 713-1867

www.weather.gov/om/heat/index.shtml

Live Well, Work Well flyer:

- Surviving the Summer Heat
- Fitness First: Avoiding Dehydration

World No Tobacco Day – May 31

Pan American Health Organization
(202) 974-3890

www.who.int/tobacco/wntd/en

Live Well, Work Well flyers:

- Smoking, parts 1 through 4
- Smoking and Your Health
- Quit for Your Loved Ones

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June 2011

Fireworks Safety Month – June 1-July 4

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyer:

- Burn Awareness

Cataract Awareness Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyer:

- Vision Care: Cataracts
- Vision Care series

Home Safety Month

Home Safety Council
(202) 330-4900

www.homesafetycouncil.org

Live Well, Work Well flyers:

- Children's Health: Baby Safety
- Don't Get Caught without a Paddle!
- Fire Safety and Prevention
- Home Modifications for Seniors
- Hurricane Preparation at Home
- Pet Safety: Poisons
- Prepare for a Quake Before it Hits!
- Twister Safety Precautions
- Food Safety
- Holiday Safety series

Men's Health Month

Men's Health Month
(202) 543-6461 ext. 101

www.menshealthmonth.com

Live Well, Work Well flyers:

- Men's Health series

National Aphasia Awareness Month

National Aphasia Association
(800) 922-4622

www.aphasia.org

Live Well, Work Well flyer:

- Stroke/Brain Attack
- Aphasia

National Congenital Cytomegalovirus Awareness Month

Stop CMV – The CMV Action Network
(209) 712-9929

www.stopcmv.org

National Cancer Survivors Day – June 5

National Cancer Survivors Day Foundation
(615) 794-3006

www.ncsd.org

Live Well, Work Well flyer:

- Surviving Cancer

Men's Health Week – June 13-19

Men's Health Network
(202) 543-6461 ext. 101

www.menshealthmonth.org/week

Live Well, Work Well flyers:

- Men's Health series

World Sickle Cell Day – June 19

African American Blood Drive and Bone Marrow Registry for Sickle Cell Disease Awareness

(323) 750-1087

<http://aablooddriveandmarrowregistry4sicklecellawareness.webs.com/worldsicklecellday.htm>

Live Well, Work Well flyer:

- Sickle Cell Disease

National HIV Testing Day – June 27

National Association of People with AIDS
(866) 846-9366

www.napwa.org

Live Well, Work Well flyers:

- Public Health: HIV/AIDS
- World AIDS Day



Fireworks Safety Month – June 1-July 4

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyer:

- Burn Awareness

International Group B Strep Awareness Month

Group B Strep International
(909) 620-7214

www.groupbstrepinternational.org

Live Well, Work Well flyer:

- Pregnancy: Group B Strep
- Pregnancy: Prenatal Care

Juvenile Arthritis Awareness Month

Arthritis Foundation
(800) 283-7800

www.arthritis.org

Live Well, Work Well flyer:

- Autoimmune Disease: Rheumatoid Arthritis

UV Safety Month

American Academy of Ophthalmology
(415) 447-0213

www.aao.org/aaosite/eyemd/uv.cfm

Live Well, Work Well flyers:

- Children's Health: UV Protection
- Tanning Beds
- Vision Care: UV Protection

Source: 2011 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion
Website: www.healthfinder.gov

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Children's Eye Health and Safety Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Children's Health: Sports Safety
- Children's Health: Vision Care
- Sports Safety: Eye Protection

Source: 2011 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion.
Website: www.healthfinder.gov

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Fruit and Veggies – More Matters Month

Centers for Disease Control and Prevention
Produce for Better Health Foundation
(888) 391-2100

www.fruitsandveggiesmorematters.org

Live Well, Work Well flyers:

- Eat Well, Live Well
- Fruits and Vegetables series

Leukemia & Lymphoma Awareness Month

Leukemia & Lymphoma Society
(800) 955-4572

www.lls.org

Live Well, Work Well flyers:

- Leukemia
- Lymphoma

National Alcohol and Drug Addiction Recovery Month

Office of the Director, Consumer Affairs
Center for Substance Abuse Treatment
Substance Abuse and Mental Health
Services Administration
(800) 662-HELP (662-4357)

www.recoverymonth.gov

Live Well, Work Well flyers:

- Alcohol-Related Illnesses
- Substance Abuse

Know Your Employee Benefits flyers:

- Substance Abuse and Your Employee Assistance Program

National Atrial Fibrillation Awareness Month

American Foundation for Women's Health
(940) 466-9898

www.stopafib.org

National Cholesterol Education Month

National Heart, Lung and Blood Institute
Health Information Center
(301) 592-8573

<http://hp2010.nhlbihin.net/cholmonth>

Live Well, Work Well flyers:

- Cholesterol and Your Heart Health
- Have High Cholesterol? Lower it Naturally
- Keep Your Cholesterol in Check

Prevention Newsletter:

- Know Your Numbers

Prostate Cancer Awareness Month

ZERO: The Project to End Prostate Cancer
(888) 245-9455

www.zerocancer.org

Live Well, Work Well flyer:

- Men's Health: Prostate Cancer
- Men's Health: Preventive Screenings – Part 2

Whole Grains Month

Whole Grains Council
(617) 421-5500

www.wholegrainscouncil.org

Live Well, Work Well flyers:

- Eat Well, Live Well
- Food Density and Your Diet

Employee poster:

- Your "Whole" Goal

National Celiac Disease Awareness Day – September 13

Celiac Sprue Association
(877) 272-4272

www.csaceliacs.org

Live Well, Work Well flyer:

- Celiac Disease

National Farm Safety & Health Week – September 18-24

National Education Center for Agricultural Safety
(888) 844-6322

www.nsc.org/necas

Live Well, Work Well flyers:

- Eating Organic
- Support Your Local Farmer!

Get Ready Day – September 19

American Public Health Association
(202) 777-2509

www.aphagetryday.org

Live Well, Work Well flyers:

- Influenza
- Twister Safety Precautions
- Fire Safety and Prevention
- Hurricane Preparation at Home
- Don't Get Caught Without a Paddle!

World Alzheimer's Day – September 21

Alzheimer's Disease International

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(011) 44-20-7981-0880

www.alz.co.uk/adi/wad

Live Well, Work Well flyer:

- Alzheimer's Disease

RAINN Day – September 23

Rape, Abuse & Incest National Network (RAINN)

(800) 656-HOPE (4673)

www.rainn.org/get-involved/college/rainn-day

Live Well, Work Well flyer:

- Sexual Assault

Family Health & Fitness Day USA® – September 24

Health Information Resource Center
(800) 828-8225

www.fitnessday.com

Live Well, Work Well flyers:

- Children's Health: Exercise
- Fitness First series

World Rabies Day – September 28

Global Alliance for Rabies Control
(507) 899-4885

www.worldrabiesday.org

Live Well, Work Well flyer:

- Emergency Precautions for Your Pet

National Women's Health & Fitness Day™ – September 28

Health Information Resource Center
(800) 828-8225

www.fitnessday.com

Live Well, Work Well flyers:

- Fitness First series
- Women's Health series

World Heart Day – September 30

World Heart Federation

www.worldheart.org

Live Well, Work Well flyers:

- Cholesterol and Your Heart Health
- The Heart and Mind Connection
- Heart Disease
- Heart Health and the Elderly



Eye Injury Prevention Month

American Academy of Ophthalmology
(415) 447-0213

www.eyesmart.org

Live Well, Work Well flyers:

- Sports Safety: Eye Protection
- Workplace Eye Safety

Home Eye Safety Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyers:

- Sports Safety: Eye Protection
- Vision Care series
- Children's Health: Vision Care

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month
Board of Sponsors

www.nbcam.org

Live Well, Work Well flyers:

- Take Charge of Breast Health
- Women's Health: Breast Cancer
- Women's Health: Mammograms

National Disability Employment Awareness Month

Office of Disability Employment Policy
U.S. Department of Labor

(866) 633-7365

www.dol.gov/odep

Employer education materials:

- Americans with Disabilities Act:
Questions and Answers
- Disability Discrimination

Know Your Employee Benefit flyers:

- Long Term Disability Insurance
- Short Term Disability Insurance

National Down Syndrome Awareness Month

National Down Syndrome Society
(800) 221-4602

www.ndss.org

Live Well, Work Well flyer:

- Children's Health: Birth Defects

National Physical Therapy Month

American Physical Therapy Association

(800) 999-2782

www.moveforwardpt.com

Live Well, Work Well flyer:

- Physical Therapy for Good Health
- The Health Benefits of Massage

Stop America's Violence Everywhere (SAVE) Today

American Medical Association Alliance
(312) 464-4470

www.amaalliance.org

Employee Handbook Policy:

- Violence-Free Workplace Policy

Sudden Infant Death Syndrome Awareness Month

First Candle/SIDS Alliance
(800) 221-7437

www.firstcandle.org

Live Well, Work Well flyer:

- SIDS: Sudden Infant Death Syndrome

Mental Illness Awareness Week – October 2-8

National Alliance on Mental Illness
(800) 950-6264

www.nami.org

Live Well, Work Well flyers:

- Mental Health series
- Selecting a Mental Health Professional

Drive Safely Work Week – October 3-7

Network of Employers for Traffic Safety
(888) 221-0045

www.trafficsafety.org

Live Well, Work Well flyers:

- Driver Safety: Distractions
- Winter Safety: Driving
- Children's Safety: Vehicle Precautions
- Avoiding Animal-Vehicle Collisions

Child Health Day – October 3

Maternal and Child Health Bureau
(301) 443-2170

www.mchb.hrsa.gov

Live Well, Work Well flyers:

- Children's Health series

World Mental Health Day – October 10

World Federation for Mental Health
(703) 494-6515

www.wfmh.org

Live Well, Work Well flyers:

- Mental Health series
- Selecting a Mental Health Professional

Bone and Joint Decade National Action Week – October 12-20

U.S. Bone and Joint Decade
(847) 384-4010

www.usbjd.org

Live Well, Work Well flyers:

- Autoimmune Disease: Rheumatoid Arthritis
- Osteoarthritis
- Osteoporosis
- Sprains and Strains

World Food Day – October 16

U.S. National Committee for World Food Day

(202) 653-2404

www.worldfooddayusa.org

Red Ribbon Week – October 23-31

National Family Partnership at Informed Families Education Center
(800) 705-8997

www.nfp.org

Prevention Newsletter:

- Drug and Alcohol Prevention for Your Kids

Live Well, Work Well flyers:

- Children's Health: Inhalant Abuse
- Substance Abuse
- Prescription Drug Abuse

National Drug Facts Week – October 31- November 5

National Institute on Drug Abuse
(301) 443-1124

www.drugfactsweek.drugabuse.gov

Prevention Newsletter:

- Drug and Alcohol Prevention for Your Kids

Live Well, Work Well flyers:

- Children's Health: Inhalant Abuse
- Substance Abuse
- Prescription Drug Abuse



American Diabetes Month

American Diabetes Association
(800) DIABETES (342-2383)

www.diabetes.org

Live Well, Work Well flyers:

- Diabetes: Type 1
- Diabetes: Type 2
- Pre-Diabetes: Don't Let it Lead to Type 2
- Pregnancy: Gestational Diabetes

COPD Awareness Month

American Lung Association
(800) 548-8252

www.lungusa.org

Live Well, Work Well flyer:

- COPD: Chronic Obstructive Pulmonary Disease

Diabetic Eye Disease Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyer:

- Vision Care: Diabetic Eye Disease
- Vision Care: Eye Exams

Lung Cancer Awareness Month

Lung Cancer Alliance
(202) 463-2080

www.lungcanceralliance.org

Live Well, Work Well flyers:

- Lung Cancer
- Smoking and Your Health
- Quit for Your Loved Ones

National Family Caregivers Month

National Family Caregivers Association
(800) 896-3650

www.thefamilycaregiver.org

Live Well, Work Well flyer:

- Caring for an Elderly Parent
- Family Matters: Caregiving

National Healthy Skin Month

American Academy of Dermatology
(888) 462-DERM (462-3376)

www.aad.org

Live Well, Work Well flyers:

- Acne
- Psoriasis
- Public Health: Staph Infections
- Stress and Your Skin

- Skin Cancer: Are You Safe in the Sun?
- Stress and Your Skin
- Tanning Beds

National Hospice Palliative Care Month

National Hospice and Palliative Care Organization
(800) 646-6460

www.nhpco.org

Live Well, Work Well flyers:

- Caring for an Elderly Parent
- Family Matters: Making the Hospice Choice

National Stomach Cancer Awareness Month

No Stomach for Cancer, Inc.
(608) 335-0241

www.nostomachforcancer.org

Prematurity Awareness Month

March of Dimes Foundation
(914) 997-4488

www.marchofdimes.com

Live Well, Work Well flyer:

- Pregnancy: Prematurity
- Pregnancy: Prenatal Care

Get Smart About Antibiotics Week – November 14-20

Division of Bacterial Diseases
Centers for Disease Control and Prevention
(800) CDC-INFO (232-4636)

www.cdc.gov/getsmart

Live Well, Work Well flyer:

- Public Health: Antibiotic Resistance

Great American Smokeout – November 17

American Cancer Society
(800) ACS-2345 (227-2345)

www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/great-american-smokeout-landing

Live Well, Work Well flyers:

- Smoking series
- Smoking and Your Health
- Quit for Your Loved Ones

Prematurity Awareness Day – November 17

March of Dimes Foundation
(914) 997-4488

www.marchofdimes.com

Live Well, Work Well flyer:

- Pregnancy: Prematurity
- Pregnancy: Prenatal Care

National Survivors of Suicide Day – November 19

American Foundation of Suicide Prevention
(212) 363-3500 ext. 33

www.afsp.org

Live Well, Work Well flyers:

- Mental Health series

Gastroesophageal Reflux Disease (GERD) Awareness Week – November 20-26

International Foundation for Functional Gastrointestinal Disorders
(888) 964-2001

www.aboutgerd.org

Live Well, Work Well flyer:

- GERD: Gastroesophageal Reflux Disease



Safe Toys and Gifts Month

Prevent Blindness America
(800) 331-2020

www.preventblindness.org

Live Well, Work Well flyer:

- Children's Health: Toy Safety

World AIDS Day – December 1

World AIDS Campaign
(011) 31-20-616-9045

www.worldaidscampaign.org/en

Live Well, Work Well flyers:

- Public Health: HIV/AIDS
- World AIDS Day

National Handwashing Awareness Week – December 4-10

Henry the Hand Foundation
(513) 769-3660

www.henrythehand.com

Live Well, Work Well flyers:

- Children's Health: Germs
- Hand Hygiene: Stay Healthy
- Make Hygiene Number One!
- Office Germs

Employee poster:

- Hand Hygiene

At-A-Glance 2011

JANUARY

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- National Radon Action Month
- Thyroid Awareness Month
- National Folic Acid Awareness Week (2-8)

FEBRUARY

- AMD/Low Vision Awareness Month
- American Heart Month
- International Prenatal Infection Prevention Month
- National Children's Dental Health Month
- National Wise Health Consumer Month
- Give Kids a Smile Day (4)
- National Wear Red Day (4)
- Congenital Heart Defect Awareness Week (7-14)
- Children of Alcoholics Week (13-19)
- National Donor Day (14)

MARCH

- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- National Nutrition Month®
- Save Your Vision Month
- Trisomy Awareness Month
- Workplace Eye Wellness Month
- National Patient Safety Awareness Week (6-12)
- National School Breakfast Week (7-12)
- World Kidney Day (11)
- Brain Awareness Week (14-20)
- National Poison Prevention Week (20-26)
- World Salt Awareness Week (21-27)
- World Tuberculosis Day (24)
- American Diabetes Alert Day (25)

APRIL

- Alcohol Awareness Month

- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Donate Life Month
- National Minority Health Month
- Sexual Assault Awareness and Prevention Month
- Sports Eye Safety Month
- National Public Health Week (4-10)
- World Health Day (7)
- National Infant Immunization Week (23-30)
- National Infertility Awareness Week (24-30)

MAY

- Arthritis Awareness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Melanoma/Skin Cancer Detection and Prevention Month
- National Celiac Disease Awareness Month
- National High Blood Pressure Education Month
- National Osteoporosis Awareness and Prevention Month
- National Physical Fitness and Sports Month
- Ultraviolet Awareness Month
- North American Occupational Safety and Health Week (1-7)
- Melanoma Monday (2)
- Food Allergy Awareness Week (8-14)
- National Alcohol- and Other Drug-Related Birth Defects Week (8-14)
- National Women's Health Week (8-14)
- National Women's Check-Up Day (9)
- National Employee Health and Fitness Day (18)
- World Hepatitis Day (19)
- National Senior Health & Fitness Day® (25)
- Heat Safety Awareness Day (27)
- World No Tobacco Day (31)

JUNE

- Fireworks Safety Month (1-July 4)
- Cataract Awareness Month

- Home Safety Month
- Men's Health Month
- National Aphasia Awareness Month
- National Congenital Cytomegalovirus Awareness Month
- National Cancer Survivor's Day (5)
- Men's Health Week (13-19)
- World Sickle Cell Day (19)
- National HIV Testing Day (27)

JULY

- Fireworks Safety Month (June 1-July 4)
- International Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- UV Safety Month

AUGUST

- Children's Eye Health and Safety Month

SEPTEMBER

- Fruit and Veggies – More Matters Month
- Leukemia & Lymphoma Awareness Month
- National Alcohol and Drug Addiction Recovery Month
- National Atrial Fibrillation Awareness Month
- National Cholesterol Education Month
- Prostate Cancer Awareness Month
- Whole Grains Month
- National Celiac Disease Awareness Day (13)
- National Farm Safety & Health Week (18-24)
- Get Ready Day (19)
- World Alzheimer's Day (21)
- RAINN Day (23)
- Family Health & Fitness Day USA® (24)
- World Rabies Day (28)
- National Women's Health & Fitness Day™ (28)
- World Heart Day (30)

At-A-Glance 2011

OCTOBER

- Eye Injury Prevention Month
- Home Eye Safety Month
- National Breast Cancer Awareness Month
- National Disability Employment Awareness Month
- National Down Syndrome Awareness Month
- National Physical Therapy Month
- Stop America's Violence Everywhere (SAVE) Today
- Sudden Infant Death Syndrome Awareness Month
- Mental Illness Awareness Week (2-8)
- Drive Safely Work Week (3-7)
- Child Health Day (3)
- World Mental Health Day (10)
- Bone and Joint Decade National Action Week (12-20)
- World Food Day (16)
- Red Ribbon Week (23-31)
- National Drug Facts Week (31-Nov. 5)

NOVEMBER

- American Diabetes Month
- COPD Awareness Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Family Caregivers Month
- National Healthy Skin Month
- National Hospice Palliative Care Month
- National Stomach Cancer Awareness Month
- Prematurity Awareness Month
- Get Smart About Antibiotics Week (14-20)
- Great American Smokeout (17)
- Prematurity Awareness Day (17)
- National Survivors of Suicide Day (19)
- Gastroesophageal Reflux Disease (GERD) Awareness Week (20-26)

DECEMBER

- Safe Toys and Gifts Month
- World AIDS Day (1)
- National Handwashing Awareness Week (4-10)

Source: 2011 National Health Observances, National Health Information Center, U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion.
Website: www.healthfinder.gov