# 2019 Health Observances

## January

<table>
<thead>
<tr>
<th>Month-long Observances</th>
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<tbody>
<tr>
<td>Birth Defects Prevention Month, Blood Donor Month, Cervical Cancer Screening Month, Cervical Health Awareness Month, Glaucoma Awareness Month, Radon Awareness Month</td>
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<tr>
<th>Other Health Observances</th>
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## February

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<tr>
<td>Age-Related Macular Degeneration and Low Vision Awareness Month, American Heart Month, Children’s Dental Health Month, Condom Month, International Prenatal Infection Prevention Month, Kids E.N.T. (Ears, Nose, Throat) Health Month, Recreational Therapy Month, Teen Dating Violence Awareness Month, Wise Health Care Consumer Month</td>
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## March

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<tr>
<td>Athletic Training Month, Brain Injury Awareness Month, Child Life Month, Colorectal Cancer Awareness Month, Endometriosis Awareness Month, Eye Donor Month, Kidney Month, MS Education and Awareness Month, Nutrition Month, Professional Social Work Month, Save Your Vision Month, Trisomy Awareness Month, Workplace Eye Wellness Month</td>
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## April

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<tr>
<td>Alcohol Awareness Month, Autism Awareness Month, Child Abuse Prevention Month, Defeat Diabetes Month, Distracted Driving Awareness Month, Donate Life Month, Facial Protection Month, Foot Health Awareness Month, Irritable Bowel Syndrome Awareness Month, March for Babies Month, Minority Health Month, Occupational Therapy Month, Rosacea Awareness Month, Sarcoidosis Awareness Month, Sexual Assault Awareness Month, Sexually Transmitted Infections Awareness Month, Women’s Eye Health and Safety Month</td>
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April continued...
7 Alcohol Screening Day
7 Health Day (World)
7-13 Volunteer Week (National)
7-14 Oral, Head and Neck Cancer Awareness Week
8-12 National Youth Violence Prevention Week
9-13 Cancer Registrars Week
12 Radiologic and Imaging Nurses Day
12-14 Youth Service Day
14-20 Neurodiagnostic Week
16 Healthcare Decisions Day
16 Voice Day
17 Hemophilia Day (World)
17 Transplant Nurses Day
21-27 Administrative Professionals Week
21-27 Infertility Awareness Week
21-27 Medical Fitness Week
21-27 Medical Laboratory Professionals Week
22-26 Patient Experience Week
24 Administrative Professionals Day
24 Meningitis Day
26-May 3 Infant Immunization Week
27 DEA National Prescription Drug Take Back Day
27 YMCA Healthy Kids Day

May

Month-long Observances
Arthritis Awareness Month, Asthma Awareness Month, Better Hearing and Speech Month, Better Sleep Month, Bike Month, Celiac Disease Awareness Month, Critical Care Awareness and Recognition Month, Employee Health and Fitness Month, Healthy Vision Month, Hepatitis Awareness Month, High Blood Pressure Education Month, Huntington’s Disease Awareness Month, Lupus Awareness Month, Melanoma/Skin Cancer Detection and Prevention Month, Mental Health Month, Motorcycle Safety Awareness Month, Neurofibromatosis Awareness Month, Older Americans Month, Oncology Nursing Month, Osteoporosis Month, Physical Fitness and Sports Month, Preeclampsia Awareness Month, Stroke Awareness Month, Teen Pregnancy Prevention Month, Toxic Encephalopathy and Chemical Injury Awareness Month, Trauma Awareness Month, Ultraviolet Awareness Month, UV Safety Month, Youth Traffic Safety Month

Other Health Observances
1 Asthma Day
1-7 Physical Education and Sport Week
5 World Hand Hygiene Day
5-11 Root Canal Awareness Week
6 Melanoma Monday

May continued...
6-12 Nurses Week
8 Allergy and Asthma Day Capitol Hill
8 Bike to School Day
8 School Nurse Day
10 Lupus Day
11 Cornelia de Lange Syndrome Awareness Day
12 Chronic Fatigue Syndrome/Chronic Fatigue and Immune Dysfunction Syndrome/Myalgic Encephalomyelitis Awareness Day
12 Fibromyalgia Awareness Day
12-18 Alcohol and Other Drug-Related Birth Defects Awareness Week
12-18 Hospital Week
12-18 Neuroscience Nurses Week
12-18 Women’s Health Week
12-18 Women’s Lung Health Week
13-19 Food Allergy Awareness Week
13-19 Mental Health Awareness Week
13-19 Nursing Home Week
13-19 Stuttering Awareness Week
15 Employee Health and Fitness Day
16 Trauma Survivors Day
18 HIV Vaccine Awareness Day
19 Hepatitis Testing Day
19 National Asian and Pacific Islander HIV/AIDS Awareness Day
19-21 Autoimmune Arthritis Day (World)
19-25 Emergency Medical Services Week
19-25 Medical Transcriptionist Week
19-25 Summer Safety: Lightning, Heat, Rip Currents, Boating
22 Gout Awareness Day
22 Missing Children’s Day
28 Occupational Safety and Health Day
29 Senior Health and Fitness Day
31 Heat Safety Awareness Day
31 No Tobacco Day (World)

June

Month-long Observances
Alzheimer’s and Brain Awareness Month, Cataract Awareness Month, Congenital Cytomegalovirus Awareness Month, Hernia Awareness Month, Men’s Health Month, Migraine and Headache Awareness Month, Myasthenia Gravis Awareness Month, National Aphasia Awareness Month, National Safety Month, Scleroderma Awareness Month, Scoliosis Awareness Month

Other Health Observances
2 Cancer Survivors Day
June continued...

4    Health Care Recruiter Day
8    Family Health & Fitness Day USA
10-16 Men’s Health Week
14    Blood Donor Day (World)
15    St. Frances Xavier Cabrini’s Birthday (1850-1917)
13-20 Nursing Assistants’ Week
17-21 Healthcare Risk Management Week
19    Sickle Cell Day (World)
24-30 Helen Keller Deaf - Blind Awareness Week
27    HIV Testing Day
29    Scleroderma Awareness Day

July

Month-long Observances
Cleft and Craniofacial Awareness & Prevention Month, Cord Blood Awareness Month, Group B Strep Throat Awareness Month (International), Juvenile Arthritis Awareness Month, Minority Mental Health Awareness Month (National), UV Safety Awareness Month

Other Health Observances
8-21    Donate Life ECHO
28    Hepatitis Day (World)

August

Month-long Observances
Children’s Eye Health and Safety Month, Influenza Awareness Month, Immunization Awareness Month, National Breastfeeding Month, Neurosurgery Awareness Month, Psoriasis Action Month, Spinal Muscular Atrophy Awareness Month

Other Health Observances
1-6    Breastfeeding Week (World)
11-17   Health Center Week (National)
23-29   Health Unit Coordinator Week

September

Month-long Observances
Atrial Fibrillation Awareness Month, Baby Safety Month, Blood Cancer Awareness Month, Childhood Cancer Awareness Month, Cholesterol Education Month, Craniofacial Acceptance Month, Food Safety Education Month, Gynecologic Cancer Awareness Month, Healthy Aging Month, Infant Mortality Awareness Month, ITP Awareness Month, Leukemia, Lymphoma and Myeloma Awareness Month, National Preparedness Month, Newborn Screening Awareness Month, Ovarian Cancer Awareness Month, Pain Awareness Month, Pediculosis Prevention Month/Head Lice Prevention Month, Prostate Cancer Awareness Month, Prostate Health Month,

September continued...

Pulmonary Fibrosis Awareness Month, Recovery Month, Reye’s Syndrome Awareness Month, Sepsis Awareness Month, Sickle Cell Awareness Month, Sports Eye Safety Month, Thyroid Cancer Awareness Month, Whole Grains Month, Yoga Awareness Month

Other Health Observances
8    Grandparents Day
8-14  Environmental Services Week
8-14  Nephrology Nurses Week
8-14  Vascular Nurses Week
9-15  Youth Suicide Prevention Week
10    Suicide Prevention Day (World)
13    Celiac Disease Awareness Day
15    Neonatal Nurses Day
15-21  Child Passenger Safety Week
15-21  Clean Hands Week
15-21  Nursing Professional Development Week
16-22  Surgical Technologist Week
19    School Backpack Awareness Day
21    National Seat Check Saturday
25    Women’s Health & Fitness Day
27    Sport Purple for Platelets Day
28    Family Health & Fitness Day – USA
28    Rabies Day (World)
29    Heart Day (World)

October

Month-long Observances
Breast Cancer Awareness Month, Bullying Prevention Awareness Month, Chiropractic Health Month, Dental Hygiene Month, Disability Employment Awareness Month, Domestic Violence Awareness Month, Down Syndrome Awareness Month, Eye Injury Prevention Month, Health Literacy Month, Home Eye Safety Month, Liver Awareness Month, Medical Librarians Month, Medical Ultrasound Awareness Month, Patient-Centered Care Awareness Month, Pharmacists Month, Physical Therapy Month, SIDS, Pregnancy and Infant Loss Awareness Month, “Talk About Your Medicines” Month

Other Health Observances
2-8    Mental Illness Awareness Week
6-12   Emergency Nurses Week
6-12   Fire Prevention Week
6-12   Healthcare Foodservice Workers Week
6-12   Healthcare Security and Safety Week
6-12   Nuclear Medicine and Molecular Imaging Week
6-12   Physician Assistants Week
7-13   National Healthcare Supply Chain Week
9    National Emergency Nurses Day
October continued...
9       Stop America’s Violence Everywhere (SAVE) Today
10      Depression Screening Day
12      Arthritis Day
12-20   Bone and Joint Health National Action Week
13      Metastatic Breast Cancer Awareness Day
13-19   Case Management Week
13-19   Central Service Week
13-19   Infection Prevention Week
13-19   Nephrology Technicians/Technologists Recognition Week
15      National Pharmacy Technician Day
15-21   Radon Action Week
16      World Food Day
17      Healthcare Security and Safety Officer Appreciation Day
18      Mammography Day
20-26   Health Care Facilities and Engineering Week
20-26   Healthcare Quality Week
20-26   National Pastoral Care Week
20-26   National Respiratory Care Week
20-26   Pharmacy Week
21-25   Health Education Week
21-25   Medical Assistants Recognition Week
22      Stuttering Awareness Day
23      Lock Your Meds Day
23      Lung Health Day
23-31   Red Ribbon Week
29      Psoriasis Day (World)

November

Month-long Observances
Alzheimer’s Disease Awareness Month, Bladder Health Awareness Month, Caregivers Month, COPD Awareness Month, Diabetes Month, Diabetic Eye Disease Awareness Month, Epilepsy Awareness Month, Family Caregivers Month, Healthy Skin Month, Home Care and Hospice Month, Hospice/Palliative Care Month, Jingle Bell Run/Walk for Arthritis, Lung Cancer Awareness Month, Pancreatic Cancer Awareness Month, Prematurity Awareness Month, Stomach Cancer Awareness Month

Other Health Observances
1-7    Medical-Surgical Nurses Week
1-7    Urology Nurses and Associates Week
3-9    Allied Health Professions Week
3-9    Diabetes Education Week
3-9    Patient Transport Week
3-9    Radiologic Technology Week
4-8    Patient Blood Management Awareness Week
12     Pneumonia Day
14     COPD Day
17     Prematurity Day
21     Great American Smokeout
23     Survivors of Suicide Day (International)
24-30  Gastroesophageal Reflux Disease Awareness Week

December

Month-long Observances
Safe Toys and Celebrations Month, Safe Toys and Gifts Month

Other Health Observances
1     AIDS Day (World)
1-7   Handwashing Awareness Week
1-7   Influenza Vaccination Week
25    Clara Barton’s Birthday (1821-1912)
27    Louis Pasteur’s Birthday (1822-1895)
31    New Year’s Eve – Quit Smoking Resolutions

Please note: These health observance dates have been compiled as a service for AlaHA members and statewide media. This information does not in any way represent the opinions or views of the Alabama Hospital Association or its staff, and no endorsement should be implied. Although AlaHA staff strives to provide correct information, we cannot guarantee its accuracy or validity and users are encouraged to verify information before referencing.

Sources include but are not limited to:

Health Observances & Recognition Days: 2019 Calendar. Provides descriptions of the observances, as well as contact information. Available from the Society for Healthcare Strategy and Market Development. To access, go to www.shsmd.org/resources.

2019 National Health Observances. Published by the National Health Information Center. Lists dates, contact information and links to sponsoring organizations when available. Download free of charge at http://www.healthfinder.gov/NHO/.