

MAY

NATIONAL HEALTH OBSERVANCES 2018

Arthritis Awareness Month

Arthritis Foundation

800-283-7800

www.arthritis.org

Live Well, Work Well flyers:

- Autoimmune Disease: Rheumatoid Arthritis
- Osteoarthritis

Better Hearing and Speech Month

American Speech-Language-Hearing Association

800-498-8255

www.asha.org/bhsm

Live Well, Work Well flyers:

- Hearing Loss
- Aphasia

Food Allergy Action Month

Food Allergy Research & Education

800-929-4040

www.foodallergy.org/life-with-food-allergies

Live Well, Work Well flyers:

- Children's Health: Allergies
- Allergies: The Basics

Global Employee Health and Fitness Month

National Association for Health and Fitness

518-465-1058

www.healthandfitnessmonth.com

Live Well, Work Well flyers:

- Wide variety of flyers on nutrition, fitness, smoking cessation and other topics

Workplace Wellness series

Global Youth Traffic Safety Month

National Organizations for Youth Safety

571-367-7171

<https://noys.org/>

Live Well, Work Well flyer:

- Driver Safety: Distractions

Healthy Vision Month

National Eye Institute Information Office

301-496-5248

<http://nei.nih.gov/hvm>

Live Well, Work Well flyers:

- Vision Care series

Hepatitis Awareness Month

Division of Viral Hepatitis, Centers for Disease Control and Prevention

800-232-4636

www.cdc.gov/hepatitis/hepawarenessabcs.htm

Live Well, Work Well flyers:

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

International Mediterranean Diet Month

Oldways and the Mediterranean Foods Alliance

617-421-5500

<http://oldwayspt.org/>

Live Well, Work Well flyer:

- Popular Diet Trends

Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology

866-503-7546

www.aad.org/public/spot-skin-cancer/programs/skin-cancer-awareness-month

Live Well, Work Well flyers:

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

Mental Health Month

Mental Health America

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.
Please note: Only the most popular observances are listed. There may be more observances in a given month. Educational materials given as examples are not intended to be exhaustive.
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800-969-6642

www.mentalhealthamerica.net/go/may

Live Well, Work Well flyers:

- Mental Health series

National Asthma and Allergy Awareness Month

Asthma and Allergy Foundation of America

800-727-8462

www.aafa.org/page/asthma-and-allergy-awareness-month.aspx

Live Well, Work Well flyers:

- Asthma: Managing Your Condition
- Children's Health: Asthma
- Children's Health: Allergies

National Osteoporosis Month

National Osteoporosis Foundation

703-647-3000

<http://nof.org/nationalosteoporosismonth>

Live Well, Work Well flyers:

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

National Physical Fitness and Sports Month

President's Council on Fitness, Sports & Nutrition

240-276-9567

www.hhs.gov/fitness/be-active/npfsm2017/index.html

Live Well, Work Well flyers:

- The Benefits of Youth Sports
- Fitness First series

National Stroke Awareness Month

Centers for Disease Control and Prevention

800-232-4636

www.cdc.gov/stroke/index.htm

Live Well, Work Well flyer:

- Stroke

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National Teen Pregnancy Prevention Month

HHS Office of Adolescent Health

240-453-2846

www.hhs.gov/ash/oah/news/national-teen-pregnancy-prevention-month.html

Preeclampsia Awareness Month

Preeclampsia Foundation

800-665-9341

www.preeclampsia.org

Live Well, Work Well flyer:

- Pregnancy: Prenatal Care

Ultraviolet Awareness Month

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

Live Well, Work Well flyers:

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

National Physical Education & Sport Week – May 1-7

SHAPE America

703-476-3461

www.shapeamerica.org/events/pesportweek/

Children's Mental Health Awareness Week – May 2-8

National Federation of Families for Children's Mental Health

240-403-1901

<http://ffcmh.org/copy-of-events>

Live Well, Work Well flyers:

- Mental Health series

Hand Hygiene Day – May 5

World Health Organization

011-41-22-791-21-11

www.who.int/gpsc/5may/en/

Live Well, Work Well flyer:

- Hand Hygiene: Stay Healthy

National Neuropathy Awareness Week – May 6-12

The Foundation for Peripheral Neuropathy

847-883-9942

www.foundationforpn.org/

North American Occupational Safety and Health Week – May 6-12

American Society of Safety Engineers

847-699-2929

www.asse.org/newsroom/naosh/what-is-naosh-week/

Live Well, Work Well flyers:

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

Walk and Bike to School Day – May. 9

National Center for Safe Routes to School

866-610-7787

www.walkbiketoschool.org

Cornelia de Lange Syndrome Awareness Day – May 12

CdLS Foundation

800-753-2357

www.cdlsusa.org

National Alcohol- and Other Drug-related Birth Defects Awareness Week – May 13-19

National Council on Alcoholism and Drug Dependence Inc.

212-269-7797

www.ncadd.org

Live Well, Work Well flyers:

- Children's Health: Birth Defects
- Fetal Alcohol Syndrome

National Women's Health Week – May 13-19

Office on Women's Health

U.S. Department of Health and Human Services

202-690-7650

www.womenshealth.gov/nwhw

Live Well, Work Well flyer:

- Women's Health series

National Stuttering Awareness Week – May 14-20

National Stuttering Association

800-937-8888

www.westutter.org/events/event/national-stuttering-awareness-week-2018/

HIV Vaccine Awareness Day – May 18

U.S. Department of Health and Human Services

800-448-0440

www.aids.gov/news-and-events/awareness-days/hiv-vaccine-awareness-day/

Live Well, Work Well flyer:

- Public Health: HIV/AIDS

National Asian and Pacific Islander HIV/AIDS Awareness Day – May 19

The Banyan Tree Project

Asian & Pacific Islander Wellness Center

415-292-3420, ext. 352

www.banyantreeproject.org

Live Well, Work Well flyer:

- Public Health: HIV/AIDS

National Hurricane Preparedness Week – May 20-26

National Oceanic and Atmospheric Administration National Weather Service

Analyze, Forecast and Support Office

301-427-9000

Source: 2018 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.
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www.nws.noaa.gov/om/severeweather/severewxcal.shtml

Live Well, Work Well flyer:

- Hurricane Preparation at Home

World Autoimmune/Autoinflammatory Arthritis Day – May 20

The International Foundation for Autoimmune Arthritis

877-609-4226

www.worldautoimmunearthritisday.org

Live Well, Work Well flyer:

- Autoimmune Disease: Rheumatoid Arthritis

Healthy and Safe Swimming Week – May 21-25

Centers for Disease Control and Prevention

800-232-4636

www.cdc.gov/healthywater/swimming

Live Well, Work Well flyer:

- Swimming Safety

Heat Safety Awareness Day – May 25

National Oceanic and Atmospheric Administration National
Weather Service

Analyze, Forecast and Support Office

301-427-9356

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

Live Well, Work Well flyers:

- Surviving the Summer Heat
- Fitness First: Avoiding Dehydration

Don't Fry Day – May 26

National Council on Skin Cancer Prevention

301-801-4422

www.skincancerprevention.org/programs/dont-fry-day

Live Well, Work Well flyer:

- Skin Cancer: Are You Safe in the Sun?

National Senior Health & Fitness Day – May 31

Mature Market Resource Center

800-828-8225

www.fitnessday.com/

Live Well, Work Well flyers:

- Heart Health and the Elderly
- Staying Healthy for Life

World No Tobacco Day – May 31

WHO Prevention for Noncommunicable Diseases

Noncommunicable Diseases and Mental Health

011-41-21-791-4426

www.who.int/tobacco/wntd/en

Live Well, Work Well flyers:

- The Dangers of Smokeless Tobacco
- Lung Cancer
- Smoking: Think About Quitting