

# MAY

## NATIONAL HEALTH OBSERVANCES 2018

### Arthritis Awareness Month

Arthritis Foundation

800-283-7800

[www.arthritis.org](http://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](http://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](http://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](http://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](http://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](http://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

800-969-6642

[www.mentalhealthamerica.net/go/may](http://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](http://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](http://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](http://www.cdc.gov/stroke/index.htm)

*Live Well, Work Well flyer:*

- Stroke

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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### 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](http://www.hhs.gov/ash/oah/news/national-teen-pregnancy-prevention-month.html)

### Preeclampsia Awareness Month

Preeclampsia Foundation  
800-665-9341

[www.preeclampsia.org](http://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/](http://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/](http://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/](http://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/](http://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](http://www.walkbiketoschool.org)

### Cornelia de Lange Syndrome Awareness Day – May 12

CdLS Foundation  
800-753-2357  
[www.cdlsusa.org](http://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](http://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](http://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/](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://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](http://www.who.int/tobacco/wntd/en)

*Live Well, Work Well flyers:*

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