

2023 National Observances



Monthly



Weekly and Daily

January

- Cervical Health Awareness Month
- Glaucoma Awareness Month
- National Birth Defects Prevention Month

February

- American Heart Month
- AMG/Low Vision Awareness Month
- National Children's Dental Health Month

March

- Colorectal Cancer Awareness Month
- National Kidney Month
- National Nutrition Month
- Workplace Eye Wellness Month

April

- National Alcohol Awareness Month
- National Child Abuse Prevention Month
- National Humor Month
- National Minority Health Month
- Stress Awareness Month

- 4 National Wear Red Day
- 4 World Cancer Day
- 12-18 National Cardiac Rehabilitation Week
- 17 Random Acts of Kindness Day

- 6-12 National Glaucoma Awareness Week
- 18 World Sleep Day
- 12-18 National Sleep Awareness Week
- 12-18 Patient Safety Awareness Week
- 21-25 LGBTQIA+ Health Awareness Week
- 22 World Water Day
- 28 American Diabetes Alert Day

- 4-10 National Public Health Week
- 7 World Health Day
- 7 National Alcohol Screening Day
- 22 Earth Day
- 24-30 World Immunization Week
- 25-5/2 National Infant Immunization Week

(continued)





Monthly

May

- Arthritis Awareness Month
- Asthma and Allergy Awareness Month
- Better Sleep Month
- Employee Health and Fitness Month (Global)
- Healthy Vision Month
- Healthy Vision Month (Global)
- National Bike Month
- National High Blood Pressure Education Month
- National Melanoma/Skin Cancer Awareness Month
- National Mental Health Month
- National Osteoporosis Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- National Trauma Awareness Month
- Skin Cancer Awareness Month

June

- Men's Health Month
- National Great Outdoors Month
- National Migraine and Headache Awareness Month
- National Safety Month
- PTSD Awareness Month

July

- UV Safety Month
- National Minority Mental Health Awareness Month
- National Park and Recreation Month

August

- Children's Eye Health and Safety Month
- National Breastfeeding Month
- National Immunization Awareness Month

September

- Alzheimer's Awareness Month (World)
- Blood Cancer Awareness Month
- Fruits & Veggies – More Matters Month
- Healthy Aging Month
- National Cholesterol Education Awareness Month
- National Food Safety Education Month
- National Suicide Prevention Awareness Month
- Prostate Health & Prostate Cancer Awareness Month

October

- Depression Awareness Month
- Health Literacy Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- National Depression and Mental Health Screening Month

November

- American Diabetes Month
- Chronic Obstructive Pulmonary Disease (COPD) Awareness Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Family Caregivers Month
- National Healthy Skin Month
- National Pancreatic Cancer Awareness Month

December

- International AIDS Awareness Month
- National Drunk and Drugged Driving Prevention Month
- Safe Toys and Gifts Month



Weekly and Daily

- **1-7** National Physical Education and Sports Week
- **7** Project ACES Day (All Children Exercise Simultaneously)
- **8-14** Women's Health Week
- **15-21** Bike to Work Week
- **18** National Trauma Survivors Day
- **20** Bike to Work Day
- **31** National Senior Health and Fitness Day
- **31** World No Tobacco Day

- **5** Environment Day (World)
- **5** National Cancer Survivors Day
- **13-19** National Men's Health Week
- **27** National HIV Testing Day

- **16-22** Every Body Deserves a Massage Week

- **1-7** World Breastfeeding Week
- Back-to-School Season

- **10-16** Suicide Prevention Week
- **27** National Women's Health and Fitness Day
- **30** Family Health and Fitness Day

- **2-8** National Mental Illness Awareness Week
- **3** Child Health Day
- **10** World Mental Health Day
- **15-21** National Healthcare Quality Week
- **15-21** International Infection Prevention Week
- **15-20** National Health Education Week
- **20** World Osteoporosis Day
- **23-31** National Red Ribbon Celebration Week

- **13** World Kindness Day
- **14** World Diabetes Day
- **17** Great American Smokeout

- **1** World AIDS Day
- **4-10** National Handwashing Awareness Week
- **4-10** National Influenza Vaccination Week