

# 2021 National Observances



Monthly



Daily

## January

- Cervical Health Awareness Month
- National Birth Defects Prevention Month

## February

- American Heart Month
- National Cancer Prevention Month
- National Children’s Dental Health Month

## March

- National Kidney Month
- National Nutrition Month

## April

- National Alcohol Awareness Month
- National Child Abuse Prevention Month
- Stress Awareness Month

- 5 National Wear Red Day
- 14-20 National Cardiac Rehabilitation Week
- 14-20 National Sleep Awareness Week
- 18-12 National School Breakfast Week
- 22 World Water Day
- 23 American Diabetes Alert Day
- 5-11 National Public Health Week
- 7 World Health Day
- 8 National Alcohol Screening Day
- 22 Earth Day
- 26-5/3 National Infant Immunization Week

(continued)





**Monthly**



**Daily**

**May**

- Asthma and Allergy Awareness Month
- Better Sleep Month
- Healthy Vision 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

- 1-7 National Physical Education and Sports Week
- 5 Project ACES Day (All Children Exercise Simultaneously)
- 9-15 Women's Health Week
- 17-23 Bike to Work Week
- 26 National Senior Health and Fitness Day
- 31 World No Tobacco Day

**June**

- Men's Health Month
- National Great Outdoors Month
- National Safety Month

- 14-20 National Men's Health Week
- 12 Family Health and Fitness Day
- 27 National HIV Testing Day

**July**

- UV Safety Month

- 12-18 Every Body Deserves a Massage Week

**August**

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

- 1-7 World Breastfeeding Week

**September**

- Fruits & Veggies – More Matters Month
- Healthy Aging Month
- National Cholesterol Education Awareness Month
- National Food Safety Education Month
- Prostate Health & Prostate Cancer Awareness Month

- 1-7 National Childhood Injury Prevention Week
- 9-15 Suicide Prevention Week
- 29 National Women's Health and Fitness Day

**October**

- Alzheimer's Association Memory Walk
- American Heart Walk
- Children's Health Month
- Healthy Babies Month
- Health Literacy Month
- Healthy Lung Month
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Depression and Mental Health Screening Month
- Talk about Your Medicines Month

- 1 International Day of Older Persons
- 4-9 National Mental Illness Awareness Week
- 5 Child Health Day
- 10 World Mental Health Day
- 14-20 International Infection Prevention Week
- 18-24 National Healthcare Quality Week
- 18-22 National Health Education Week
- 20 World Osteoporosis Day
- 23-31 National Red Ribbon Celebration Week

**November**

- American Diabetes Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Healthy Skin Month

- 1-12/31 Tie One on for Safety Campaign
- 13 World Kindness Day
- 14 World Diabetes Day
- 18 Great American Smokeout
- 25 National Family Health History Day

**December**

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

- 1 World AIDS Day
- 1-7 National Handwashing Awareness Week
- 5-11 National Influenza Vaccination Week
- 10 Human Rights Day