



# 2009 National Health Observances Calendar



THE  
**MCCART**  
GROUP  
RISK MANAGEMENT & INSURANCE  
...an Assurex Global Partner



**May 2009**

Source: 2009 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.

#### **ASTHMA AND ALLERGY AWARENESS MONTH**

Asthma and Allergy Foundation of America  
1233 20<sup>th</sup> Street NW, Suite 402  
Washington, DC 20036  
(800) 7-ASTHMA (727-8462)  
[www.aafa.org](http://www.aafa.org)

#### **BETTER SLEEP MONTH**

Better Sleep Council  
501 Wythe Street  
Alexandria, VA 22314  
(703) 683-8371  
[www.bettersleep.org](http://www.bettersleep.org)

#### **LYME DISEASE AWARENESS MONTH**

Lyme Disease Foundation  
P.O. Box 332  
Tolland, CT 06084  
(800) 886-5963  
(860) 870-0070  
[www.lyme.org](http://www.lyme.org)

#### **MENTAL HEALTH MONTH**

Mental Health America  
P.O. Box 16810  
Alexandria, VA 22302-0810  
(800) 969-6642  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

#### **AMERICAN STROKE MONTH**

American Heart Association  
7272 Greenville Avenue  
Dallas, TX 75231  
(800) 242-8721  
[www.americanheart.org](http://www.americanheart.org)

#### **NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH**

National Heart, Lung, and Blood Institute  
Health Information Center  
P.O. Box 30105  
Bethesda, MD 20824-0105  
(301) 592-8573  
(240) 629-3255 TTY  
[hin.nhlbi.nih.gov/nhbpep\\_kit/](http://hin.nhlbi.nih.gov/nhbpep_kit/)

#### **NATIONAL PHYSICAL FITNESS AND SPORTS MONTH**

President's Council on Physical Fitness and Sports  
200 Independence Avenue SW, Room 738-H  
Washington, DC 20201-0004  
(202) 690-9000  
[www.fitness.gov](http://www.fitness.gov)

#### **HEPATITIS AWARENESS MONTH**

Hepatitis Foundation International  
504 Blick Drive  
Silver Spring, MD 20904-2901  
(800) 891-0707  
(301) 622-4200  
[www.hepfi.org](http://www.hepfi.org)

#### **CLEAN AIR MONTH**

American Lung Association  
61 Broadway, 6<sup>th</sup> Floor  
New York, NY 10006  
(800) LUNG-USA (586-4872)  
(212) 315-8700  
[www.lungusa.org](http://www.lungusa.org)

#### **MELANOMA/SKIN CANCER DETECTION AND PREVENTION MONTH**

American Academy of Dermatology  
930 East Woodfield Road  
Schaumburg, IL 60173  
(888) 462-DERM (3376)  
(847) 330-0230  
[www.aad.org](http://www.aad.org)

#### **LUPUS AWARENESS MONTH**

Lupus Foundation of America, Inc.  
2000 L Street NW, Suite 710  
Washington, DC 20036  
(888) 385-8787  
[www.lupus.org](http://www.lupus.org)

#### **NATIONAL CELIAC DISEASE AWARENESS MONTH**

American Celiac Disease Alliance  
2504 Duxbury Place  
Alexandria, VA 22308  
(703) 622-3331  
[americanceliac.or](http://americanceliac.or)

#### **ULTRAVIOLET AWARENESS MONTH**

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
[www.preventblindness.org](http://www.preventblindness.org)

#### **HEALTHY VISION MONTH**

National Eye Institute  
National Institutes of Health  
Building 31, Room 6A32  
31 Center Drive MSC 2510  
Bethesda, MD 20892-2510  
(301) 496-5248  
[www.healthyvision2010.nei.nih.gov/hvm](http://www.healthyvision2010.nei.nih.gov/hvm)

#### **NORTH AMERICAN OCCUPATIONAL SAFETY AND HEALTH WEEK (NAOSH), MAY 3 - 9**

American Society of Safety Engineers  
Canadian Society of Safety Engineering  
U.S. Occupational Safety and Health Administration  
ASSE Public Relations Department  
1800 East Oakton Street  
Des Plaines, IL 60018-2187  
(847) 699-2929  
[www.asse.org/naosh](http://www.asse.org/naosh)

#### **FOOD ALLERGY AWARENESS WEEK, MAY 10 - 16**

Food Allergy & Anaphylaxis Network  
11781 Lee Jackson Highway, Suite 160  
Fairfax, VA 22033  
(800) 929-4040  
(703) 691-3179  
[www.foodallergy.org](http://www.foodallergy.org)

#### **NATIONAL ALCOHOL- AND OTHER DRUG-RELATED BIRTH DEFECTS WEEK, MAY 10 - 16**

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)  
244 East 58<sup>th</sup> Street, 4<sup>th</sup> Floor  
New York, NY 10022  
(800) 622-2255 – 24-hour helpline  
(212) 269-7797  
[www.ncadd.org](http://www.ncadd.org)

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May 2009

**NATIONAL WOMEN'S HEALTH WEEK,  
MAY 10 - 16**

Office on Women's Health  
U.S. Department of Health & Human Services  
200 Independence Avenue SW, Room 712 E  
Washington, DC 20201  
(202) 690-7651  
[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw)

**RECREATIONAL WATER ILLNESS  
PREVENTION WEEK, MAY 18 - 24**

Water and Environment Activity  
Division of Parasitic Diseases  
Centers for Disease Control and Prevention  
4770 Buford Highway NE, MS F-22  
Atlanta, GA 30341-3724  
(770) 488-7787  
[www.cdc.gov/healthyswimming/index.htm](http://www.cdc.gov/healthyswimming/index.htm)

**NATIONAL EMPLOYEE HEALTH AND  
FITNESS DAY, MAY 20**

National Association for Health and Fitness  
65 Niagara Square, Room 607  
Buffalo, NY 14202  
(716) 583-0521  
[www.physicalfitness.org](http://www.physicalfitness.org)

**NATIONAL AMYOTROPHIC LATERAL  
SCLEROSIS AWARENESS MONTH**

Les Turner Amyotrophic Lateral Sclerosis  
Foundation  
5550 West Touhy Avenue, #302  
Skokie, IL 60077  
(888) 457-1107  
[www.lesturnerals.org](http://www.lesturnerals.org)

**NATIONAL NEUROFIBROMATOSIS  
MONTH**

Children's Tumor Foundation  
95 Pine Street, 16th Floor  
New York, NY 10005  
(800) 323-7938  
[www.ctf.org](http://www.ctf.org)

**NATIONAL STUTTERING AWARENESS  
WEEK, MAY 11 - 17**

Stuttering Foundation of America  
3100 Walnut Grove Road, Suite 603  
P.O. Box 11749  
Memphis, TN 38111-0749  
(800) 992-9392  
[www.stutteringhelp.org](http://www.stutteringhelp.org)

**NATIONAL ARTHRITIS AWARENESS  
MONTH**

Arthritis Foundation  
1330 West Peachtree Street, Suite 100  
Atlanta, GA 30309  
(800) 283-7800  
[www.arthritis.org](http://www.arthritis.org)

**NATIONAL CANCER RESEARCH MONTH**

American Association for Cancer Research  
615 Chestnut Street, 17th Floor  
Philadelphia, PA 19106-4404  
(866) 423-3965  
[www.aacr.org](http://www.aacr.org)

**MELANOMA MONDAY, MAY 4**

American Academy of Dermatology  
930 East Woodfield Road  
Schaumburg, IL 60173  
(888) 462-DERM (462-3376)  
[www.aad.org](http://www.aad.org)

**NATIONAL MENTAL HEALTH COUNSELING  
WEEK, MAY 6 - 12**

American Mental Health Counselors Assn.  
801 North Fairfax Street, Suite 304  
Alexandria, VA 22314  
(800) 326-2642  
[www.amhca.org](http://www.amhca.org)

**NATIONAL NEUROPATHY WEEK,  
MAY 11 - 15**

The Neuropathy Association  
60 East 42nd Street, Suite 942  
New York, NY 10165  
(888) PN-FACTS (763-2287)  
[www.neuropathy.org](http://www.neuropathy.org)

**NATIONAL OSTEOPOROSIS AWARENESS  
AND PREVENTION MONTH**

National Osteoporosis Foundation  
1232 22nd Street NW  
Washington, DC 20037-1292  
(202) 223-2226  
[www.nof.org/awareness2/annual.htm](http://www.nof.org/awareness2/annual.htm)

**NATIONAL TEEN PREGNANCY  
PREVENTION MONTH**

Advocates for Youth  
2000 M Street NW, Suite 750  
Washington, DC 20036  
(202) 419-3420  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

**TUBEROUS SCLEROSIS AWARENESS  
MONTH**

Tuberous Sclerosis Alliance  
801 Roeder Road, Suite 750  
Silver Spring, MD 20910  
(800) 225-6872  
[www.tsalliance.org](http://www.tsalliance.org)

**HIV VACCINE AWARENESS DAY, MAY 18**

National Institute of Allergy and Infectious  
Diseases, National Institutes of Health  
HIV Vaccine Communications Campaign  
Vaccine and Prevention Research Program,  
Division of AIDS  
6700-B Rockledge Drive, Room 5143  
Bethesda, MD 20892  
(301) 594-2512  
[www.niaid.nih.gov/news/events/HVAD](http://www.niaid.nih.gov/news/events/HVAD)

**WORLD NO TOBACCO DAY, MAY 31**

Pan American Health Organization  
WHO Regional Office for the Americas  
525 23rd Street NW  
Washington, DC 20037-2895  
(202) 974-3890  
[www.who.int/tobacco/wntd/en/](http://www.who.int/tobacco/wntd/en/)

Source: 2009 National  
Health Observances,  
National Health Information  
Center, Office of Disease  
Prevention and Health  
Promotion, U.S. Department  
of Health and Human  
Services, Washington, DC.

# At-a-Glance 2009

## JANUARY

Cervical Health Awareness Month  
Glaucoma Awareness Month  
National Birth Defects Prevention Month  
National Blood Donor Month  
National Radon Action Month  
Thyroid Awareness Month

## FEBRUARY

AMD/Low Vision Awareness Month  
American Heart Month  
National Cancer Prevention Month  
National Children's Dental Health Month  
National Wise Health Consumer Month  
6 Give Kids A Smile Day  
6 National Wear Red Day  
6 National Women's Healthy Heart Campaign  
7 - 14 Congenital Heart Defect Awareness Week  
14 National Donor Day  
22 - 28 National Eating Disorders Awareness Week

## MARCH

Mental Retardation Awareness Month  
National Brain Injury Awareness Month  
National Colorectal Cancer Awareness Month  
National Endometriosis Awareness Month  
National Kidney Month  
National Multiple Sclerosis Education and Awareness Month  
National Nutrition Month®  
Save Your Vision Month  
Workplace Eye Wellness Month  
1 - 7 National Problem Gambling Awareness Week  
2 - 6 National School Breakfast Week  
13 World Kidney Day  
15 - 21 Nat'l Inhalants & Poisons Awareness Week  
24 American Diabetes Alert Day  
24 World Tuberculosis Day  
29 - April 4 Root Canal Awareness Week

## APRIL

Alcohol Awareness Month  
Cancer Control Month  
Cesarean Awareness Month  
Counseling Awareness Month  
Foot Health Issues Related to Diabetes Awareness Month  
Irritable Bowel Syndrome Awareness Month  
National Autism Awareness Month  
National Child Abuse Prevention Month  
National Donate Life Month  
National Minority Health Awareness Month  
National Youth Sports Safety Month  
Occupational Therapy Month  
Sports Eye Safety Month  
STD Awareness Month

Women's Eye Health and Safety Month  
7 World Health Day  
8 Sexual Assault Awareness Month Day of Action  
18 National Healthy Kids Day  
25 - May 2 National Infant Immunization Week  
25 World Tai Chi & Qigong Day  
26 - May 3 SAFE KIDS Week

## MAY

American Stroke Month  
Asthma and Allergy Awareness Month  
Better Sleep Month  
Clean Air Month  
Healthy Vision Month  
Hepatitis Awareness Month  
Lupus Awareness Month  
Lyme Disease Awareness Month  
Melanoma/Skin Cancer Detection & Prevention Month  
Mental Health Month  
Multiple Chemical Sensitivity Month  
National Amyotrophic Lateral Sclerosis Awareness Month  
National Arthritis Awareness Month  
National Bike Month  
National Cancer Research Month  
National Celiac Disease Awareness Month  
National High Blood Pressure Education Month  
National Neurofibromatosis Month  
National Osteoporosis Awareness & Prevention Month  
National Physical Fitness and Sports Month  
National Teen Pregnancy Prevention Month  
Older Americans Month  
Sturge-Weber Awareness Month  
Tuberous Sclerosis Awareness Month  
Ultraviolet Awareness Month  
3 - 9 North American Occupational Safety and Health Week  
4 Melanoma Monday  
6 - 12 National Mental Health Counseling Week  
9 Cornelia de Lange Syndrome Awareness Day  
10 - 16 Food Allergy Awareness Week  
10 - 16 National Alcohol- and Other Drug-Related Birth Defects Week  
10 - 16 National Women's Health Week  
11 - 17 National Stuttering Awareness Week  
11 - 15 National Neuropathy Week  
11 National Women's Check-up Day  
12 Sex Differences in Health Awareness Day  
18 - 24 Recreational Water Illness Prevention Week  
18 HIV Vaccine Awareness Day  
19 Phelan-McDermid Syndrome Day  
20 National Employee Health and Fitness Day  
24 - 30 Older American's Mental Health Week  
31 World No Tobacco Day

## JUNE

1 - July 4 Fireworks Safety Month  
Home Safety Month  
Myasthenia Gravis Awareness Month  
National Aphasia Awareness Month  
National Scleroderma Awareness Month  
National Scoliosis Awareness Month  
Vision Research Month  
1 - 7 Sun Safety Week  
7 - 13 National Headache Awareness Week  
7 National Cancer Survivors Day  
15 - 21 National Men's Health Week  
21 - 27 Helen Keller Deaf - Blind Awareness Week  
21 National ASK Day  
27 - July 5 Eye Safety Awareness Week

## JULY

Hemochromatosis Awareness Month  
International Group B Strep Awareness Month  
Juvenile Arthritis Awareness Month  
UV Safety Month  
20 - 24 National Youth Sports Week  
27 - August 2 Phelan-McDermid Syndrome Week

## AUGUST

Cataract Awareness Month  
Children's Eye Health and Safety Month  
National Immunization Awareness Month  
Psoriasis Awareness Month  
Spinal Muscular Atrophy Awareness Month  
1 National Minority Donor Awareness Day

## SEPTEMBER

America On the Move's September Campaign  
Childhood Cancer Month  
Craniofacial Acceptance Month  
Fruit and Veggies - More Matters Month  
Healthy Aging® Month  
Leukemia & Lymphoma Awareness Month  
National Alcohol and Drug Addiction Recovery Month  
National Cholesterol Education Month  
National Infant Mortality Awareness Month  
National Pediculosis Prevention Month/Head Lice Prevention Month  
National Sickle Cell Month  
National Yoga Month  
Ovarian Cancer Awareness Month  
Prostate Cancer Awareness Month  
Reye's Syndrome Awareness Month  
Sports and Home Eye Safety Month  
Whole Grains Month  
6 - 12 National Suicide Prevention Week  
13 National Celiac Disease Awareness Day  
21 - 27 America on the Move Week

Source: 2009 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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# At-a-Glance 2009

## OCTOBER

Eye Injury Prevention Month  
Halloween Safety Month  
Healthy Lung Month  
Let's Talk Month  
National Breast Cancer Awareness Month  
National Celiac Disease Awareness Month  
National Chiropractic Month  
National Dental Hygiene Month  
National Disability Employment Awareness Month  
National Domestic Violence Awareness Month  
National Down Syndrome Awareness Month  
National Physical Therapy Month  
National Spina Bifida Awareness Month  
Sudden Infant Death Syndrome Awareness Month  
4 - 10 Fire Prevention Week  
4 Sarcoidosis Awareness Day  
5 - 11 Get Smart About Antibiotics Week  
5 - 11 Mental Illness Awareness Week  
5 - 9 Drive Safely Work Week  
5 National Child Health Day  
10 World Mental Health Day  
12 - 20 Bone and Joint Decade National Action Week  
13 Metastatic Breast Cancer Awareness Day  
16 World Food Day  
18 - 24 Hearing Aid Awareness Week  
19 - 25 National Drug-Free Work Week  
20 World Osteoporosis Day  
22 International Stuttering Awareness Day  
25 - 31 Respiratory Care Week  
28 Lung Health Day  
31 Interstitial Cystitis Awareness Day Week

## NOVEMBER

American Diabetes Month  
Diabetic Eye Disease Month  
Foot Health Issues Related to Diabetes Awareness Month  
Jaw Joints - TMJ Awareness Month  
Lung Cancer Awareness Month  
National Adoption Month  
National Alzheimer's Disease Awareness Month  
National Family Caregivers Month  
National Healthy Skin Month  
National Hospice Palliative Care Month  
Pancreatic Cancer Awareness Month  
Pulmonary Hypertension Awareness Month  
Prematurity Awareness Day  
Great American Smokeout  
Gastroesophageal Reflux Disease Awareness Week

## DECEMBER

Safe Toys and Gifts Month  
World AIDS Day, December 1  
National Handwashing Awareness Week, December 6 - 12