

2021

Health Observance Calendar

JANUARY

National Birth Defects Prevention Month

National Cervical Health Awareness Month

National Blood Donor Month

National Radon Action Month

Hot Tea Month



1/8 Bubble Bath Day

1/24 Belly Laugh Day



FEBRUARY

American Heart Month

National Children's Dental Health Month

2/2-2/8 National Burn Awareness Week



2/4 World Cancer Day

2/7 Wear Red Day

2/7 Give Kids a Smile Day

2/14 Donor Day

2/17 Random Acts of Kindness Day

MARCH

National Nutrition Month
Colorectal Cancer Awareness Month

National Kidney Month

3/15-3/21 Brain Awareness Week

3/22-3/28 Teen Drug and Alcohol Facts Week

3/19 World Sleep Day

3/26 National Spinach Day



APRIL

Alcohol Awareness Month

Autism Awareness Month

Humor Month

4/6-4/12 Public Health Week

4/1 National Walking Day

4/7 World Health Day

4/22 Earth Day

4/16 National Stress Awareness Day



MAY

Bike Month

Asthma & Allergy Awareness Month

Arthritis Awareness Month

Skin Cancer Awareness Month

Mental Health Awareness Month

5/3 Sun Day

5/6 National Nurses Day

5/21 Bike to Work Day



5/10 National Women's Check-up Day

5/30 National Creativity Day



5/21 Bike to Work Day

JUNE

PTSD Awareness Month

Men's Health Month

Safety Month

Great Outdoors Month



6/14-6/20 Men's Health Week

6/16 Fresh Veggies Day

6/5 World Environment Day

6/21 International Yoga Day



JULY

Park & Recreation Month

Minority Mental Health Awareness Month

UV Awareness Month

Family Meal Month

7/18 World Listening Day

7/19 National Ice Cream Day

7/30 International Day of Friendship

7/31 National Heatstroke Prevention Day



AUGUST

Breastfeeding Month

National Eye Exam Month

Immunization Awareness Month

8/3 Night Out Watch

8/2-8/8 Stop on Red Week

8/1 National Mountain Climbing Day

8/15 National Relaxation Day

8/19 World Humanitarian Day

8/30 National Beach Day



SEPTEMBER

Better Breakfast Month

Suicide Prevention Month

Prostate Cancer Awareness Month

National Fruit & Veggies Month

Childhood Cancer Awareness Month

9/6 National Read a Book Day

9/18 Concussion Awareness Day

9/12 National Day of Encouragement

9/21 World Gratitude Day



OCTOBER

Breast Cancer Awareness Month

Health Literacy Month

Bullying Prevention Month

Domestic Violence Awareness Month

National Protect Your Hearing Month

10/4-10/10 Mental Illness Week

10/1 International Music Day

10/10 World Mental Health Day

10/15 Global Handwashing Day



NOVEMBER

Diabetes Month

Good Nutrition Month

Lung Cancer Awareness Month

Peanut Butter Lovers Month

11/3 National Sandwich Day

11/12 Chicken Soup for the Soul Day

11/17 World Peace Day

11/19 Great American Smokeout



DECEMBER

Universal Human Rights Month

Hi Neighbor Month

Holiday Season Drunk Driving Campaign

12/1-12/7 Handwashing Week

12/1 World AIDS Day

12/4 National Cookie Day

12/5 International Volunteer Day

12/13 National Cocoa Day

