

# 2025 National Observances



## Monthly

### January

Cervical Health Awareness Month  
Glaucoma Awareness Month

### February

American Heart Month  
African American History Month  
Cancer Prevention Month

### March

Colorectal Cancer Awareness Month  
Kidney Month  
Nutrition Month

### April

Humor Month  
Minority Health Month  
Stress Awareness Month



## Weekly and Daily

19-25

National Healthy Weight Week

9-15

Random Acts of Kindness Week

7-13

Public Health Week

7

World Health Day

24-30

World Immunization Week

22

Earth Day

27

Prescription Drug Take Back Day

(continued)





## Monthly



## Weekly and Daily

### May

Asian American and Pacific Islander(AAPI)  
Heritage Month  
Arthritis Awareness Month  
Asthma and Allergy Awareness Month  
Better Sleep Month  
Healthy Vision Month (Global)  
High Blood Pressure Education Month  
Melanoma/Skin Cancer Awareness Month  
Mental Health Month  
Physical Fitness and Sports Month  
Stroke Awareness Month  
Trauma Awareness Month  
Women's Health Month

### June

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

### July

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

### August

Immunization Awareness Month

### September

Hispanic and Latino Heritage Month  
Fruits & Veggies – More Matters Month  
Healthy Aging Month  
Childhood Obesity Month  
Cholesterol Education Awareness Month  
Food Safety Education Month  
Suicide Prevention Awareness Month  
Prostate Health & Prostate Cancer  
Awareness Month

### October

Depression Education and Awareness  
Month  
Health Literacy Month  
Breast Cancer Awareness Month  
Menopause Awareness  
National Dental Hygiene Month

### November

American Diabetes Month  
Chronic Obstructive Pulmonary Disease (COPD)  
Awareness Month  
Diabetic Eye Disease Month  
Lung Cancer Awareness Month  
American Indian/Alaska Native Heritage Month  
Family Caregivers Month  
Healthy Skin Month  
Pancreatic Cancer Awareness Month

### December

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

**13-19**

Every Body Deserves a Massage Week

**1-7**

World Breastfeeding Week  
Back-to-School Season

**7-13  
22-26**

Suicide Prevention Week  
Falls Prevention Awareness Week

**20-24  
19-25**

Health Education Week  
International Infection Prevention Week

**21**

Great American Smokeout

**1-7  
1-7**

Handwashing Awareness Week  
Influenza Vaccination Week