

2021 National Observances



Monthly

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



Daily

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

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

June

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

July

- UV Safety Month

August

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

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

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

November

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

December

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



Daily

- 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

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

- 12–18 Every Body Deserves a Massage Week

- 1–7 World Breastfeeding Week

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

- 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

- 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

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