

National Health Observance Days

Month	Health Observance	Ways to Participate	Links
January (22 nd -27 th)	National Drug & Alcohol Facts Week (NDAFW)	<ul style="list-style-type: none"> • Host an NDAFW event • Share facts about substance abuse on social media • Distribute information on Drug and Alcohol Abuse to teens in your church and community and/or incorporate the topic in sermons 	<ul style="list-style-type: none"> • How to host an NDAFW event • Free Booklets and Other Educational Materials • Prayers Concerning Mental Health & Substance Use Disorders
February	American Heart Month	<ul style="list-style-type: none"> • Add information about living a heart healthy lifestyle to your, church bulletins, sermons, and newsletters. • Tweet about American Heart Month. • Host a community event where families can be active while learning about local health resource 	<ul style="list-style-type: none"> • Sample Announcement For Newsletter and other Media outlets • Sample Tweets • Take Action to Promote Heart Month
March	Disability Awareness Month	<ul style="list-style-type: none"> • Host a Disabilities Awareness Month Event • Share Facts about Inclusion and other related issues • Tweet about Disability Awareness Month 	2018 Disability Awareness Resource Guide
April	Every Kid Healthy Week	<ul style="list-style-type: none"> • Host modified AFHK's active fundraising program, 	This toolkit was originally designed for schools but can

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		<ul style="list-style-type: none"> • SuperFit School Challenge! • Host a family fitness night. • Organize a health and wellness fair. • Refurbish your playground or cafeteria. • Gather the community for a fun run. • Hold a family and community school breakfast event • Plant a school garden. • Try potential new and healthy breakfast options and/or fruits, veggies and whole grains with a taste test 	<p>be modified for a church or community setting.</p>
<p>May</p>	<p>Mental Health Month</p>	<ul style="list-style-type: none"> • If you have a newsletter, blog or other type of electronic publication, make sure to include articles on mental health and to mention that you are celebrating the month • Start a multicultural mental health book club. • Organize a mental health awareness contest and invite people to submit original/interesting stories or art (e.g., plays, poems, blog entries, short videos, photos, songs, etc.) on recovery, mental health and other related topics. You can also organize an art exhibit, talent show or concert showcasing all of the submissions. • Organize a faith-oriented event where you discuss mental health in 	

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		your place of worship or from a faith perspective.	
June	Alzheimer’s and Brain Awareness Month	Tag Line: June is Alzheimer’s and Brain Awareness month, a time for people of all ages to get involved in the fight against the disease. HashTag: #ENDALZ	
July	Ambassador’s Choice	Choose a Health Focus that’s a priority for your Conference	
August	Healthcare for the Homeless Day	<ul style="list-style-type: none"> • Host an awareness event • Share facts and statistics about homelessness in your area • Discuss with your congregation ways in which the church could provide resources and refuge • Partner with community organizations to assist in providing transportation to health care appointments 	
September	National Childhood Obesity Awareness Month Fruits & Veggies—More Matters Month	<ul style="list-style-type: none"> • Add information about obesity prevention to your newsletter, website, or sermons. • Tweet about National Childhood Obesity Awareness Month. • Plan an event or take another action in your community to increase awareness about childhood obesity. • Tweet about Fruits and Veggies-More Matters Month 	<ul style="list-style-type: none"> • Announcement • Tweets & Hashtags • Get Involved • Fruit and Veggie-More Matters Month Tweets • Get Involved

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		<ul style="list-style-type: none"> • Host a community event where families can try different fresh foods while learning about healthy food resources. • Add a web badge to your website, blog, or social networking profile. 	<ul style="list-style-type: none"> • Web badge
October	Breast Cancer Awareness Month	<ul style="list-style-type: none"> • Add information about breast cancer screening to your newsletter and/or other media outlets. • Add a Web badge to your website or other media outlets • Share educational content on social media: Facebook, Instagram, Twitter • Go Pink in the Pews • Host a Worship in Pink Event • Participate in “Race for a Cure” 	<ul style="list-style-type: none"> • Educational Resources • “Pink in the Pews” Ideas • Worship in Pink Toolkit • Find Breast Cancer Awareness Race near you • National Breast Cancer Awareness Month Badge
November	American Diabetes Month	<ul style="list-style-type: none"> • Add information about preventing type 2 diabetes to your newsletter. • Tweet about American Diabetes Month. • Host a community event where families can be active while learning about local health resources. • Add this Web badge to your website. • Join the American Diabetes Association in celebrating American Diabetes Month. 	<ul style="list-style-type: none"> • Announcements • Tweet about American Diabetes Month. • Host a community event where families can be active while learning about local health resources.

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			<ul style="list-style-type: none">• American Diabetes Month Web badge.• Diabetes Information & Resources• Encourage people to make small changes, like taking the stairs instead of the elevator.• Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.• Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.
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December	World AIDS Day	<ul style="list-style-type: none">• Add information about World AIDS Day to your newsletter.• Tweet about World AIDS Day.• Host a community event where people can learn about local health resources and options for HIV testing.• Add a Web badge to your website.	Sample Announcement World AIDS Day Tweets Community Event Ideas World AIDS Day Web Badge
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