



**HAMILTON COUNTY
PUBLIC HEALTH**

Hamilton County Public Health
educates, serves and protects our
community for a healthier future.

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2016 Health, Wellness & Preparedness Observances

Special Thanks to [CDC.gov](http://www.cdc.gov), [Ready.gov](http://www.ready.gov) & [HealthFinder.gov](http://www.healthfinder.gov).

Find additional resources at:

<http://www.cdc.gov/women/observances/>

<https://healthfinder.gov/NHO/>

<https://www.ready.gov/calendar>

~ January 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day (HCPH closed)	2
					3 3 - 9 National Folic Acid Awareness Week #NFAAW2016	4
10	11	12	13	14	15	16
17	18 MLK Day (HCPH closed)	19	20	21	22	23
24	25 IV Nurse Day 25 - 31 National Drug and Alcohol Facts Week #NDAFW2016	26	27	28	29	30
31	Cervical Cancer Screening Month & Cervical Health Awareness Month National Birth Defects Prevention Month #NBDPM National Blood Donor Month National Glaucoma Awareness Month National Radon Action Month National Slavery and Human Trafficking Prevention Month National Stalking Awareness Month National Winter Sports Traumatic Brain Injury (TBI) Awareness Month #TBIMonth Thyroid Awareness Month					

~ February 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1 - 7 African Heritage & Health Week #AHHW2016 & National Burn Awareness Wk	2 Groundhog Day	3 Women's Physician Day	4 #WorldCancerDay	5 National #WearRed Day Give Kids a Smile Day	6
7 National Black HIV/AIDS Awareness Day #NBHAAD 7 - 14 Congenital Heart Defect Awareness Week #CHDAW2016 7-14 Nat'l #CondomWeek	8 Chinese New Year 8-12 Sexual & Reproductive Health Awareness Week (Canada)	9 Fat Tuesday	10 Ash Wednesday	11	12 Lincoln's B-day	13
14 Congenital Heart Defect Awareness Day Love your Heart Day National #CondomDay National #DonorDay Valentine's Day 14-20 Through with Chew Week #NoChew	15 Presidents' Day (HCPH closed) Susan B Anthony's B-day Washington's B-day	16	17	18 The Great American Spit Out #GASpO #NoChew	19	20 Love your Pet Day
21 21 - 27 National Eating Disorder Screening Program Week #NEDAwareness	22	23	24	25	26	27
28	29	American Heart Month AMD/Low Vision Awareness Month Black History Month National Cancer Prevention Month National Children's Dental Health Month National Condom Month National Senior Independence Month Teen Dating Violence Awareness Month				

~ March 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Brain Injury Awareness Month Healthy Baby Month Hemophilia Awareness Month LGBTQ Health Awareness Month National Colorectal Cancer Awareness Month National Developmental Disabilities Awareness Month National Endometriosis Awareness Month National Kidney Month National Nutrition Month National MS Education and Awareness Month National Poison Prevention Month (Continued Below)		1 1 - 6: National Aplastic Anemia and MDS Awareness Week	2	3 3-9 Endometriosis Awareness Week & National MS Week	4	5
6 6-12 National Groundwater Awareness Week 6 - 13 National Sleep Awareness Week #NSAW2016	7 7 - 11 National School Breakfast Week #NSBW2016	8 International Women's Day 8 - 14: National Pulmonary Rehabilitation Week	9 No Smoking Day	10 National Women and Girls HIV/AIDS Awareness Day #NWGHAAD World #KidneyDay	11 World Plumbing Day	12
13 DST Begins 13 - 19 Patient Safety Awareness Week #PSAW2016 & Flood Safety Awareness Week #FloodWeek	14 14 - 20 Brain Awareness Week #BrainWeek	15	16 Brain Injury Awareness Day #BrainDay	17 St. Patrick's Day	18	19 #KickButts Day
20 Nat'l Native American HIV/AIDS Awareness Day #NNAHAAD Spring Equinox/Ostara 20-26 Severe Weather Awareness Week & National Poison Prevention Week	21 21-25 Tick Bite Prevention Week	22 World Water Day American Diabetes Association Alert Day	23 Ohio Statewide Tornado Drill National Puppy Day	24 World Tuberculosis Day #TBday	25 Good Friday	26
27 Easter 27 - April 2 Tsunami Preparedness Week #TPW2016	28 28-4/1 LGBT Health Awareness Week	29	30	31	Problem Gambling Awareness Month Save Your Vision Month TB Awareness Month Trisomy Awareness Month Women's History Month Workplace Eye Wellness Month	

~ April 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Distracted Driving Awareness Month Earth Month Get Yourself Tested Month #GYTmonth Healthy Home Month IBS Awareness Month National Alcohol Awareness Month National Autism Awareness Month National Child Abuse Prevention National Donate Life Month National Facial Protection Month National Minority Health & Health Disparities Month		Sexual Assault Awareness & Prevention Month Occupational Therapy Month Public Health Month Sexual Assault Awareness Month of Action Sports Eye Safety Awareness Month STI/STD Awareness Month #STImonth Stress Awareness Month Women's Eye Health and Safety Month			1 Walk to Work Day	2
3	4 4 - 10 National Public Health Week #NPHW Resource: nphw.org/2016 4-8 National Youth Violence Prevention Week #NYVPW	5 Sexual Assault Awareness #DayOfAction	6	7 World Health Day	8	9 National Alcohol Screening Day
10 National Youth HIV and AIDS Awareness Day #NYHAAD 10-16 Week of the Young Child & National Public Safety Telecommunications Week	11 National Pet Day	12	13 Thomas Jefferson's B-day #WearBlueDay for Child Abuse Prevention Awareness	14	15 Tax Day	16 WeTHRIVE! Day WatchUsThrive.org 16 - 23 National Infant Immunization Week #NIIW2016 Resource: cdc.gov/vaccines/events/niiw/index.html
17 World Hemophilia Day 17-23 National Pet ID Week & National Environmental Education Week #eeweek	18 National Transgender HIV Testing Day	19	20	21	22 Earth Day	23 Passover Begins
24 World Meningitis Day 24 - 30 National Infertility Awareness Week #NIAW2016 & World Immunization Week #WIW2016	25 Hug a Plumber Day 25 - 29 Every Kid Healthy Week	26	27 Administrative Professional's Day	28 Take Our Daughters & Sons to Work Day	29 Arbor Day	30 America's (Spring) #PrepareAthon! Passover Ends National Adopt a Shelter Pet Day World Veterinary Day

~ May 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 1 - 7 Children's Mental Health Awareness Week & National Physical Education & Sport Week #NPESW & Public Service Recognition Week & National #PetWeek	2 Melanoma Monday 2 - 6 Air Quality Awareness Week & National Safety Stand-Down & Air Quality Week & Prevent Falls in Construction Week	3 World Asthma Day	4 Nat'l Bike to School Day National Specially-abled Pets Day	5 Hand Hygiene Day Cinco de Mayo	6 National Nurses Day 6-12 National Nurses Week	7	
8 Mother's Day 8 - 14 National Alcohol- and Other Drug-Related Birth Defects Awareness Week & National Women's Health Week #NWHW	9 National Women's Check-Up Day 9-13 Bike Helmet Safety Awareness Week 9 - 15 National Stuttering Awareness Week	10	11	12 Fibromyalgia Day 12-16 National Neuropathy Awareness Week	13 #513day (Cincinnati)	14 National Animal Disaster Preparedness Day #NADPD Cornelia de Lange Syndrome Awareness Day	
15 15-21 National EMS Week & National Dog Bite Prevention Week #DogBites	16 Piercing Day 16-20 Bike to Work Week	17	18 HIV Vaccine Awareness Day #HVAD National Emergency Medical Services for Children Day #EMSCday	19 National Asian and Pacific Islander HIV/AIDS Awareness Day #AINmay19 Hepatitis Testing Day	20 Bike to Work Day World Autoimmune Arthritis Day Summer Solstice/Litha	21 Armed Forces Day	
22 22 - 28 National Hurricane Preparedness Week #NHPW	23 23 - 29 Healthy and Safe Swimming Week #HSSW2016	24	25 National Senior Health & Fitness Day #WorldMSday	26	27 Heat Safety Awareness Day & Don't Fry Day	28	
29	30 Memorial Day (HCPH closed)	31 World No Tobacco Day	ALS Awareness Month Arthritis Awareness Month Asian & Pacific American Heritage Month Asthma and Allergy Awareness Month Better Hearing and Speech Month Better Sleep Month Bike Month Clean Air Month Global Youth Traffic Safety Month Healthy Vision Month Hepatitis Awareness Month National High Blood Pressure Education Month				National Osteoporosis Awareness & Prevention Month National Physical Fitness & Sports Month National Stroke Awareness Month Employee Health & Fitness Month National Celiac Disease Awareness Month Older Americans Month Nat'l Teen Pregnancy Prevention Month Melanoma/Skin Cancer Detection & Prevention Month Mental Health Month Toddler Immunization Month Ultraviolet Awareness Month

~ June 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Caribbean American Heritage Month Cataract Awareness Month Extreme Heat Safety Awareness Month Gay Pride Month Lightning Safety Awareness Month Men's Health Month Migraine and Headache Awareness Month Myasthenia Gravis Awareness Month National Aphasia Awareness Month National Great Outdoors National Congenital Cytomegalovirus Awareness Month			1 1-7 National CPR and AED (Automated External Defibrillator) Awareness Week	2	3	4 International Hug Your Cat Day
5 National Cancer Survivors Day 5 - 11 National Rip Current Awareness Week & Pet Appreciation Week & National #SunSafety Wk & National Community Health Improvement Wk	6 D-Day	7 Ramadan Starts	8 Caribbean American HIV/AIDS Awareness Day #CAHAAD	9	10	11
12	13 13 - 19 National Men's Health Week	14 Flag Day World Blood Donor Day	15	16	17	18
19 Father's Day Juneteenth World Sickle Cell Day 19 - 25 National Lightning Safety Awareness Week	20 Summer Solstice/Litha	21	22	23	24 Take Your Dog to Work Day	25
26	27 National HIV Testing Day #NHTD	28	29	30 Social Media Day	National Safety Month National Scleroderma Awareness Month National Pet Preparedness Month	

~ July 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cord Blood Awareness Month Fireworks Safety Month International Group B Strep Awareness Month Juvenile Arthritis Awareness Month National Cleft & Craniofacial Awareness & Prevention Month National Park and Recreation Month UV Safety Month					1	2
3	4 Independence Day (HCPH closed) 4-10 National Childhood Obesity Week	5	6	7 Eid al-Fitr	8	9
10	11	12	13	14	15 National Pet Fire and Safety Day	16
17	18	19	20	21	22	23
24 Parents' Day	25	26	27	28 World Hepatitis Day #HepDay	29	30
31 Heat Stroke Prevention Day						

~ August 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1 - 7 World #BreastfeedingWeek	2	3	4	5	6
7 7 - 13 National Health Center Week #NHCW2016 & National Farmers Market Week #FarmMktWk	8	9	10 Spoil Your Dog Day	11	12	13
14	15 National Check the Chip Day (Pets)	16	17	18	19	20
21 Senior Citizens Day	22 National Take your Cat to the Vet Day 22 - 26 Contact Lens Health Week #ContactsWeek	23	24	25	26 Women's Equality Day National Dog Day	27
28	29	30	31	Cataract Awareness Month Children's Eye Health & Safety Month National Breastfeeding Month National Immunization Awareness Month #NIAM2016 National Water Quality Month #NWQM2016 Psoriasis Awareness Month		

~ September 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Baby Safety Awareness Month Cat Month Childhood Cancer Awareness Month Farmers' Market Month Fruit & Veggies – More Matters Month Newborn Screen Awareness Month Healthy Aging Month Infant Mortality Awareness Month International Clean Hands Awareness Month National Atrial Fibrillation Awareness Month National Childhood Obesity Awareness Month #NCOAM		National Cholesterol Education Awareness Month National Food Safety Education Month National ITP Awareness Month National Pediculosis/Head Lice Prevention Month National Preparedness Month National Recovery Month National Sickle Cell Disease Awareness Month National Traumatic Brain Injury Awareness Month National Yoga Awareness Month Pain Awareness Month	(Continued Below)	1 1-7 National Childhood Injury Prevention Week	2	3
4	5 Labor Day (HCPH closed) 5 - 11 National Suicide Prevention Week	6 Protect your Groundwater Day #PYGWD16	7	8 y	9 Fetal Alcohol Syndrome Awareness Day	10 World Suicide Prevention Day
11 Patriot Day Grandparents Day	12	13 National Celiac Disease Awareness Day	14	15 RAINN Day World Lymphoma Awareness Day	16 Constitution Day	17
18 National HIV/AIDS and Aging Awareness Day #NHAAAD 18 - 24 National Farm Safety & Health Week & National Child Passenger Safety Week	19 Responsible Dog Ownership Day 19 - 23 Malnutrition Awareness Week	20 #GetReadyDay	21 National School Backpack Awareness Day #NSBAD World Alzheimer's Day	22 Falls Prevention Awareness Day Fall Equinox/Mabon	23	24 Family Health & Fitness Day USA National Seat Check Saturday
25 International Ataxia Awareness Day	26	27 National Gay Men's HIV/AIDS Awareness Day #NGMHAAD	28 National Women's Health & Fitness Day #WorldRabiesDay	29 #WorldHeartDay	30 America's (Fall) #PrepareAthon!	Prostate Cancer Awareness Month Responsible Dog Ownership Awareness Month Ovarian Cancer Awareness Sepsis Awareness Month Sexual Health Awareness Sports Eye Safety Month Whole Grains Month World Alzheimer's Month

~ October 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Domestic Violence Awareness Month Eat Better Eat Together Month Eye Injury Prevention Month Farm to School Month #F2Smth Health Literacy Month Healthy Babies Month Home Eye Safety Month International Walk to School Month		National Animal Safety & Protection Month National Breast Cancer Awareness Month National Bullying Prevention Month National Children's Health Month National Depression & Mental Health Screening Month National Family Health Month National Family Sexuality Education Month National Dental Hygiene Month		National Down Syndrome Awareness Month National Medical Librarians Month National Physical Therapy Month Sudden Infant Death Syndrome (SIDS) Awareness Month Safe Sleep for Babies Month Workplace Wellness Month		1
2 2 - 8 Mental Illness Awareness Week	3 Rosh Hashana Child Health Day	4	5 International Walk to School Day World Cerebral Palsy Day	6 National Depression Screening Day	7	8
9 Fire Prevention Day	10 Columbus Day (HCPH open)	11	12 Yom Kippur 12 - 20 Bone and Joint Health Action Week	13 Metastatic Breast Cancer Awareness Day National Depression Screening Day	14	15 National Latino AIDS Awareness Day #NLAAD Great #Shakeout Sweetest Day
16 World Food Day 16 - 22 International Infection Prevention Week	17 Boss's Day 17 - 22 National Healthcare Quality Week 17 - 21 National Health Education Week	18	19 World Pediatric Bone and Joint Day	20 World Osteoporosis Day	21	22 International Stuttering Awareness Day
23 23 - 31 Red Ribbon Week 23 - 29 Respiratory Care Week	24	25	26 Lung Health Day	27	28	29 World Psoriasis Day
30	31 Halloween/Samhain					

~ November 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
American Diabetes Month COPD Awareness Month Diabetic Eye Disease Month Great American Smokeout Month #GASO Lung Cancer Awareness Month Lung Cancer Awareness Month National Alzheimer's Disease Awareness Month National Epilepsy Awareness Month National Family Caregivers Month National Healthy Skin Month (Continued Below)		1	2	3	4	5
6 DST ends	7	8 Election Day	9	10	11 Veterans Day (HCPH closed)	12
13 13-19 Winter Weather Awareness Week & Mouth Cancer Awareness Week	14 World Diabetes Day	15	16	17 Great American Smokeout	18	19 International Survivors of Suicide Day
20 20 - 26 Gastroesophageal Reflux Disease Awareness Week	21	22	23	24 Thanksgiving (HCPH closed) National Family Health History Day	25 (HCPH closed)	26
27	28	29	30	National Hospice Palliative Care Month National Pet Diabetes Month National Stomach Cancer Awareness Month Native American & Alaska Native Heritage Month Prematurity Awareness Month Winter Storm Preparedness Month		

~ December 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
International AIDS Awareness Month National Drunk and Drugged Driving Prevention Month National Handwashing Awareness Month Safe Toys and Gifts Month				1 World AIDS Day	2	3 International Day of Persons with Disabilities
4 4 - 12 National Influenza Vaccination Week Resource: http://www.cdc.gov/flu/hivw/ 4 - 10 National Handwashing Awareness Week	5	6 St. Nick Day	7 Pearl Harbor Remembrance Day	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Winter Solstice/Yule	22	23 Festivus	24
25 Christmas Hanukkah begins	26 (HCPH closed) Kwanzaa	27	28	29	30	31 New Year's Eve