

# National Health Observances, 2014



## Birth Defects Prevention Awareness Month

Women of childbearing age and their care providers need to know that folic acid promotes good health before, during, and after pregnancy. Daily consumption of the B vitamin folic acid beginning before pregnancy is crucial, as birth defects of the brain and spine known as neural tube defects (NTDs), including spinal bifida, can occur in the early weeks following conception, often before a woman knows she is pregnant.

March of Dimes | 914.428.7100

[marchofdimes.com](http://marchofdimes.com)

## Blood Donor Month

Blood is traditionally in short supply during the winter months, especially January, due to the holidays, travel schedules, inclement weather, and illness. A reduction in turnout can put our nation's blood inventory at a critical low. January has been designated as national Blood Donor Month to encourage donors to give or pledge to give blood.

American Red Cross | 800.733.2767

[redcross.org/news/event/January-is-National-Blood-Donor-Month](http://redcross.org/news/event/January-is-National-Blood-Donor-Month)

## Cervical Cancer Screening Month

The Foundation for Women's cancer, the national cervical cancer Public education campaign, and its partner organizations promote the message that cervical cancer is preventable—vaccinate early, Pap test regularly, and HPV test when recommended.

Foundation for Women's Cancer | 312.578.1439

[wcn.org](http://wcn.org)

## Cervical Health Awareness Month

During January, issues are highlighted relating to cervical cancer, human papillomavirus (HPV), and the importance of early detection, along with personal stories of women and caregivers battling persistent HPV, precancer, or cervical cancer. In addition, recent advances and research in the prevention, detection, and treatment of cervical cancer and HPV, and the success of local early detection cervical cancer screening and treatment programs are acknowledged.

National Cervical Cancer Coalition | 800.685.5531

[nccc-online.org](http://nccc-online.org)

## Glaucoma Awareness Month

More than 2.2 million Americans age 40 and older suffer from glaucoma nearly half do not know they have the disease—it causes no early symptoms. Prevent Blindness America will provide insightful information about this “Sneak Thief of Sight.”

Prevent Blindness America | 800.331.2020

[preventblindness.org](http://preventblindness.org)

## January 5-11

### National Folic Acid Awareness Week

The National Council on Folic Acid is dedicated to promoting the benefits and consumption of folic acid. Adequate folic acid intake is important for the prevention of birth defects, making January the perfect month to help increase this awareness.

National Council of Folic Acid | 800.621.3141

[folicacidinfo.org](http://folicacidinfo.org)

## January 19-25

### Healthy Weight Week

Healthy Weight Week celebrates healthy lifestyles that last a lifetime and prevent eating and weight problems. This annual celebration is a time for people of all sizes to live actively, eat well, and feel good about themselves and others. On Tuesday of Healthy Weight Week, rid the World of Fad Diets and Gimmicks Day is celebrated and the annual Slim chance Awards are announced for the worst diet products of the year.

[Nutrition.gov](http://Nutrition.gov)

## January 23

### Women's Healthy Weight Day

This day honors American women of all sizes and affirms that beauty, talent, and love cannot be weighed.

[nutrition.gov/life-stages/women](http://nutrition.gov/life-stages/women)

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