

National Health Observances, 2014

March

Month Long Observances

Colon Cancer Awareness Month

Colon cancer is the second leading cause of cancer-related death in the U.S., with a risk of 1 in 20. Help educate your employees with screening options and guidelines. Early detection is vital.

Colon Cancer Alliance | 877.422.2030
ccalliance.org

National Kidney Month

March is designated National Kidney Month to raise awareness about kidney disease prevention and early detection. 1 in 3 Americans are at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure.

National Kidney Foundation | 800.622.9010
Kidney.org

National Nutrition Month

Eating well is important at any age, but especially when growing older. The right dietary habits can help in keeping the mind sharp and the body healthy.

Academy of Nutrition and Dietetics | 800.877.1600
ChooseMyPlate.gov

Workplace Eye Wellness Month

When it comes to eye health, the more vision ailments employees have, the more medical care they utilize, increasing healthcare related expenses. Help promote vision care services in the workplace.

Prevent Blindness America | 800.331.2020
Preventblindness.org

Week Long Observances

National Sleep Awareness Week, (March 2nd - 9th)

NSAW is an annual public education and awareness campaign to promote the importance of sleep.

National Sleep Foundation | 703.243.1697
Sleepfoundation.org

Patient Safety Awareness Week, (March 2nd - 8th)

Patient Safety Awareness Week is an annual education and awareness campaign for health care safety led by NPSF. In short, being an educated patient can not only help reduce costs but potentially save lives.

National Patient Safety Foundation | 617.391.9900
NPSF.org

Brain Awareness Week, (March 10th - 16th)

The Brain Awareness Campaign is a worldwide celebration of the brain that brings together scientists, families, schools, and communities. Feed your brain with the Jumble, crossword puzzles and other "brain" games and activities.

The Dana Alliance for Brain Initiatives | 212.401.1689
Dana.org

American Diabetes Alert Day, (March 25th)

American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the [Private Diabetes Risk Test](#) to find out if they are at risk for developing Type 2 Diabetes. Take the test and get information, tips and ideas for simple, small steps you can take to help lower your risk.

American Diabetes Association | 800.DIABETES
Diabetes.org