

JANUARY

National Health Observances

Birth Defects Prevention Awareness Month

Each year in the U.S., about 1 in 33 babies is born with a birth defect. You can't always prevent birth defects, but you can help reduce the risk and improve your chances of having a healthy baby. Speak with your doctor today.

March of Dimes Foundation | MarchOfDimes.org



National Blood Donor Month

The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,600 hospitals, clinics and cancer centers across the U.S.

The American Red Cross | RedCrossBlood.org

Thyroid Awareness Month

Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body's most important organs.

Thyroid Awareness c/o AACE | ThyroidAwareness.com

Cervical Health Awareness Month

Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is virtually always preventable with vaccination and appropriate screening (Pap and HPV tests).

American Cancer Society | Cancer.org

National Glaucoma Awareness Month

Glaucoma is the leading cause of irreversible blindness. If detected early, glaucoma can usually be controlled, and severe vision loss can often be prevented.

Glaucoma Research Foundation | Glaucoma.org

National Fiber Focus Month

Our bodies cannot make fiber, so we must eat it to benefit from its many healthy properties. Fiber plays an essential role in our digestive, heart, and skin health, and may improve blood sugar control, weight management and more.

The Cleveland Clinic | ClevelandClinic.org

Weekly/Daily Observances

National Folic Acid Awareness Week (6th - 12th)

Folic acid is a B-vitamin that is necessary for proper cell growth. Adequate folic acid intake is important for the prevention of birth defects, making January the perfect month to help increase this awareness.

CDC / U.S. Dept. of H&HS | CDC.gov

Healthy Weight Week (19th - 25th)

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity and balancing the number of calories you consume with the number of calories your body uses.

USDA's National Agricultural Library | Nutrition.gov



National Compliment Day (24th)

National Drug & Alcohol Facts Week (22nd - 27th)

Need help for yourself, a friend, parent or peer call toll-free today to find a local facility to assist.



1-800-662-HELP

DrugFactsWeek.DrugAbuse.gov