

# FEBRUARY

## National Health Observances

### American Heart Month

Seven key health factors and behaviors that can help decrease your risk for heart disease and stroke are: not-smoking, physical activity, healthy diet, body weight, and control of cholesterol, blood pressure, and blood sugar.

American Heart Association | 800.242.8721 | [Heart.org](http://Heart.org)



### National Children's Dental Health Month

Remember to change out a toothbrush after having a cold or the flu, germs can hide in the bristles and lead to reinfection.

American Dental Association | 800.621.8099 | [ADA.org](http://ADA.org)

### International Prenatal Infection Prevention Month

If you're pregnant or planning a pregnancy, there are simple steps you can take to protect from infections that cause health problems. Consult your physician today.

Group B Strep International | 909.620.7214 | [GroupBStrepInternational.org](http://GroupBStrepInternational.org)

### Low Vision Awareness Month / Age-Related Macular Degeneration (AMD)

Early detection, treatment & follow-up care are important in preventing vision loss. Schedule a comprehensive eye exam today.

Prevent Blindness | 800.331.2020 | [PreventBlindness.org](http://PreventBlindness.org)

### Teen Dating Violence Awareness Month - [BreakTheCycle.org](http://BreakTheCycle.org)

1 in 3 young people will experience some form of abuse in their dating relationships.

### 24/7 NATIONAL HOTLINES

TEEN DATING ABUSE HELPLINE: 1-866-331-9474

*Speak with peer advocates about dating, relationships, and abuse.*

NTL. SEXUAL ASSAULT HOTLINE: 1-800-656-4673

*Get help and referrals from advocates.*

**STELLAR**  
BENEFITS GROUP | strong relationships  
superior results

### Kids ENT Health Month

Issues with ear, nose and throat seem to be a part of childhood, with chronic ear infections ranking as the number one reason for a child to visit a doctor.

AAO-HNS | 703.836.4444 | [ENTnet.org](http://ENTnet.org)

### Daily and Weekly Observances

#### National Wear Red Day, 1<sup>st</sup>

American Heart Association | [GoRedForWomen.org](http://GoRedForWomen.org)

#### National Burn Awareness Week, 3<sup>rd</sup> - 9<sup>th</sup>

American Burn Association | [AmeriBurn.org](http://AmeriBurn.org)

#### World Cancer Day, 4<sup>th</sup>

Union for International Cancer Control | [WorldCancerDay.org](http://WorldCancerDay.org)

#### National Black HIV/AIDS Awareness Day, 7<sup>th</sup>

Black Aids Institute | [BlackAids.org](http://BlackAids.org)

#### Congenital Heart Disease Awareness Week, 7<sup>th</sup> - 14<sup>th</sup>

The Mended Hearts, Inc. | [MendedHearts.org](http://MendedHearts.org)

#### National Donor Day, 14<sup>th</sup>

Donate Life America | [DonateLife.net](http://DonateLife.net)

random  
act of kindness Day, 17<sup>th</sup>

#### National Eating Disorder Awareness Week, 25<sup>th</sup> - March 3<sup>rd</sup>

National Eating Disorders Association | [NEDawareness.org](http://NEDawareness.org)

