

# May

## National Health Observances



### Healthy Vision Month and Ultraviolet Awareness Month

National Eye Institute | 301.496.5248 | [nei.nih.gov](http://nei.nih.gov) | [preventblindness.org](http://preventblindness.org)

### Hepatitis Awareness Month

American Liver Foundation | 800.465.4837 | [LiverFoundation.org](http://LiverFoundation.org)

### American Stroke Month & National High Blood Pressure Education Month

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

### National Arthritis Awareness Month

Arthritis Foundation | 800.283.7800 | [Arthritis.org](http://Arthritis.org)

### Mental Health Month

Recovery Resources | 216.431.4131 | [RecRes.org](http://RecRes.org)

### Preeclampsia Awareness Month

Preeclampsia Foundation | 800.665.9341 | [Preeclampsia.org](http://Preeclampsia.org)

### Brain Tumor Awareness Month

National Brain Tumor Society | 617.924.9997 | [BrainTumor.org](http://BrainTumor.org)

### National Celiac Disease Awareness Month

Beyond Celiac | 844.856.6692 | [BeyondCeliac.org](http://BeyondCeliac.org)

### National Teen Pregnancy Prevention Month

NPIN.CDC.GOV / CDC | [CDC.gov](http://CDC.gov)

### Lupus Awareness Month

Lupus Foundation of America, Inc. | 800.558.0121 | [Lupus.org](http://Lupus.org)

### Food Allergy Action Month

### National Asthma and Allergy Awareness Month

Asthma and Allergy Foundation of America | 800.727.8462 | [AAFA.org](http://AAFA.org)

### National Cystic Fibrosis Awareness Month

Cystic Fibrosis Foundation | 800.344.4823 | [CFF.org](http://CFF.org)

### Melanoma / Skin Cancer Detection and Prevention Month

American Academy of Dermatology | 866.503.7546 | [SpotSkinCancer.org](http://SpotSkinCancer.org)

### Neurofibromatosis Awareness Month

Children's Tumor Foundation | [CTF.org](http://CTF.org)

### ALS Awareness Month

ALS Association | 800.782.4747 | [ALSA.org](http://ALSA.org)

### Better Hearing & Speech Month

ASHA | 800.498.2071 | [ASHA.org](http://ASHA.org)

### Lyme Disease Awareness Month

LymeDisease.org | [LymeDisease.org](http://LymeDisease.org)

### Huntington's Disease Awareness Month

Huntington's Disease Society of America | [HDSA.org](http://HDSA.org)

### National Osteoporosis Month

National Osteoporosis Foundation | 800.231.4222 | [NOF.org](http://NOF.org)

### Physical Fitness & Sports Month Employee Health and Fitness Month

U.S. Dept. of HHS | 518.456.1058 | [HealthFinder.gov](http://HealthFinder.gov)

## Daily and Weekly Observances

### 5, Hand Hygiene Day

Centers for Disease Control and Prevention | [CDC.gov](http://CDC.gov)

### 6, Children's Mental Health Awareness Day

Substance Abuse and Mental Health Services Administration | [SAMHSA.gov](http://SAMHSA.gov)

### 12-18, Food Allergy Awareness Week

FAACT | [FoodAllergyAwareness.org](http://FoodAllergyAwareness.org)

### 12-18, Alcohol & Drug-Related Birth Defects Awareness Week

National Council on Alcoholism and Drug Dependence, Inc. | [NCADD.org](http://NCADD.org)

### 12-18, National Women's Health Week

Office of Women's Health | [WomensHealth.gov](http://WomensHealth.gov)

### 22, Gout Awareness Day

Gout & Uric Acid Education Society | [GoutEducation.org](http://GoutEducation.org)

### 29, National Senior Health and Fitness Day

Fitness Day | [FitnessDay.com](http://FitnessDay.com)

### 31, World No Tobacco Day

World Health Organization | [Who.int](http://Who.int)

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