# https://lh5.googleusercontent.com/2z3StJyVNjKZPYqi2KQmCgdg-ezsE-FYC6AYc1If7s1kg7-tOXeu7lb7g1BuUmkpEChEiGKT6STpeY_1Z0nYFMzLq9MVlYGbX6Wpp6XJ-2ClYqc3rpCVaN4bZSOBSvfc9HvgBRvDThere are many national health observance days, weeks, or months. Observances can be used as opportunities to promote health messages, programs, and policies.

National Health Observance

Quick-Guides

**Our 50+ “Quick-Guides” were created to help you take advantage of national health observances.** They can help you guide your health promotion efforts, especially when using social media.

Most messages, materials, and facts can be adapted to fit many audiences.

Check out our video tutorial to review the Quick-Guides sections and learn how to use the Quick-Guides: [z.umn.edu/qguides](http://www.epi.umn.edu/mch/guides/).

#### January:

[National Stalking Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/January_Stalking-Awareness-Month.pdf)

[National Drug Facts Week](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/January_Drug-Facts-Week.pdf)

[Cervical Health Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/January_Cervical-Health-Awareness-Month.pdf)

[Folic Acid Awareness Week](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/January_-Folic-Acid-Awareness.pdf)

[Birth Defects Prevention Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/January_Birth-Defect-Prevention-Month.pdf)

#### February:

[American Heart Health Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/February_-American-Heart-Month.pdf)

[National Eating Disorders Awareness Week](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/February_-Eating-Disorders-Awareness-Week.pdf)

[Teen Dating Violence Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/February_-Teen-Intimate-Partner-Dating-Violence.pdf)

#### March:

[National Youth Violence Prevention Week](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/March_-Youth-Violence-Prevention.pdf)

[National School Breakfast Week](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/March_-National-School-Breakfast-Week.pdf)

[National Nutrition Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/March_-National-Nutrition-Month.pdf)

#### April:

[STI Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/April_-STI-Awareness-Month.pdf)

[Sexual Assault Awareness & Prevention Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/April_-Sexual-Assault-Prevention-Month.pdf)

[Minority Health Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/April_-Minority-Health-Month.pdf)

[Autism Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/April_-Autism-Awareness-Month.pdf)

[Every Kid Healthy Week](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/April_-Every-Kid-Healthy-Week.pdf)

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| Contact InformationThe Center for Leadership Education in Maternal & Child Public HealthEmail: mch@umn.eduWeb: www.epi.umn.edu/mch |

 [Distracted Driving Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/April_-Distracted-Driving-Awareness-Month.pdf)

[Alcohol Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/April_-Alcohol-Awareness-Month.pdf)

#### May:

[Walk to School, Bike to School Day](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/May_-Walk_Bike-to-School-Day.pdf)

[National Teen Pregnancy Prevention Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/May_-National-Teen-Pregnancy-Prevention-Month.pdf)

[Healthy & Safe Swimming Week](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/May_Healthy-and-Safe-Swimming-Week.pdf)

[National Mental Health Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/May_-National-Mental-Health-Month.pdf)

[National Healthy Vision Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/May_Healthy-Vision-Month.pdf)

[Preeclampsia Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/May_Preeclampsia-Awareness-Month.pdf)

Share & tag us! @umn\_mch

[National Hepatitis Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/May_National-Hepatitis-Awareness.pdf)

#### June:

[National Safety Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/June_-National-Safety-Month-1.pdf)

#### August:

[National Immunizations Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/August_-QG-Immunization-Month-1.pdf)

[National Breastfeeding Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/August_National-Breastfeeding-Month.pdf)

#### September:

[National Suicide Prevention Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/September_-QG-Suicide-Prevention-Month-1.pdf)

[Fruits & Veggies—More Matters Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/September_-QG-Fruits-and-Veggies-More-Matters-1.pdf)

[Ovarian Cancer Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/September_-Ovarian-Cancer-Awareness-Month.pdf)

[Sickle Cell Disease Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2015/09/September_-Sickle-Cell-Awareness-Month.pdf)

#### October:

[National Bullying Prevention Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/October_-QG-Bullying-Prevention-Month-1.pdf)

#### November:

[National Diabetes Awareness Month](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/November_Diabetes-Awareness-Month.pdf)

#### December:

[World AIDS Day](http://www.epi.umn.edu/mch/wp-content/uploads/2017/12/December_World-AIDS-Day.pdf)