

New York State

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NYS PTA WELLNESS TOOLKIT

January – December 2016 CALENDAR

January

DATE OBSERVED	EVENT	LINKS
January 1 - 31	National Birth Defects Prevention Month	nbdpn.org and marchofdimes.com
January 1 - 31	National Blood Donor Month	aabb.org
January 1 - 31	National Thank You Month	randomactsofkindness.org
January: Third week	Healthy Weight Week	healthyweightnetwork.com
January: Third Monday	King Day of Service	mlkday.gov
January 18 - 22	No Name Calling Week	nationalsave.org and glsen.org/nonamecallingweek
January 25 - 31	National Drug Facts Week	teens.drugabuse.gov/national-drug-alcohol-facts-week

February

DATE OBSERVED	EVENT	LINKS
February 1 - 29	National Boost Your Self-Esteem Month	healthselfesteem.org
February 1 - 29	Heart Month	heart.org and cdc.gov/features/heartmonth
February 1 - 29	National Children's Dental Health Month	ada.org
February 1 - 29	Teen Dating Violence Awareness Month	teendvmonth.org and ncadv.org
February 1 - 29	National Cancer Prevention Month	cancer.gov
February 2 - 6	National School Counseling Week	schoolcounselor.org
February 3	National Girls and Women in Sports Day	womenssportsfoundation.org
February 5	National Wear Red Day	goredforwomen.org
February 7	National Black HIV/AIDS Awareness Day	nationalblackaidsday.org
February 8 - 12	Random Acts of Kindness Week	randomactsofkindness.org
February 12 - 15	Great Backyard Bird Count	gbbc.birdcount.org
February 15 - 19	Take Your Family to School Week	pta.org
February 23-March 1	National Eating Disorders Awareness Week	nedawareness.org
Late February-Early April	Collegiate Safe Spring Break Programming	naspa.org

March

March 1 - 31	Gender Equality Month	unfpa.org/gender-equality and unesco.org
March 1 - 31	Brain Injury Awareness Month	biausa.org
March 1 - 31	National Nutrition Month	eatright.org
March 1 - 31	National Development Disabilities Awareness Month	thearc.org
March 1 - 31	National Poison Prevention Month	poisonprevention.org and aapcc.org
March 1 - 31	National Hemophilia Awareness Month	hemophilia.org
March 1 - 31	National Problem Gambling Awareness Month	ncpgambling.org
March 7 - 11	National School Breakfast Week	schoolnutrition.org
March 6 - 12	National Sleep Awareness Week	sleepfoundation.org
March 8	International Women's Day	internationalwomensday.com
March 6 - 12	Teen Tech Week	readwritethink.org
March 10	National Women and Girls HIV/AIDS Awareness Day	womenshealth.gov/nwghaad
March 14 - 20	Brain Awareness Week	dana.org/BAW and sfn.org
March: Third week	National Inhalants and Poisons Awareness Week	inhalants.org
March 18	Kick Butts Day	tobaccofreekids.org
March 20	National Native American HIV/AIDS Awareness Day	nnhaad.org and aids.gov
March 21	International Day for the Elimination of Racial Discrimination	ohchr.org/EN/NewsEvents/IDERD/2014/Pages/IntDay.aspx
March 22	World Water Day	uclg.org
March 23 - 27	National Youth Violence Prevention Week	nationalsave.org
March 24	World Tuberculosis Day	stoptb.org
March: Fourth Tuesday	American Diabetes Alert Day	diabetes.org

April

April 1 - 30	Alcohol Awareness Month	ncadd.org
April 1 - 30	Keep America Beautiful Month	kab.org
April 1 - 30	STD Awareness Month	cdc.gov/std/sam
April 1 - 30	National Autism Awareness Month	autismspeaks.org
April 1 - 30	National Child Abuse Prevention Month	childwelfare.gov
April 1 - 30	National Distracted Driving Awareness Month	nsc.org
April 1 - 30	National Donate Life Month	organdonor.gov
April 1 - 30	National Facial Protection Month	aaoms.org
April 1 - 30	National Minority Health Month	minorityhealth.hhs.gov
April 1 - 30	National Youth Sports Safety Month	safekids.org
April 1 - 30	Sexual Assault Awareness and Prevention Month	rainn.org and nsvrc.org
April 4 - 10	National Public Health Week	nphw.org
April 4 - 8	National Youth Violence Prevention Week	nationalsave.org
April 5	National Healthy Schools Day	nationalhealthyschoolsday.org
April 7	World Health Day	who.int/campaigns
April 10	National Youth and HIV & AIDS Awareness Day	health.ny.gov/diseases/aids and aids.gov
April 10 - 16	National Volunteer Week	pointsoflight.org/signature-events/national-volunteer-week
April 15	Day of Silence	glsen.org
April 16 - 23	National Infant Immunization Week	cdc.gov
April 17 - 23	National Environmental Education Week	eeweek.org
April 21	MADD PowerTalk 21 Day	madd.org
April 22	Earth Day	earthday.org
April 24	World Meningitis Day	cdc.gov/meningitis
April 29	Arbor Day	arborday.org

May

May 1 - 31	Arthritis Awareness Month	arthritis.org
May 1 - 31	Better Hearing and Speech Month	asha.org/bhsm
May 1 - 31	Healthy Vision Month	nei.nih.gov
May 1 - 31	Hepatitis Awareness Month	cdc.gov/hepatitis
May 1 - 31	Lupus Awareness Month	cdc.gov/lupus
May 1 - 31	Mental Health Month	omh.ny.gov
May 1 - 31	National Asthma and Allergy Awareness Month	aafa.org
May 1 - 31	National Physical Fitness and Sports Month	fitness.gov
May 1 - 31	Clean Air Month	epa.gov
May 1 - 31	National Youth Traffic Safety Month	nationalsave.org/chapter-tools/crime-prevention/teen-safe-driving
May 1 - 31	Hepatitis Awareness Month	health.ny.gov
May 1 - 31	National Melanoma/Skin Cancer Detection and Prevention Month	health.ny.gov/diseases/cancer/skin
May 1 - 31	National Bicycle Safety Month	safeny.ny.gov/bike-ndx.htm
May 1 - 31	National Celiac Disease Month	beyondceliac.org
May 1 - 31	Teen Pregnancy Prevention Month	teenpregnancy.acf.hhs.gov
May 1 - 7	National Physical Education and Sports Week	shapeamerica.org
May: First Wednesday	Project Aces Day (All Children Exercise Simultaneously)	projectaces.com
May 2 - 8	Air Quality Awareness Week	epa.gov
May 2 - 8	Screen Free Week (TV Turnoff Week)	screenfree.org
May 4	Bike/Walk to School Day	walkbiketoschool.org
May 5	National Children's Mental Health Awareness Day	samhsa.gov
May 8 - 14	Food Allergy and Awareness Week	foodallergy.org
May 11	School Nurses Day	nasn.org
May 18	HIV Vaccine Awareness Day	niaid.nih.gov/news/events/hvad/Pages/default.aspx
May 23 - 29	Recreational Water Illness and Injury Prevention Week	cdc.gov/healthywater

May 25	National Missing Children's Day	ojdp.gov and missingkids.com
May 15 - 21	National Hurricane Preparedness Week	noaa.gov
May 31	World No Tobacco Day	who.int/campaigns/no-tobacco-day

June

June and July	Fireworks Safety Month	cpsc.gov
June 1 - 30	Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month	glsen.org
June 1 - 30	National Great Outdoors Month	nwf.org
June 1 - 30	National Safety Month	nsc.org
June 4	National Trails Day	americanhiking.org
June 5	World Environment Day	unep.org/wed
June 8	World Oceans Day	worldoceansday.org
June 27	National HIV Testing Day	health.ny.gov/diseases/aids/providers/testing

July

July 1 - 31	Juvenile Arthritis Awareness Month	arthritis.org/about-arthritis/types/juvenile-arthritis
July 1 - 31	UV Safety Month	cancer.org/healthy/besafeinthesun/index?sitearea=MH
July 11	World Population Day (United Nations)	un.org/en/events/populationday
July - 2nd week	National Therapeutic Recreation Week	medicaldaily.com/national-therapeutic-recreation-week-everything-you-need-know-about-field-healing-247473
July 28	World Hepatitis Day	worldhepatitisday.info

August

August 1 - 31	Children's Eye Health and Safety Month	preventblindness.org
August 1 - 31	National Immunization Awareness Month	cdc.gov/vaccines/events/niam.html
August 1 - 31	Back to School Safety Month	nsc.org/learn/Pages/keep-children-safe-at-school.aspx
August: 1st Tuesday	National Night Out (National Association of Town Watch)	natw.org
August 17-September 5	Drive Sober or Get Pulled Over	nhtsa.gov/StopImpairedDriving
August 31	International Overdose Awareness Day	overdoseday.com

September

September 1 - 30	Childhood Cancer Awareness Month	curesearch.org
September 1 - 30	Fruits & Veggies—More Matters® Month	pbhfoundation.org
September 1 - 30	National Childhood Obesity Awareness Month	coam-month.org
September 1 - 30	National Food Safety Education Month	fightbac.org
September 1 - 30	National Pediculosis Prevention Month/Head Lice Prevention Month	headlice.org
September 1 - 30	National Sickle Cell Month	sicklecelldisease.org
September 1 - 30	National Traumatic Brain Injury Awareness Month	thejohnnyo.org
September 1 - 30	National Yoga Awareness Month	yogamonth.org
September 1 - 30	Newborn Screening Awareness Month	savebabies.org
September 1 - 30	Sports Eye Safety Month	preventblindness.org
September 1 - 30	Whole Grains Month	wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september
September 5 - 11	National Suicide Prevention Week	suicidology.org
September 10	World Suicide Prevention Day	iasp.info/wspd
September 13	National Celiac Disease Awareness Day	csaceliacs.org
September 15	RAINN Day (Rape Abuse Incest Prevention)"	rainn.org/rainnday
September 18 - 24	National Farm Safety & Health Week	necasag.org
September 18	National HIV/AIDS and Aging Awareness Day	nhaaad.org
September 20	Get Ready Day (Be prepared for flu, natural disasters, etc)	getreadyforflu.org
September 21	National School Backpack Awareness Day	aota.org/conference-events/backpack-safety-awareness-day.aspx
September 22	Falls Prevention Awareness Day	ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day
September 24	Family Health & Fitness Day USA®	fitnessday.com
September 26 - 30	Malnutrition Awareness Week™	nutritioncare.org
September 28	National Women's Health & Fitness Day	fitnessday.com/women

October

October 1 - 31	Domestic Violence Awareness Month	ncadv.org
October 1 - 31	Eye Injury Prevention Month	www.aao.org/eye-health/tips-prevention/injuries
October 1 - 31	Health Literacy Month	healthliteracymonth.org
October 1 - 31	Home Eye Safety Month	preventblindness.org
October 1 - 31	National Bullying Prevention Month	pacer.org/bullying/nbpm
October 1 - 31	National Dental Hygiene Month	adha.org/national-dental-hygiene-month
October 1 - 31	National Down Syndrome Awareness Month	ndss.org
October 1 - 31	National Physical Therapy Month	apta.org/nptm
October 1 - 31	Sudden Infant Death Syndrome (SIDS) Awareness Month	nichd.nih.gov/sts
October 2 - 8	Mental Illness Awareness Week	nami.org
October 5	International Walk to School Day	walkbiketoschool.org
October 6	National Depression Screening Day [®]	mentalhealthscreening.org/programs/initiatives
October 12 - 20	Bone and Joint Health Action Week	usbji.org
October 15	National Latino AIDS Awareness Day	nlaad.org
October 16 - 22	International Infection Prevention Week	professionals.site.apic.org/iipw
October 16	World Food Day	worldfooddayusa.org
October 17 - 21	National Health Education Week	sophe.org/nhew.cfm
October 19	World Pediatric Bone and Joint Day	usbji.org
October 22	International Stuttering Awareness Day	stutteringhelp.org
October 23 - 31	Red Ribbon Week (Drug Free Youth)	redribbon.org

November

November 1 - 30	National Healthy Skin Month	aad.org
November 19	Great American Smokeout	cancer.org
November 19	International Survivors of Suicide Day	afsp.org/find-support/ive-lost-someone/survivor-day

December

December 1 - 31	Safe Toys and Gifts Month	preventblindness.org
December 1	World AIDS Day	worldaidsday.org
December 4 - 12	National Influenza Vaccination Week	cdc.gov/flu/nivw
December 4 - 10	National Handwashing Awareness Week	henrythehand.org