

MARCH

NATIONAL HEALTH OBSERVANCES 2018

Bleeding Disorders Awareness Month

National Hemophilia Foundation

212-328-3700

www.hemophilia.org/

National Cheerleader Safety Month

USA Cheer

888-899-8964

www.cheersafe.org/about/national-cheerleading-safety-month/

National Colorectal Cancer Awareness Month

Prevent Cancer Foundation

800-227-2732

www.preventcancer.org/

Live Well, Work Well flyers:

- Colorectal Cancer
- Getting a Colonoscopy
- Men's Health: Preventive Screenings – Part 2

National Endometriosis Awareness Month

Endometriosis Association

414-355-2200

www.endometriosisassn.org

Live Well, Work Well flyers:

- Women's Health: Endometriosis
- Trouble Conceiving?

National Kidney Month

National Kidney Foundation

800-622-9010

www.kidney.org

Live Well, Work Well flyers:

- Chronic Kidney Disease
- Kidney Stones
- Organ and Tissue Donation FAQs

National Nutrition Month

Academy of Nutrition and Dietetics

www.eatright.org/nnm

Live Well, Work Well flyers:

- Children's Health series
- Eating Out Can Be Healthy
- Food Facts...and Fiction
- Food Labels: The Breakdown
- Grocery Store Best Buys for Cost and Nutrition
- Healthy Portion Sizes
- Trans Fat: The Worst Fat
- Saturated Fat: The Other Bad Fat
- Change Your Diet to Lower Your Cholesterol

Problem Gambling Awareness Month

National Council on Problem Gambling

800-522-4700

www.npgaw.org

Save Your Vision Month

American Optometric Association

800-365-2219, ext. 4200

www.aoa.org

Live Well, Work Well flyers:

- Children's Health: Vision Care
- Sports Safety: Eye Protection
- Vision Care series

Trisomy Awareness Month

Support Organization for Trisomy 18, 13 & Related Disorders

800-716-SOFT (7638)

www.trisomy.org

Workplace Eye Wellness Month

American Academy of Ophthalmology

415-561-8534

<http://aao.org/eyesmart>

Live Well, Work Well flyers:

- Workplace Eye Safety
- Vision Care series

National Sleep Awareness Week – March 4-11

National Sleep Foundation

703-243-1697

www.sleepfoundation.org

Live Well, Work Well flyers:

- Get a Better Night's Sleep
- Insomnia
- Sleep Disorders
- Sleep Apnea

National School Breakfast Week – March 5-9

School Nutrition Association

301-686-3100

www.schoolnutrition.org/nsbw

Live Well, Work Well flyer:

- The Importance of Breakfast

Employee posters:

- Eat Breakfast
- Make the Healthy Choice: For Breakfast

World Kidney Day – March 8

International Society of Nephrology

011-32-2-808-04-20

www.worldkidneyday.org

Live Well, Work Well flyers:

- Chronic Kidney Disease
- Kidney Stones
- Organ and Tissue Donation FAQs

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National Women and Girls HIV/AIDS Awareness Day – March 10

Office on Women's Health
U.S. Department of Health and Human Services
202-690-7650

www.womenshealth.gov/nwghaad/

Live Well, Work Well flyer:

- Public Health: HIV/AIDS

Patient Safety Awareness Week – March 11-17

National Patient Safety Foundation
617-391-9900

www.npsf.org/?page=awarenessweek

Live Well, Work Well flyers:

- Reduce Medical Mistakes
- Take Charge of Your Health Care

Brain Awareness Week – March 12-18

Dana Alliance for Brain Initiatives
212-401-1689

www.dana.org/brainweek

Live Well, Work Well flyers:

- Brain Awareness: Use It or Lose It
- Decrease Your Brain Age
- Memory and a Healthy Diet
- Stroke
- The Heart and Mind Connection

National Poison Prevention Week – March 18-24

American Association of Poison Control Centers
703-894-1858

www.poisonprevention.org/

National Youth Violence Prevention Week – March 19-23

National Association of SAVE
866-343-7283

<http://nationalsave.org/nyvpw/>

National Native American HIV/AIDS Awareness Day – March 20

National Native American AIDS Prevention Center
720-382-2244

www.nnhaad.org/

Live Well, Work Well flyer:

- Public Health: HIV/AIDS

World Tuberculosis Day – March 24

Stop TB Partnership (Secretariat)
World Health Organization
011-41-22-791-21-11

www.stoptb.org/events/world_tb_day

Live Well, Work Well flyer:

- Public Health: Tuberculosis

American Diabetes Alert Day – March 27

American Diabetes Association
800-DIABETES (342-2383)

www.diabetes.org/in-my-community/programs/alert-day

Live Well, Work Well flyers:

- Diabetes: Type 1
- Diabetes: Type 2
- Pre-diabetes: Don't Let it Lead to Type 2
- Pregnancy: Gestational Diabetes