



# **2026 National Health Observances Calendar**

# JANUARY 2026

## National Health Observances

- [Cervical Health Awareness Month](#)
- [Glaucoma Awareness Month](#)
- [National Birth Defects Prevention Month](#)
- [National Blood Donor Month](#)
- [Substance Use Disorder Treatment Month](#)
- [Thyroid Awareness Month](#)

## FEATURED NHO

### National Blood Donor Month

Winter is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. That’s why National Blood Donor Month is celebrated every January. Not only can you help others, but there are also health benefits to being a donor. Donated blood is tested to determine if any irregularities are present. Donating can also help eliminate any excess iron buildup in the blood, which can lower the risk of a heart attack. Moreover, the blood donation process typically burns up to 650 calories.

This month, resolve to be a blood donor. Before you roll up your sleeve, check if you meet the American Red Cross’ [requirements](#) to donate blood safely.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02	03
				New Year’s Day		
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Martin Luther King Jr. Day					
25	26	27	28	29	30	31

# FEBRUARY 2026

## National Health Observances

- [American Heart Month](#)
- [Low Vision Awareness Month](#)
- [National Cancer Prevention Month](#)
- [National Children’s Dental Health Month](#)
- [National Self-check Month](#)
- [Teen Dating Violence Awareness Month](#)

## FEATURED NHO

### American Heart Month

Heart disease is the leading cause of death in the United States. Cardiovascular disease and the conditions that lead to it can happen at any age. Some types of heart disease include arrhythmia, heart failure, heart attack and stroke.

This month, take time to check your cardiovascular health. Even though heart disease can be deadly for adults, it’s also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity, an unhealthy diet and physical inactivity. Contact your doctor to learn more about heart health and early warning signs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 Groundhog Day	03	04	05	06	07 Mardi Gras
08	09	10	11	12	13	14 Valentine’s Day
15	16 Presidents Day	17 Ramadan Begins	18 Ash Wednesday	19	20	21
22	23	24	25	26	27	28

# MARCH 2026

## National Health Observances

[Bleeding Disorders Awareness Month](#)

[Brain Injury Awareness Month](#)

[National Colorectal Cancer Awareness Month](#)

[National Endometriosis Awareness Month](#)

[National Kidney Month](#)

[National Nutrition Month](#)

## FEATURED NHO

### National Nutrition Month

The current dietary guidelines for Americans emphasize balance—it’s not all or nothing. As such, eating right doesn’t need to be complicated. Healthy eating starts with nutritional food choices, which include plenty of fruits, vegetables, whole grains, protein and dairy. A balanced diet also leaves room for personal preferences.

This month, assess your eating habits and educate yourself about the best ways to fuel your body. It comes down to making informed food choices and developing sustainable, healthy eating and physical activity habits.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
08	09	10	11	12	13	14
Daylight Saving Time Begins						
15	16	17	18	19	20	21
		St. Patrick’s Day		Ramadan Ends	First Day of Spring	
22	23	24	25	26	27	28
29	30	31				

# APRIL 2026

## National Health Observances

[Alcohol Awareness Month](#)

[Autism Acceptance Month](#)

[National Donate Life Month](#)

[National Minority Health Month](#)

[Occupational Therapy Month](#)

[Oral Cancer Awareness Month](#)

[Sexual Assault Awareness Month](#)

[Stress Awareness Month](#)

[Testicular Cancer Awareness Month](#)

## FEATURED NHO

### National Donate Life Month

National Donate Life Month is meant to raise awareness about organ, eye and tissue donation; encourage donor registration; and honor those who have given the gift of life. In fact, one organ donor can save eight lives and enhance over 75 more through tissue donation. Despite the lifesaving impact of donation, thousands of people remain on transplant waiting lists.

This month, if you’re not already, consider registering to be an organ donor. Anyone who is eligible, regardless of age or medical history, can sign up to be an organ donor. To enroll, visit your state registry, the Department of Motor Vehicles or [organdonor.gov](https://organdonor.gov).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01	02	03	04
			April Fools’ Day		Good Friday	
05	06	07	08	09	10	11
Easter Sunday						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			Earth Day			
26	27	28	29	30		

National Health Observances

- [American Stroke Month](#)
- [Arthritis Awareness Month](#)
- [Food Allergy Action Month](#)
- [Healthy Vision Month](#)
- [Mental Health Month](#)
- [National Asthma and Allergy Awareness Month](#)
- [National Speech-Language-Hearing Month](#)
- [Older Americans Month](#)
- [Skin Cancer Awareness Month](#)
- [Women’s Health Month](#)

FEATURED NHO

Mental Health Month

Mental illnesses are some of the most common health conditions in the country. In fact, the National Alliance on Mental Illness reports that 1 in 5 adults live with a mental illness. Mental health can change over time due to various factors like stress and work-life balance. While there are more than 200 types of mental health disorders, the most common ones are anxiety disorders and major depression. Mental health conditions can look different for everyone.

This month, check in on yourself and others. Americans can call or text 988 for a direct connection to care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, and other emotional struggles.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02
03	04	05	06	07	08	09
		Cinco de Mayo				
10	11	12	13	14	15	16
Mother’s Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day					

# JUNE 2026

## National Health Observances

[Alzheimer’s and Brain Awareness Month](#)

[Cataract Awareness Month](#)

[Men’s Health Month](#)

[Migraine and Headache Awareness Month](#)

[National Safety Month](#)

[Post-traumatic Stress Disorder Awareness Month](#)

## FEATURED NHO

### Alzheimer’s and Brain Awareness Month

Alzheimer’s disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks. Over 7 million Americans are living with Alzheimer’s, and the disease further impacts families, caregivers and communities.

This month, commit to learning more about brain health and knowing the warning signs of dementia. Keep in mind that Alzheimer’s is a brain disease and not a normal part of aging. There is currently no cure for Alzheimer’s, but there are some ways to support brain health, such as lifestyle habits and challenging your mind through learning or games, which can help reduce the risk of cognitive decline. Talk to your doctor to learn more about brain health and early warning signs.

**Murphy Insurance Agency**

© 2025 Zywave, Inc. All rights reserved.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
Flag Day					Juneteenth	
21	22	23	24	25	26	27
Father’s Day First Day of Summer						
28	29	30				

# JULY 2026

## National Health Observances

- [Group B Strep Awareness Month](#)
- [Juvenile Arthritis Awareness Month](#)
- [National Minority Mental Health Awareness Month](#)
- [Sarcoma and Bone Cancer Awareness Month](#)
- [UV Safety Month](#)

## FEATURED NHO

### UV Safety Month

Sun safety is a year-round responsibility, but it’s especially important during the sunny summer months. Sun damage can lead to more than just a painful sunburn. Excessive exposure to ultraviolet (UV) rays emitted by the sun can result in serious health concerns, such as skin cancer. Furthermore, prolonged sun exposure can harm your eyes, leading to conditions such as cataracts, macular degeneration and even ocular melanoma.

This month, take steps to protect your skin and eyes when enjoying the outdoors. To protect yourself from UV rays, consider staying in the shade during the sun’s peak hours, wearing protective clothing and sunglasses, and applying a broad-spectrum sunscreen with an SPF of at least 15.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01	02	03	04 Independence Day
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



# AUGUST 2026

## National Health Observances

[Children’s Eye Health and Safety Month](#)

[Gastroparesis Awareness Month](#)

[National Immunization Awareness Month](#)

[National Breastfeeding Month](#)

[Psoriasis Action Month](#)

## FEATURED NHO

### National Immunization Awareness Month

Immunizations help save countless lives each year. A vaccine encourages your body to produce antibodies—special agents of the immune system that attack harmful elements like viruses. These antibodies quickly learn how to fight off a particular disease, like influenza or COVID-19, which can be critical if you’re ever exposed to it.

This month, double-check that you’re up to date on all recommended vaccines. Delaying critical vaccinations can lead to serious health risks, which is why there are recommended immunization schedules.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# SEPTEMBER 2026

## National Health Observances

- [Childhood Cancer Awareness Month](#)
- [Healthy Aging Month](#)
- [National Cholesterol Education Month](#)
- [National Food Safety Education Month](#)
- [National Recovery Month](#)
- [National Sickle Cell Month](#)
- [National Suicide Prevention Awareness Month](#)
- [Ovarian Cancer Awareness Month](#)
- [Pain Awareness Month](#)
- [Prostate Cancer Awareness Month](#)
- [Suicide Prevention Month](#)

## FEATURED NHO

### National Cholesterol Education Month

Cholesterol is a waxy substance your body needs, but too much of it—especially low-density lipoprotein (LDL) or “bad” cholesterol—can lead to plaque buildup in arteries. On the other hand, high-density lipoprotein (HDL), or “good” cholesterol, helps remove excess cholesterol from the bloodstream. Having high total cholesterol, high LDL or low HDL can put you at risk for a heart attack or stroke. Because high cholesterol often has no symptoms, regular screening is essential for early detection and prevention.

This month, learn about your cholesterol numbers and take steps toward a healthier heart. Lifestyle changes may include eating a heart-healthy diet, exercising regularly, avoiding smoking and drinking alcohol in moderation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04	05
06	07 Labor Day	08	09	10	11 9/11 Anniversary Rosh Hashanah Begins at Sundown	12
13 Rosh Hashanah Ends at Sundown	14	15	16	17	18	19
20 Yom Kippur Begins at Sundown	21 Yom Kippur Ends at Sundown	22 First Day of Autumn	23	24	25	26
27	28	29	30			

# OCTOBER 2026

## National Health Observances

[Domestic Violence Awareness Month](#)

[Health Literacy Month](#)

[National ADHD Awareness Month](#)

[National Breast Cancer Awareness Month](#)

[National Physical Therapy Month](#)

[National Substance Abuse Prevention Month](#)

[Pregnancy and Infant Loss Awareness Month](#)

## FEATURED NHO

### Health Literacy Month

Health literacy is the degree to which individuals have the capacity to obtain, process and understand basic health information needed to make appropriate decisions. A health care provider may use medical language you’re unfamiliar with or don’t understand. This is why it’s essential to know how health literate you are. Those with low health literacy may not receive equal medical and behavioral care because they do not have the same level of understanding as their provider.

This month, take steps to improve your health literacy, such as asking questions, researching your medical conditions, checking for handouts or materials at the doctor’s office and having further conversations with your provider.

**Murphy Insurance Agency**

© 2025 Zywave, Inc. All rights reserved.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02	03
04	05	06	07	08	09	10
						World Mental Health Day
11	12	13	14	15	16	17
	Columbus Day Indigenous Peoples’ Day					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Halloween

# NOVEMBER 2026

## National Health Observances

[American Diabetes Month](#)

[COPD Awareness Month](#)

[Lung Cancer Awareness Month](#)

[National Alzheimer’s Disease Awareness Month](#)

[National Bladder Health Month](#)

[National Family Caregivers Month](#)

[National Healthy Skin Month](#)

[Stomach Cancer Awareness Month](#)

## FEATURED NHO

### American Diabetes Month

More than 38 million Americans have diabetes, and the most common forms are Type 1 and Type 2. While Type 2 represents most diabetes cases, both can be deadly because they affect the body’s insulin production. Type 1 diabetes is most significantly impacted by family and age, whereas Type 2 diabetes is most directly impacted by being overweight, not exercising and having a family history of diabetes.

This month, commit to a healthy lifestyle to reduce your risk of Type 2 diabetes. Getting diagnosed early can help you manage the disease and avoid risky complications. The American Diabetes Association recommends blood glucose screening every three years for people aged 35 and older.

**Murphy Insurance Agency**

© 2025 Zywave, Inc. All rights reserved.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01  Daylight Saving Time Ends	02	03  Election Day	04	05	06	07
08  Diwali	09	10	11  Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26  Thanksgiving Day	27  Black Friday	28  Small Business Saturday
29	30  Cyber Monday					

# DECEMBER 2026

## National Health Observances

[HIV/AIDS Awareness Month](#)

[National Impaired Driving Prevention Month](#)

[Safe Toys and Gifts Month](#)

## FEATURED NHO

### Safe Toys and Gifts Month

As the holidays approach, it’s time to gather with loved ones to share food and gifts. Sometimes, well-intentioned gifts to children can come with unforeseeable risks. It’s important to be aware of toys that may harm recipients.

This month, take a moment to consider the safety of the gift before giving it. Tips for selecting appropriate toys include checking labels for age ranges; avoiding toys with small parts that can injure, be swallowed or cause blindness; and ensuring toys are labeled as nontoxic. If you intend to gift sporting equipment or similar gear, it’s also important to provide protective gear, such as helmets and knee pads.

Murphy Insurance Agency

© 2025 Zywave, Inc. All rights reserved.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04 Hanukkah Begins at Sundown	05
06	07	08	09	10	11	12 Hanukkah Ends at Sundown
13	14	15	16	17	18	19
20	21 First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day	26
27	28	29	30	31 New Year’s Eve		