

HEALTH OBSERVANCES CALENDAR

2017



AmeriHealth[®]
ADMINISTRATORS



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 New Year's Day	02 Cervical Health Awareness Month	03	04	05	06	07
08	09	10	11 National Birth Defects Prevention Month	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28 Chinese New Year
29	30	31				

- **Cervical Health Awareness Month:** The cervical cancer death rate among American women has actually decreased significantly in the last three decades due to the increased use of preventive screening tests and follow-up care. Read more information about [Cervical Health](#).
- **National Birth Defects Prevention Month:** Many birth defects cannot be prevented. However, there are steps every woman can take to help lower the risk of birth defects for her baby. Read more about [Preventing Birth Defects](#).



FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 American Heart Health Month	02	03	04
05	06	07	08	09	10	11
12	13	14 Valentines Day	15	16	17	18
19	20 Presidents Day	21	22	23	24	25
26	27	28				

- **American Heart Health Month:** Living a healthy lifestyle and practicing healthy living habits can lower your risk for heart disease and heart attack. Learn more about ways to [Love Your Heart](#).

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 National Nutrition Month	02	03	04
05	06	07	08	09	10	11
12 Colorectal Cancer Awareness Month	13	14	15	16	17 St. Patrick's Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- **National Nutrition Month:** By making smart food choices and exercising, you can protect your health, feel better, and lower your risk for disease. Learn more about [Nutrition Facts](#).
- **Colorectal Cancer Awareness Month:** Colorectal cancer is just as common in women as in men. Learn why it is important to get screened for [Colorectal Cancer](#).

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01 Alcohol Awareness Month
02	03	04	05	06	07	08
09	10	11	12	13	14 Good Friday	15
16 Easter Sunday	17	18	19	20	21	22
23	24	25	26	27	28	29
	30					

- **Alcohol Awareness Month:** Drinking too much alcohol can increase your risk of developing cancers of the mouth, esophagus, throat, liver, and breast. Learn the [Truth about Alcohol](#).



MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 Asthma and Allergy Awareness Month	02	03	04	05	06
07	08	09	10	11	12	13
14 Mother's Day	15	16	17 Mental Health Awareness	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			

- **Asthma and Allergy Awareness Month:** There are many different types of asthma and allergies, and they affect everyone differently. Remember to be aware of your specific symptoms and identify what you can do to help yourself maintain a healthy lifestyle. Learn the facts on [Asthma and Allergies](#).
- **Mental Health Awareness:** If you think you may be suffering from depression, seeking out help from a professional can help. The right treatment may help you start feeling more like yourself. Learn more about [Recognizing Depression](#).

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
				National Safety Month		
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Father's Day						
25	26	27	28	29	30	

- **National Safety Month:** To lower the risk of accidents particularly for aging adults, wear proper footwear to reduce the chance of a fall. Learn more about putting [Safety First](#).

JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01 UV Safety Month
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				

- **UV Safety Month:** A change in your skin is the most common symptom of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Be aware of changes on your skin.⁴ Read more about how to [Protect The Skin You're In.](#)

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 National Breastfeeding Safety Month	02	03	04	05
06	07	08	09	10	11	12
13 National Immunization Awareness Month	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- **National Breastfeeding Safety Month:** Human milk is recommended because it helps provide infants the most complete form of nutrition.⁵ Learn more facts about [Breast Feeding Safety](#).
- **National Immunization Awareness Month:** Vaccinations can help the prevention of serious diseases. Protect your family's health with timely vaccinations. Learn about [Preventive Care Services](#).



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 Ovarian Cancer Awareness Month	02
03	04 Labor Day	05	06	07	08	09
10 National Cholesterol Education Month	11	12	13	14	15	16
17	18	19	20	21 Prostate Cancer Awareness Month	22	23
24	25	26	27	28	29 Yom Kippur	30

- **Ovarian Cancer Awareness Month:** You may be able to lower your risk for ovarian cancer. Learn about [Preventing Ovarian Cancer](#).
- **Prostate Cancer Awareness Month:** One in six men will be diagnosed with prostate cancer, but African-American men have a one-in-three chance of developing the disease.¹ Read more about how to [Prevent Prostate Cancer](#).
- **National Cholesterol Education Month:** The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack may be. Find out if you have high cholesterol through a cholesterol screening test. Learn why you should know your [Cholesterol Levels](#).

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 National Breast Cancer Awareness Month	02	03	04	05	06 National Depression Screening Day	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 Halloween				

- **National Breast Cancer Awareness Month:** Breast cancer is the second most common cancer in the United States. That is why regular screenings are crucial to detect cancer early.² Read more about [Breast Cancer Prevention](#).
- **National Depression and Mental Health Screening Month:** People who are clinically depressed usually have unshakable feelings of sadness and hopelessness most of each day, on most days. Read more about these warnings signs to [Recognize Depression](#).



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 American Diabetes Month	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16 Great American Smokeout	17	18
19	20	21	22	23 Thanksgiving	24	25
26	27	28	29	30		

- **American Diabetes Month:** Did you know that diabetes is sometimes referred to as a “silent killer” because symptoms can often go unnoticed.³ Read more on [Recognizing Diabetes](#).
- **Lung Cancer Awareness Month:** Anyone can get lung cancer. Lung cancer occurs when cells in the lung mutate or change. Various factors can cause this mutation. Learn more about [Lung Cancer Prevention](#).



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
					Safe Toys and Gifts Month	
03	04	05	06	07	08	09
National Influenza Vaccination Week						
10	11	12	13	14	15	16
		First Night of Hanukkah				
17	18	19	20	21	22	23
24	25	26	27	28	29	
New Year's Eve	31	Christmas Day				

- **Safe Toys and Gifts Month:** It is important to exercise good judgment and be mindful when giving toys to children. To prevent potential danger, avoid giving certain items to young children. Read more about [Safe Toys and Gifts](#).
- **Flu Prevention Week:** Frequently wash your hands with soap and water for at least 20 seconds, or use an antiseptic alcohol-based hand sanitizer. Learn more ways to prevent the [Seasonal Flu](#).

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¹ Prostate Cancer Statistics; Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/cancer/prostate/statistics/index.htm>

² Breast Cancer; Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/cancer/breast/index.htm>

³ "Statistics About Diabetes," <http://www.diabetes.org/diabetes-basics/statistics/>, accessed on July 7, 2016.

⁴ Protecting Your Skin from the Sun; Cancer.net; June 2015. Available at <http://www.cancer.net/navigating-cancer-care/prevention-andhealthy-living/protecting-your-skin-sun>

⁵ Breastfeeding: Diseases and Conditions. June 15, 2015. Available at www.cdc.gov/breastfeeding/disease/index.htm

