

NATIONAL FAITH-BASED MOBILIZATION NETWORK

www.faithmonet.org

“Committed to Creating Health Equity”

2014 Suggested Health and Wellness Observances

JANUARY 2014

National Volunteer Blood Donor Month. Sponsor a “Post-Holiday Blood Drive” at your church in partnership with your local blood donation center.

National Birth Defects Prevention (NBDP) Month addresses the issues of birth defects surveillance, research and prevention. The NBDP Network of state and population-based birth defects programs focus on understanding factors that may lead to birth defects, identifying strategies for reducing birth defects, and working to prevent potential secondary disabilities.

FEBRUARY 2014

American Heart Month/Wear Red Sunday. On Sunday, February 9 everyone is encouraged to wear something red to bring awareness to the number 1 killer of women – heart disease. Also, members may wish to participate in **Wear Red Day** – Friday, February 7.

National Black HIV/AIDS Awareness Sunday (February 2) promotes greater and education about HIV/AIDS in African American churches. **National Black HIV/AIDS Awareness Day** is February 7.

MARCH 2014

NBCUSA/FaithMoNet/American Kidney Fund Kidney Sunday (March 2) observes the importance of kidney health and promotes World Kidney Day.

On **World Kidney Day (March 13)**, the American Kidney Fund urges the public to Take Six Steps that Count to Fight Kidney Disease:

- Know your numbers
- Identify your risks for kidney disease
- Donate to help kidney patients with treatment-related expenses
- Notify your family of your wish to be an organ donor
- Eat healthy, exercise, and don't smoke
- Your doctor is a resource—ask about your eGFR!

Taste Test Sunday (March 16) promotes healthy desserts at church functions by having desserts prepared in accordance with guidelines for diabetics. Invite the congregation to sample them after worship. Promote a contest among members to collect recipes with healthy substitutions for a healthy cookbook.

American Diabetes Association Diabetes Alert Day (March 25) is a one-day, wake-up call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

APRIL 2014

Minority Health Month held annually the month of April promotes health issues especially relevant to minority communities.

The **World Health Day (April 7)** is celebrated to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

Alcohol Awareness Month, sponsored by NCADD, increases public awareness and understanding aimed at reducing the stigma that too often prevents individuals and families from seeking help.

MAY 2014

American Stroke Association American Stroke Month. Stroke is the No. 4 cause of death and a leading cause of severe, long-term disability in America. Yet, only 2 percent of those recently surveyed consider stroke the leading health issue and only 7 percent think of stroke as a major health concern. Make stroke awareness a priority in your life and enlighten those in your church on **Power Sunday - May 18.**

Spearheaded by the Arthritis Foundation, **Arthritis Awareness Month** aims to make people more aware of arthritis and the issues involved. Arthritis Awareness Month is a time to motivate Americans to get up and moving, whilst raising funds for arthritis research, support and advocacy.

JUNE 2014

The First Sunday is **National Cancer Survivor's Day**®, an annual, worldwide Celebration of Life. Communities host events to honor cancer survivors and show that life after a cancer diagnosis can be meaningful, fulfilling, and even inspiring.

Cataract Awareness Month, Prevent Blindness America. Unlike many eye diseases vision loss due to cataract can be restored. Cataract surgery is one of the most commonly performed procedures in the United States and has a 95 percent success rate.

Summer of Health and Wellness Vacation Bible School. Integrate the 9-5-2-1-0 health and wellness curriculum into your church's VBS. Go to www.faithmonet.org/vbs to download the 9-5-2-1-0 guide.

NBC H.O.P.E. Week 2014 June 16-21 concurrent with the National Baptist Congress in Dallas

Fireworks Safety Month (through July 4) (See July observances.)

JULY 2014

Summer of Health and Wellness Vacation Bible School. (See June observances.)

Fireworks Safety Month (through July 4). During the months of June and July, Americans nationwide are encouraged to observe fireworks safety.

International Group B Strep Awareness Month. Group B streptococcus (GBS) is a type of bacterial infection that can be found in pregnant women.

AUGUST 2014

National Minority Donor Awareness Day is celebrated **August 1** as a time to educate minorities on the need for organ, blood, and tissue donation.

Make the First Five Count Sunday, August 3 Easter Seals has partnered with the National Baptist Convention, USA, Incorporated, H.O.P.E. HHS Partnership and Faith MoNet in an effort to spread the word about the importance of early intervention and developmental delays in a child's first five years.

National Periodontal Health Month brings attention to having good gum health and promotes awareness about periodontal (gum) disease.

SEPTEMBER 2014

National Childhood Obesity Awareness Month. More than 23 million children and teenagers in the U.S. are obese or overweight, a statistic that health and medical experts consider an epidemic. While obesity rates have soared among all age groups in this country, obesity is a particularly grave concern for children.

NBCUSA/Faith MoNet Senior Recognition Sunday in collaboration with the Alzheimer's Association highlights a major health and wellness issue for persons 55 and older.

H.O.P.E. Faith and Health Conference 2014 September 2-3 concurrent with the NBCUSA Annual Session in New Orleans, LA

Sickle Cell Disease Awareness Month promotes a call to conduct sickle cell awareness and education activities highlighted by **Sickle Sabbath Sunday (September 15)**.

Faith MoNet/H.O.P.E./Let's Move Day (September 20). Get your church and community moving throughout this day.

OCTOBER 2014

National Church Safety and Security Month. Congregations are asked to perform a top down safety and security inspection of their houses of worship and grounds including fire evacuation and tornado drills.

National Breast Cancer Awareness Month observances have been at the forefront of promoting awareness of breast cancer issues and have evolved along with the national dialogue on breast cancer.

The intent of **Domestic Violence Awareness Month** is to connect battered women's advocates across the nation who were working to end violence against women and their children. The Day of Unity is celebrated the first Monday in October (October 6, 2014). Diverse activities have common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

NOVEMBER 2014

The **American Diabetes Association** sponsors **Diabetes Awareness Month**. It takes place each November and is a time to come together as a community to Stop Diabetes@!

Diabetes ID (I Decide) Day (November 11) is a national day of action and a simple call - decide to get tested for diabetes.

Pancreatic Cancer Awareness Month highlights the work of the Pancreatic Cancer Action Network.

National Alzheimer's Disease Awareness Month and National Caregiver Month. In the United States, there are nearly 15 million Alzheimer's and dementia caregivers.

During the **American Cancer Society Great American Smoke Out Monday, November 17**, congregations can promote tobacco cessation activities throughout the month. Contact your local Tobacco Free coalition.

DECEMBER 2014

1 World AIDS Day is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection. Health Ministries are asked to wear red ribbons, provide information, and a time for quiet reflection in recognition of all those stricken with HIV/AIDS.

Safe Toys and Gifts Month. Giving gifts during the holiday season can be enjoyable and rewarding, but before you head to your local toy store consider the safety and age-range of the gifts you plan on purchasing.

National Drunk and Drugged Driving (3D) Prevention Month encourages safe and sober driving.