

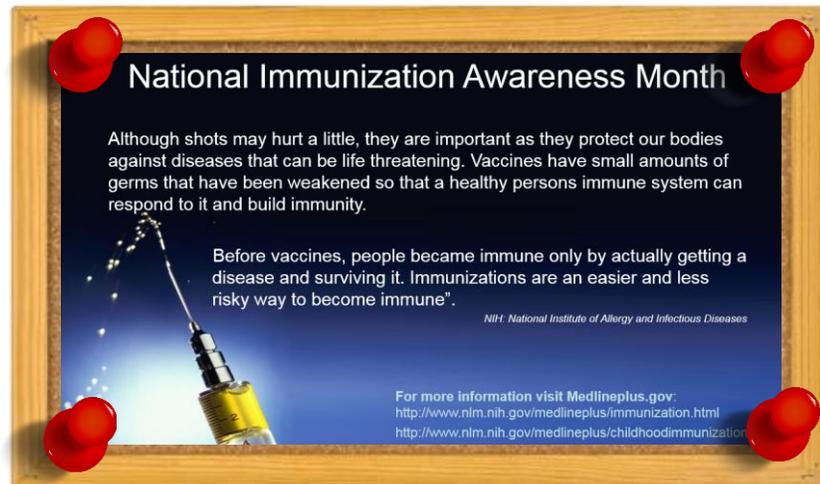
Display Slides, Activities, & Free Resources

Health Observances 2016

National Health Observances – Promotional Materials

Your organization may re-use these slides to post on your electronic message boards/display screens or even save individual slides as PDF's to link/post onto your web sites. 12 months of ideas based on the U.S. Health Observances are currently available.

If you have questions or need help brainstorming ideas and are in DE, NJ, NY or PA please e-mail Lydia Collins, NN/LM MAR Consumer Health Coordinator at lydia@pitt.edu



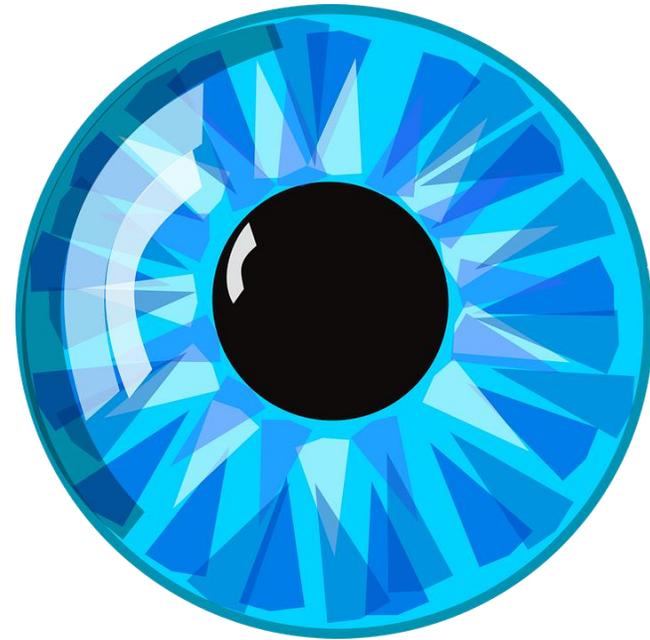
January



Glaucoma Awareness Month

What is Glaucoma?

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.



MedlinePlus

For more information visit **Medlineplus.gov**: <http://www.nlm.nih.gov/medlineplus/glaucoma.html>

Ideas for Glaucoma Awareness

Eye Health is Everyone's Business

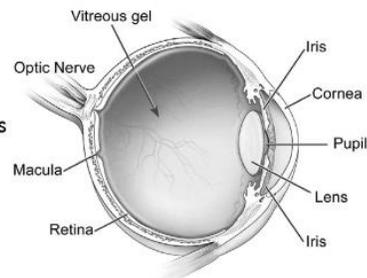
Don't lose sight of **Glaucoma**

Information for people at risk

1

What is glaucoma?

Glaucoma is a group of diseases that can harm the optic nerve and cause vision loss or blindness. The optic nerve is a bundle of nerves that carry messages from the eye to the brain. The most common form of glaucoma is primary open-angle, which this informational flyer is about.



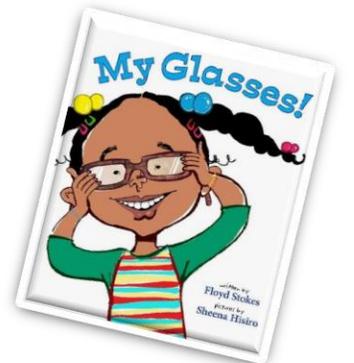
Consider this:

Are there any local optometrist offices in your community that would be willing to send in informational pamphlets you could have on display or even have an evening talk with library users?

If you have a children's program you could read a few books about that talk about glasses or eye health and even and maybe have an eye specialist come in and read one of the books.

For seniors you might be able to offer free or low cost eye screenings

in conjunction with
your local optometrist.



[URL](#) to Print the above flyer

February



February: National Children's Dental Health Month

“Teaching your child good oral hygiene habits early can lead to a lifelong healthy smile, but did you know that just because babies don't have any visible teeth, doesn't mean they can't get cavities? A baby's 20 primary teeth are already present in the jaws at birth. And those baby teeth that begin coming through the gums around 6 months help set the stage for future smiles by keeping space in the jaw for adult teeth”.



For more information visit Medlineplus.gov:

<http://www.nlm.nih.gov/medlineplus/childdentalhealth.html>

Ideas for Child Dental Health

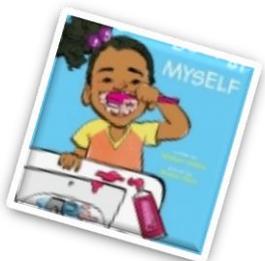
Healthy Teeth & Bright Smiles in Your Community



Consider this:

Are there any local dentists or dental hygienist offices in your community that would be willing to send in informational pamphlets, toothbrushes and other samples relevant to dental hygiene?

If you have a children's program you could read a few books about that talk about dental health and the importance of growing healthy teeth. Perhaps a local dentist would join you!



[URL](#) to locate Open Wide and Trek Inside materials

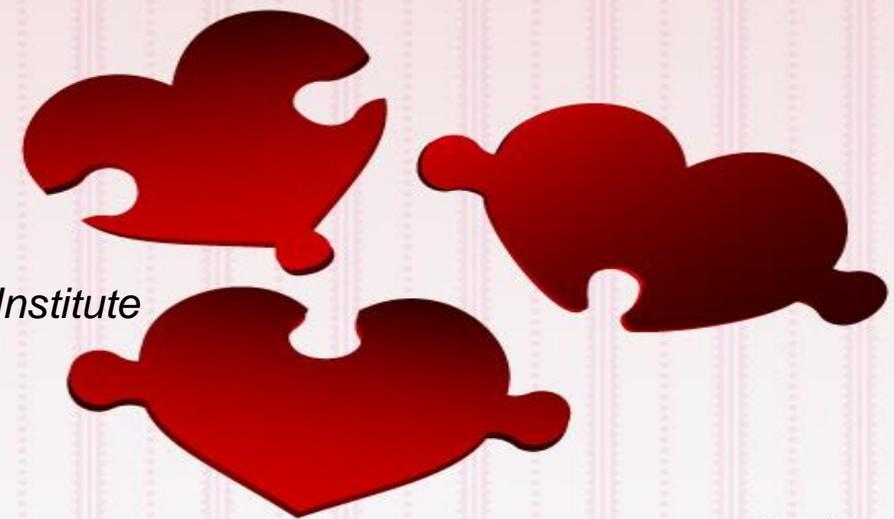
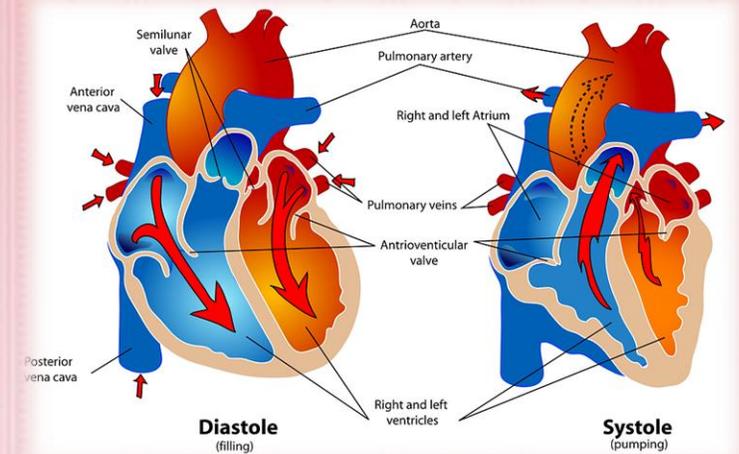
American Heart Month

Heart Disease is the number one killer in the U.S. It is also a major cause of disability. You can help reduce your risk of heart disease by taking steps to control factors that put you at risk.

- Control your blood pressure
- Lower your cholesterol
- Don't smoke
- Get enough exercise

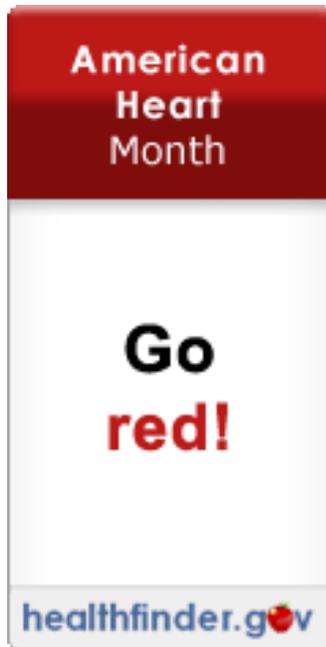
NIH: National Heart, Lung, and Blood Institute

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/heartdiseases.html):
<https://www.nlm.nih.gov/medlineplus/heartdiseases.html>



American Heart Month Ideas

[URL](#) to Healthfinder.gov where you can add the web badge to your web site, blog, or social networking profile.



Take a look at the American Heart Association (AHA) Educator page and see if there are activities and/or resources that you can use.

[URL](#) for AHA Educator Page

Look in your library collection and see what books you have on heart health, healthy recipes and more.

March

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

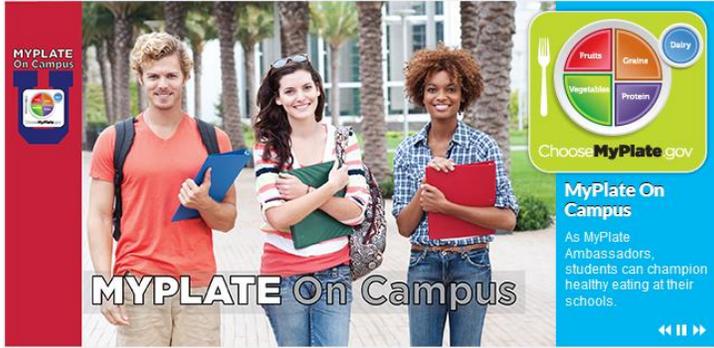


MedlinePlus

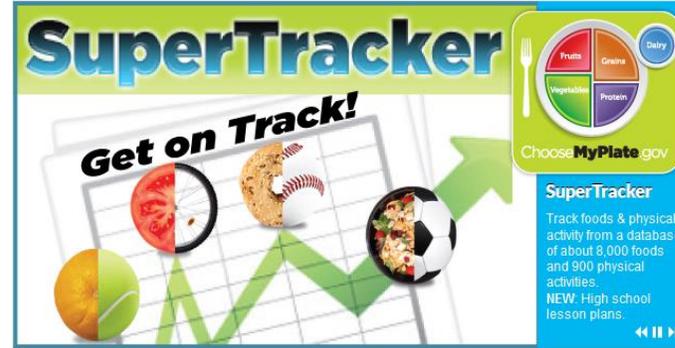


For more information visit [Medlineplus.gov](http://www.nlm.nih.gov/medlineplus/nutrition.html):
<http://www.nlm.nih.gov/medlineplus/nutrition.html>

Choosemyplate.gov Images



Want to avoid that Freshman 15? (College Campus)



Start a campaign to have your members begin tracking their eating habits (Faith/Community Based Organizations)

It is always helpful to use images that target your outreach population.

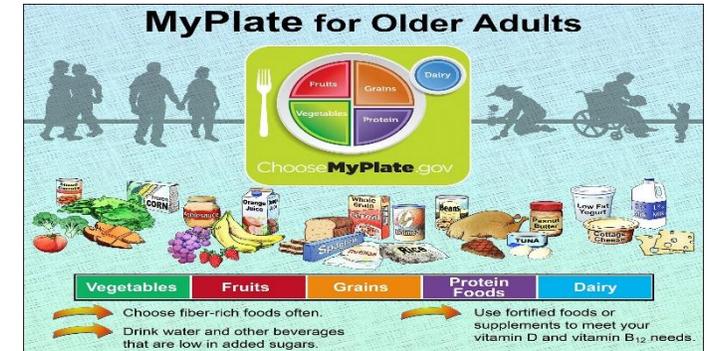
Consider resizing and using the images on this slide and replacing the one on the previous slide if you want to use images that are more appealing to your target population.



Do you work with kids? (K-8 schools, after school programs, faith communities)



Eating Healthy on a Budget: You Can't Afford Not to! (All adult audiences)



My plate for older adults (Senior Outreach)

March: Ideas for National Nutrition Month

Healthy Food Choices for All!



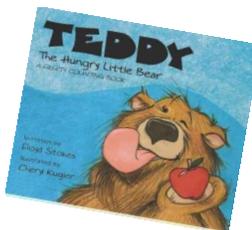
Consider this:

Do you have a local farm stand, grocery food chain or other provider of food in your community that has a community outreach component?

Perhaps you could use your organizations parking lot or meeting room to host a healthy eating fair and invite local health agencies or even a chef to provide a demonstration of low cost healthy cooking options available to your community.

Focus on using local resources to make sure that what you showcase is accessible to as many people as possible. Perhaps your local food bank would be willing to partner with you.

[URL](#) to locate national nutrition month materials



National Cheerleader Safety Month

Participating in sports and extracurricular activities can be fun, but it can also be dangerous if you are not careful. You can help prevent injuries by

- Getting a physical to make sure you are healthy before you start playing your sport
- Wearing the right shoes, gear, and equipment
- Drinking lots of water
- Warming up and stretching



MedlinePlus



For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/sportssafety.html):
<https://www.nlm.nih.gov/medlineplus/sportssafety.html>

April

Alcohol Awareness Month

For most adults, moderate alcohol use is probably not harmful. However, about 18 million adult Americans have an alcohol use disorder.

- Alcoholism, or alcohol dependence, is a disease that causes
- Craving - a strong need to drink
- Loss of control - not being able to stop drinking once you've started
- Physical dependence - withdrawal symptoms
- Tolerance - the need to drink more alcohol to feel the same effect

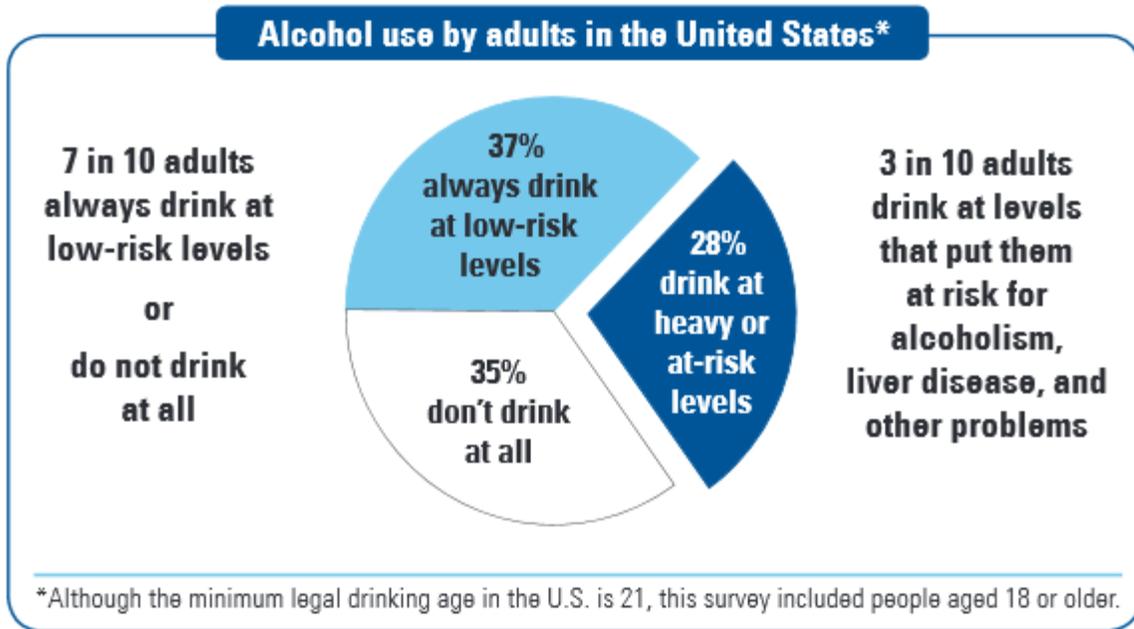
NIH: National Institute on Alcohol Abuse and Alcoholism

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/):

<https://www.nlm.nih.gov/medlineplus/alcoholismandalcoholabuse.html>



Ideas for Alcohol Awareness



Consider this:

Perhaps your local schools are doing an alcohol awareness event, they often do them right before prom. Contact them and try offering to collaborate on a program either at their school or at your library/organization.

Perhaps there are local police officers or members from local AA group that would be willing to come in and give a talk. You could target teens/youth during a regular teen program evening.

[URL](#) to locate Brochures and Fact Sheets

Image from NIAA web site

[URL](#) for Rethinking Drinking from NIAA

Teen Outreach Ideas

There are a variety of reliable web sites that are geared toward teens. These are excellent conversation starters that can be used during programming and/or just advertise throughout your organizations. Check out the following sites:

[URL](#) for Underage Drinking (MedlinePlus)

[URL](#) for TeenHealth Binge Health (Nemours)

[URL](#) for Too Smart to Start Teens (SAMHSA)



Image from - National Institute on Alcohol Abuse and Alcoholism

[URL](#) for the Cool Spot



Autism Awareness Month

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

The causes of ASD are not known. Research suggests that both genes and environment play important roles.

NIH: National Institute of Child Health and Human Development

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/autismspectrumdisorder.html):

<https://www.nlm.nih.gov/medlineplus/autismspectrumdisorder.html>



May

National Physical Fitness and Sports Month

Regular physical activity is one of the most important things you can do for your health. It can help

- Control your weight
- Lower your risk of heart disease
- Strengthen your bones and muscles
- Improve your mental health and mood
- Increase your chances of living longer
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Fitting regular exercise into your daily schedule may seem difficult at first. But even ten minutes at a time is fine. The key is to find the right exercise for you. It should be fun and should match your abilities.

Centers for Disease Control and Prevention

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html):

<https://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>



Ideas for National Physical Fitness and Sports Month

Consider this:

Do you have a walking path near your library? Or is there are area where you could create a walking path. Perhaps you create a book walk, place signs along a walking path that have titles of books that you have in your library related to physical fitness/sports.

Or if you are a community organization, you could list healthy quotes and/or resources that provide information on health and wellness for your community.

This could very easily turn into an intergenerational event, where caregivers or grandparents are invited to bring their little one's. Be creative and you'd be surprised at what you can do with little time, supplies, and money!



[URL to Order:](#) Tips to Help You Get Active

National Asthma and Allergy Awareness Month

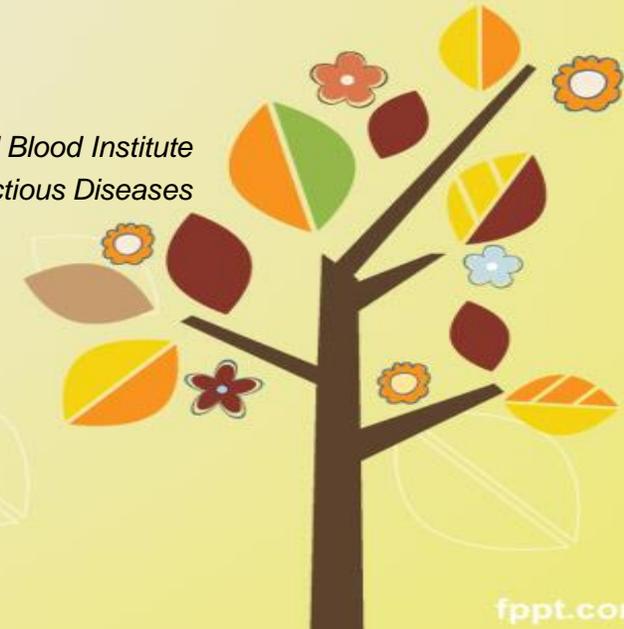
Asthma is a chronic disease that affects your airways. Symptoms of asthma include

- Wheezing
- Coughing, especially early in the morning or at night
- Chest tightness
- Shortness of breath

An allergy is a reaction by your immune system to something that does not bother most other people. Allergies can cause a variety of symptoms such as a runny nose, sneezing, itching, rashes, swelling, or asthma.

*NIH: National Heart, Lung, and Blood Institute
NIH: National Institute of Allergy and Infectious Diseases*

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/asthma.html):
<https://www.nlm.nih.gov/medlineplus/asthma.html> **and**
<https://www.nlm.nih.gov/medlineplus/allergy.html>



June

Men's Health Month

Most men need to pay more attention to their health. Compared to women, men are more likely to

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care



There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need.

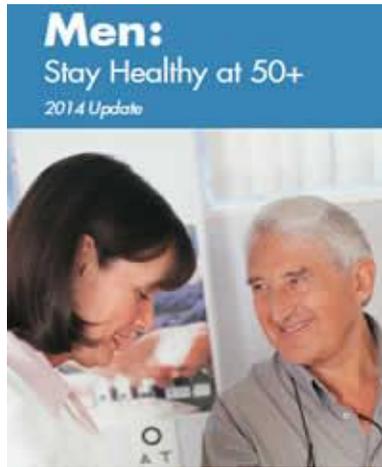
MedlinePlus

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/menshealth.html):

<https://www.nlm.nih.gov/medlineplus/menshealth.html>



Men's Health Outreach for Seniors



[URL](#) to order copies of the booklets above from AHRQ



[URL](#) to locate nutrition resources from the USDA

Consider this...

Would it be possible to invite a local representative from your AARP, health professional from a local senior center or some other senior serving agency in your community to offer a program for your senior men? A nutritionist might also be a good option, sometimes larger grocery store chains will have a community outreach liaison.

Perhaps the library has a newly acquired (or an older book) or journal that's relevant and focuses specifically on men's health. You could take a short excerpt and/or a short article or editorial piece and have it as a discussion starter while offering a program promoting any local resources and agencies for the men in your community.

National Safety Month

You can't remove all the safety hazards from your life, but you can reduce them. To avoid many major hazards and prepare for emergencies

- Keep emergency phone numbers by your telephones
- Make a first aid kit for your home
- Make a family emergency plan
- Install and maintain smoke alarms and carbon monoxide detectors
- Keep guns unloaded and locked up. Lock up the ammunition separately.
- Follow the directions carefully when using tools or equipment



Young children are especially at risk. Supervision is the best way to keep them safe. Childproofing the house can also help.

MedlinePlus

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/safety.html):
<https://www.nlm.nih.gov/medlineplus/safety.html>

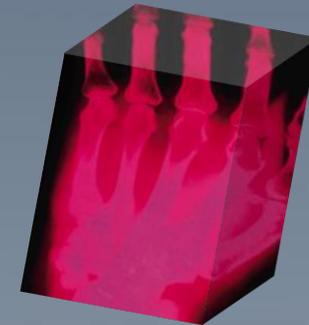
July

Juvenile Arthritis Awareness Month

Juvenile arthritis (JA) is arthritis that happens in children. It causes joint swelling, pain, stiffness, and loss of motion. It can affect any joint, but is more common in the knees, hands, and feet. In some cases it can affect internal organs as well.

No one knows exactly what causes JA. Most types are autoimmune disorders. This means that your immune system, which normally helps your body fight infection, attacks your body's own tissues.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases



For more information visit Medlineplus.gov: <https://www.nlm.nih.gov/medlineplus/juvenilearthritis.html>

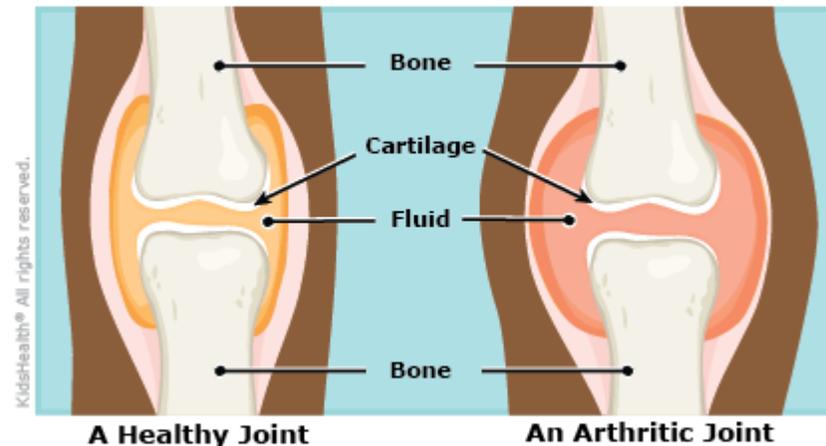
Types of Juvenile Idiopathic Arthritis

There are seven kinds of JIA

- Seven types of juvenile idiopathic arthritis can affect kids:
- systemic
- oligoarticular (say: **aw**-lih-go-ar-**tik**-yoo-lur)
- polyarticular (say: **pah**-lee-ar-**tik**-yoo-lur), rheumatoid factor negative
- polyarticular (say: **pah**-lee-ar-**tik**-yoo-lur), rheumatoid factor positive
- psoriatic (say: **soar**-ee-ah-tik)
- enthesitis-related (say: **en**-theh-sye-tiss)
- Undifferentiated



You might think that arthritis is something only grandparents get, but it's a condition that affects people of all ages.



Ideas for Juvenile Arthritis Awareness

Story time at the library could include a few books about juvenile rheumatoid arthritis. You could read a chapter and/or just feature the books as options for older kids to check out if you have them available in your library.

Keeping a Secret by [Elizabeth Murphy-Melas](#)

My Brother Made Me Do It by [Peg Kehret](#)

Nicole's Story by [Virginia Totorica Aldape](#)

Jodie's Journey by [Colin Thiele](#)

“[The Best Bones Forever!](#)™ Campaign offers girls fun activities, quizzes, and recipes to encourage girls to get active and eat more foods with calcium and vitamin D.” from the Office of Women's Health. Visit the [educators](#) section of the site for information on the campaign for girls including lesson plans and activities.



Visit the Kids and Teens Section of the Arthritis Foundation web site.

On the [kids/teens page](#) you will find coloring pages, tips from kids/teens and stories about Kids with juvenile arthritis that can be distributed during story hour.

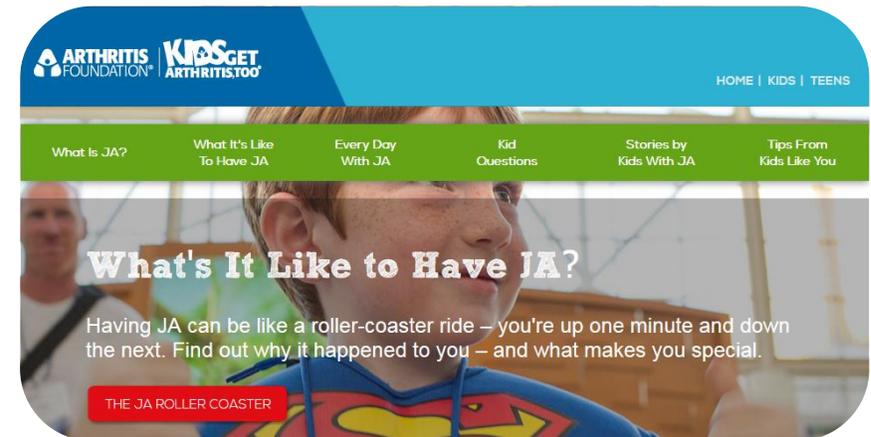


Image from the Arthritis Foundation

August

National Immunization Awareness Month

Although shots may hurt a little, they are important as they protect our bodies against diseases that can be life threatening. Vaccines have small amounts of germs that have been weakened so that a healthy persons immune system can respond to it and build immunity.

Before vaccines, people became immune only by actually getting a disease and surviving it. Immunizations are an easier and less risky way to become immune”.

NIH: National Institute of Allergy and Infectious Diseases

For more information visit [Medlineplus.gov](http://www.nlm.nih.gov/medlineplus):

<http://www.nlm.nih.gov/medlineplus/immunization.html>

<http://www.nlm.nih.gov/medlineplus/childhoodimmunization.html>

www.free-power-point-templates.com



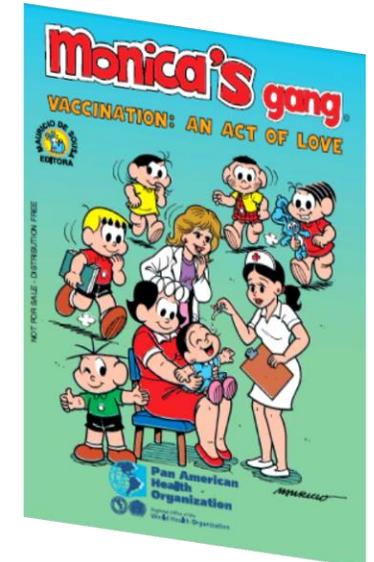
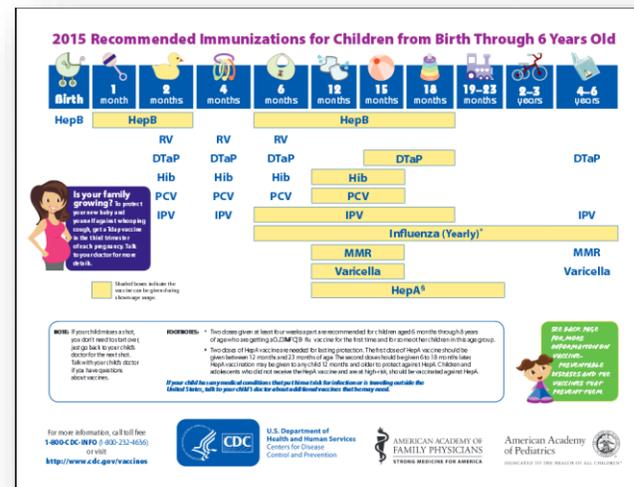
Ideas for Immunization Awareness

Immunizations and the controversy over them has become an even larger issue in the U.S. This month provides an opportunity to move beyond the myths and help your communities understand the importance of vaccinations for their children and the health of others in their community.

The Pan American Health Organization has a [comic book](#) that you can print and read for your story time. If you have access to a color printer you may be able to distribute the books for your attendees.

The Centers for Disease Control and Prevention ([CDC](#)) has recommended Immunizations sheets that you can print and share with parents.

[Birth – 6 years](#), [7-18 years](#)



September

National Food Safety Education Month

Safe steps in food handling, cooking, and storage can prevent foodborne illness. There are four basic steps to food safety at home:

- Clean - always wash your fruits and vegetables, hands, counters, and cooking utensils.
- Separate - keep raw foods to themselves. Germs can spread from one food to another.
- Cook - foods need to get hot and stay hot. Heat kills germs.
- Chill - put fresh food in the refrigerator right away.



United States Department of Agriculture

For more information visit Medlineplus.gov: <http://www.nlm.nih.gov/medlineplus/foodsafety.html>

Ideas for Food Safety Education Month

Partnership for Food Safety Education

[URL](#) to locate a variety of fact sheets and graphics available for download and use from the Partnership for Food Safety Education. These are useful in that you have pre-designed handouts to distribute to library users. The [Smart Kids Fight BAC!](#)® includes a storybook for children and parents.

You can also use the curriculum and adapt it for a library program. They also have a curriculum for all ages from pre-K through high school. The curriculum includes a planning process, preparation, presentations and storytelling techniques as well as a script to introduce students to the characters found in the resources.

[URL](#) for the Curriculum for K-3

[URL](#) for the Curriculum for 4-8

[URL](#) for the Curriculum for 9-12



Check out the Food Safe Families Campaign Toolkit



[URL](#) for Food Safety Ad Council



October

Health Literacy Month



Health literacy refers to how well a person can get the health information and services that they need, and how well they understand them. It is also about using them to make good health decisions. It involves differences that people have in areas such as

- Access to information that they can understand
- Skills, such as finding that information, communicating with health care providers, living a healthy lifestyle, and managing a disease
- Knowledge of medical words, and of how their healthcare system works
- Abilities, such as physical or mental limitations
- Personal factors, such as age, education, language abilities, and culture

For more information visit **Medlineplus.gov**: <https://www.nlm.nih.gov/medlineplus/healthliteracy.html>

Health Literacy Month Program Ideas

Health Literacy is such a broad topic you can do any number of events to promote health literacy at your library or community organization.

Consider organizing and using the Eat Healthy-Be Active Community Workshops at your organization from DHHS and Office of Disease Prevention and Health Promotion

[URL](#) for workshop materials which is available in English and Spanish

You could print and distribute the JAMA Patient Page: Health Literacy ([URL](#))

Health Insurance Literacy is a topic of interest and October is an excellent month to highlight health insurance literacy as you move into ACA enrollment in November.

[URL](#) for Health Insurance Literacy materials from CMS.gov

[URL](#) for What Type of Plan is Right for Me Digital Tool (Get Covered America)

[URL](#) for the Health Literacy Month web site for to view the Health Literacy Month Handbook which is a guide to help you create, plan, run, and evaluate Health Literacy Month events. [URL](#) for Health Literacy

National Bullying Prevention Month

Bullying is when a person or group repeatedly tries to harm someone who is weaker or who they think is weaker. Sometimes it involves direct attacks such as hitting, name calling, teasing or taunting. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone.

Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime.



Centers for Disease Control and Prevention

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/bullying.html): <https://www.nlm.nih.gov/medlineplus/bullying.html>



November

American Diabetes Month



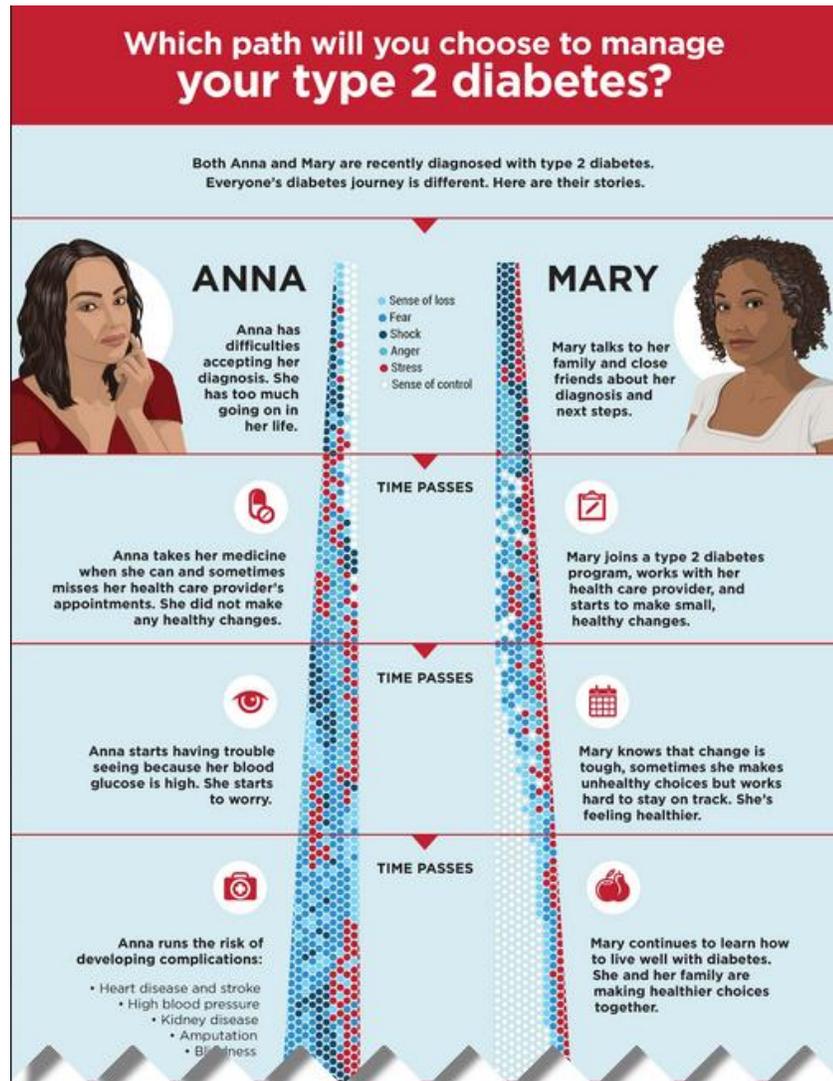
Diabetes is a disease in which your blood glucose, or blood sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. You can also have prediabetes. This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.



NIH: National Institute of Diabetes and Digestive and Kidney Diseases

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/diabetes.html):
<https://www.nlm.nih.gov/medlineplus/diabetes.html>

Ideas for American Diabetes Month



Health outreach does not always have to be in the form of a program or activity. Awareness especially in health is important. Simply provide information on diabetes for members of your community.

[URL](#) for Type 2 Diabetes Infographic (American Diabetes Association)

[URL](#) to Print handouts from the National Institute of Diabetes and Digestive and Kidney Diseases.

For children, you can have a computer terminal available for them to play games and/or take quizzes.

[URL](#) to The Diabetic Dog Game (Nobelprize.org)

[URL](#) to Quiz for Teens with Diabetes (National Diabetes Education Program)

December

Safe Toys and Gifts Month

As caregivers, we want to keep our children safe from harm.
Take steps to keep your children safe:

- Install the right child safety seat in your car
- Teach children how to cross the street safely
- Make sure they wear the right gear and equipment for sports
- Install and test smoke alarms
- Store medicines, cleaners and other dangerous substances in locked cabinets
- Babyproof your home
- Don't leave small children unattended

MedlinePlus

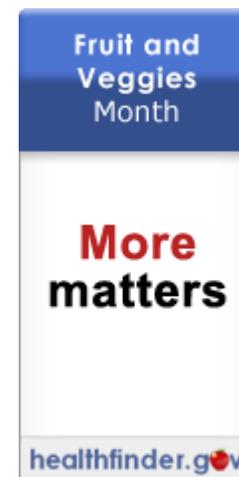


For more information visit [Medlineplus.gov](http://www.nlm.nih.gov/medlineplus/childsafety.html):
<http://www.nlm.nih.gov/medlineplus/childsafety.html>

HealthFinder.gov – NHO Web Badges

HealthFinder.gov has a selection of NHO web badges that you can copy and paste the code to add the badge to your web site, blog, or social networking profile. It's an easy way to promote NHOs.

[URL](#) to NHO Web Badges from HealthFrinder.gov



Contact NN/LM MAR

Web site: <http://nnlm.gov/mar>

Phone: 1.800.338.7657

1.412.648.2065

Serving Delaware, New Jersey, New York and Pennsylvania

For questions regarding the content of this slideshow or to inform MAR that you've used this resource please contact:

Lydia Collins

lydia@pitt.edu

We want to hear from you!



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