



Appendix F

Health Initiatives Resource Calendar for Cowley County

Health Initiatives and Awareness Resource Calendar for Cowley County Reference

Month	Awareness/Holidays	Links
JANUARY		
	New Years	
	First Day Hikes	http://ksoutdoors.com/State-Parks/Special-Events/First-Day-Hikes http://www.americasstateparks.org/hike_event.php?state_id=16&hike_id=574
	Kansas Day	http://www.kshs.org/kansapedia/kansas-day/16773 KS Day Games: http://www.nps.gov/fosc/learn/education/childrengame.htm
	King Day of Service (Martin Luther King Day)	http://www.nationalservice.gov/mlkday
	National Folic Acid Awareness Week	https://wicworks.fns.usda.gov/topics-z/folic-acid-awareness-week
	National Healthy Weight Week	http://www.nhlbi.nih.gov/health-pro/resources/heart/aim-facts-html
	Cervical Health Awareness Month	http://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/
	National Birth Defects Prevention Month	http://www.nbdpn.org/national_birth_defects_prevent.php http://www.cdc.gov/ncbddd/birthdefects/prevention-month.html
	National Blood Donor Month	http://www.redcross.org/news/article/Red-Cross-Celebrates-National-Blood-Donor-Month https://www.adrp.org/promoting-donation/natl-blood-donor-month/
	National Glaucoma Awareness Month	http://www.glaucoma.org/news/glaucoma-awareness-month.php
FEBRUARY		
	National Cardiac Rehabilitation Week	https://www.aacvpr.org/Events-Education/Live-Workshops/Cardiac-Pulmonary-Rehabilitation-Weeks

Month	Awareness/Holidays	Links
	National Eating Disorders Awareness Week	http://nedawareness.org/content/nedawareness-campaign-overview
	National Girls & Women in Sports Day	http://ngwsd.org/about/
	National Wear Red Day	https://www.goredforwomen.org/home/get-involved/national-wear-red-day
	World Cancer Day	www.worldcancerday.org
	Random Acts of Kindness Week	https://www.randomactsofkindness.org/
	American Heart Month	http://www.cdc.gov/features/heartmonth/www.cdc.gov
	National Cancer Prevention Month	http://preventcancer.aicr.org/site/News2?id=14377
	National Children's Dental Health Month	http://www.ada.org/en/public-programs/national-childrens-dental-health-month/ https://wicworks.fns.usda.gov/topics-z/national-childrens-dental-health-month
	Wise Health Care Consumer Month	http://www.healthylife.com/wise/
March		
	American Diabetes Alert Day	http://www.diabetes.org/are-you-at-risk/alert-day/
	Kick Butts Day	Campaign for Tobacco-Free Kids www.kickbuttsday.org
	National Native HIV/AIDS Awareness Day	http://www.nnhaad.org/
	National Pulmonary Rehabilitation Week	https://www.aacvpr.org/Events-Education/Live-Workshops/Cardiac-Pulmonary-Rehabilitation-Weeks
	National School Breakfast Week	https://schoolnutrition.org/nsbw/

Month	Awareness/Holidays	Links
	National Sleep Awareness Week (week before daylight savings time)	https://sleepfoundation.org/events-activities/sleep-awareness-week
	American Red Cross Month	http://www.redcross.org/about-us/red-cross-month
	National Developmental Disabilities Awareness Month	http://www.arcic.org/newsevents/ddaware.html
	National Nutrition Month	http://www.nationalnutritionmonth.org/nnm/promotionalresources/#
	Save Your Vision Month	http://www.aoa.org/optometrists/tools-and-resources/toolkits-and-practice-resources/public-education-and-campaign-materials/save-your-vision-month-2015?sso=y
April		
	Earth Day	http://www.mnn.com/family/family-activities/blogs/22-earth-day-activities-for-kids
	Every Kid Healthy Week	http://www.actionforhealthykids.org/what-we-do/every-kid-healthy-week
	Medical Fitness Week	http://www.medicalfitness.org/?page=MedicalFitnessWeek
	National Public Health Week	www.nphw.org
	National Infant Immunization Week	http://www.cdc.gov/vaccines/events/niiw/index.html
	National Walking Day	http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/National-Walking-Day_UCM_448665_Article.jsp#.Vqe4wV_nZok http://www.nationaldaycalendar.com/national-walking-day-first-wednesday-in-april/
	Walk at Lunch Day	https://www.bcbsal.org/web/national-walk-at-lunch-day-2016.html
	World Health Day	http://www.who.int/campaigns/world-health-day/2016/event/en/
	National Autism Awareness Month	https://www.autismspeaks.org/liub

Month	Awareness/Holidays	Links
	National Minority Health & Health Disparities Month	http://minorityhealth.hhs.gov/nmhm14/ http://www.cdc.gov/minorityhealth/MHMonth.html
	Parkinson's Awareness Month	http://www.pdf.org/parkinson_awareness
May		
	Bike to Work Week Bike to Work Day	http://bikeleague.org/content/bike-month-dates-events-0
	Kanas Kids Fitness Day	http://www.kdheks.gov/kkfd/
	Kids to Parks Day	http://parktrust.org/kidstoparks/national-kids-to-parks-day
	National Bike Challenge (May-September)	https://nationalbikechallenge.org/
	National Physical Education and Sports Week	http://www.shapeamerica.org/events/pesportweek/
	National Public Gardens Day	http://www.nationalpublicgardensday.org/
	National Senior Health & Fitness Day	www.fitnessday.com https://go4life.nia.nih.gov/
	National Women's Health Week	http://www.foh.hhs.gov/calendar/nwhw.html
	Employee Health and Fitness Month	www.healthandfitnessmonth.com
	National Bike Month	http://bikeleague.org/bikemonth
	National Physical Fitness and Sports Month	http://healthfinder.gov/nho/MayToolkit.aspx
	National Teen Pregnancy Prevention Month	http://www.advocatesforyouth.org/topics-issues/teen-pregnancy-prevention/1304-tpp
	National Mental Health Month	https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month

Month	Awareness/Holidays	Links
	Lupus Awareness Month	http://www.lupus.org/action/lupus-awareness-month
	National Arthritis Month	http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6416a5.htm http://www.longvieworthopaedic.com/about-us/media/may-is-national-arthritis-awareness-month/
	National Physical Fitness and Sports Month	https://healthfinder.gov/nho/maytoolkit.aspx http://www.fitness.gov/news-highlights/news-articles/2014-hhs-may.html
	Healthy Vision Month/UV Awareness Month	www.nei.nih.gov/hvm
	Melanoma/Skin Cancer Detection & Prevention Month	https://healthfinder.gov/nho/MayToolkit2.aspx
	National Asthma & Allergy Awareness Month	http://www.aafa.org/page/asthma-and-allergy-awareness-month.aspx
	National High Blood Pressure Education Month	http://www.nhlbi.nih.gov/health-pro/resources/heart/may-national-high-blood-pressure-education-month
	National Osteoporosis Awareness & Prevention Month	http://nof.org/nationalosteoporosismonth
	National Stroke Awareness Month	http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month_UCM_459942_SubHomePage.jsp
June		
	Great Outdoors Month	http://americasgreatoutdoors.org/ http://www.nwf.org/Great-American-Campout.aspx ;
	Get Outdoors Day	http://www.nationalgetoutdoorsday.org/
	National Trails Day—June 4	http://www.americanhiking.org/national-trails-day/
	National Cancer Survivors Day	www.ncsdf.org

Month	Awareness/Holidays	Links
	National HIV Testing Day—June 27	https://www.aids.gov/news-and-events/awareness-days/hiv-testing-day/
	Free Fishing Weekend	http://takemefishing.org/nfbw/
	Wildlifer Challenge	http://www.kansaswildlifer.com/
	Great American Backyard Campout	http://www.nwf.org/Great-American-Backyard-Campout.aspx http://www.kidsoutandabout.com/content/camping-kids-celebrate-summer-participating-great-american-backyard-campout
	Summer Solstice	
	World Environment Day	www.unep.org/wed
	Men's Health Week	http://makinghealtheasier.org/profiles/blogs/national-men-s-health-week-tips-for-men-to-stay-healthy http://www.menshealthmonth.org/
July		
	National Park and Recreation Month	http://www.nrpa.org/july/
	Independence Day (4 th of July)	http://greatist.com/fitness/12-ways-stay-fit-july-4th
August		
	Kids Eat Right Month	http://www.eatright.org/kidseatrightmonth/
	Farmers Market Week	http://www.cuesa.org/article/national-farmers-market-week
	Family Meals Month	http://healthymeals.nal.usda.gov/features-month/august/family-meals-month
	National Immunization Awareness Month	https://www.nphic.org/niam-logosbanners
	National Breastfeeding Month	http://www.usbreastfeeding.org/NBM

Month	Awareness/Holidays	Links
	World Breastfeeding Week	http://worldbreastfeedingweek.org/ http://www.who.int/mediacentre/events/meetings/2015/world-breastfeeding-week/en/
	National Health Center Week	www.healthcenterweek.com
September		
	National Whole Grains Month	http://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september
	Labor Day	http://www.active.com/fitness/articles/labor-day-activities-that-burn-calories
	Fruits & Veggies – More Matters Month	http://healthfinder.gov/nho/SeptemberToolkit2.aspx https://www.foh.hhs.gov/calendar/morematters.html
	National Childhood Obesity Awareness Month	http://healthfinder.gov/nho/SeptemberToolkit.aspx
	National Farm Safety & Health Week	http://www.farmsafetyforjustkids.org/farm-safety-and-health-week-2015/
	National Women's Health & Fitness Day	http://www.fitnessday.com/women/index.htm
	National Family Health & Fitness Day USA	http://www.fitnessday.com/family/
	Healthy Aging Month	http://www.healthandtheaging.org/?tribe_events=healthy-aging-month
	Walk to End Alzheimer's	www.alz.org http://act.alz.org/site/TR/Walk2016/KS-CentralandWesternKansas?fr_id=9005&pg=entry
	Blood Cancer Awareness month	http://www.ils.org/blood-cancer-awareness-month
	Childhood Cancer Awareness month	http://www.acco.org/awareness-advocacy/childhood-cancer-awareness-month/

Month	Awareness/Holidays	Links
	National Ovarian Cancer Awareness Month	http://ovariancancerawareness.org/
	Prostrate Health Month	http://www.pcf.org/site/c.leJRIRORepH/b.8781439/k.6DAD/Prostate_Cancer_Awareness_Month_is_about_Being_Aware_and_Informed.htm
	National Cholesterol Education Awareness Month	www.cdc.gov/features/cholesterolawareness/
	Baby Safety Awareness Month	http://www.jpma.org/?page=baby_safety_month
	Family Health and Fitness Day USA (last Saturday)	www.fitnessday.com/family
	Active Aging Week	https://www.icaa.cc/aaw.htm
	Suicide Prevention Week	http://www.suicidology.org/about-aas/national-suicide-prevention-week
	National Childhood Injury Prevention Week	www.healthychildren.org www.safekids.org
	National Yoga Month	www.yogamonth.org
	National Public Lands Day	www.publiclandsday.org
October		
	National Walk to School Day	http://www.walkbiketoschool.org/ready/about-the-events/walk-to-school-day
	National Walk Your Dog Week	http://www.walkyourdogweek.com/
	Walktober	http://www.thewalkingclassroom.org/tag/walktober/
	Child Health Day	http://www.timeanddate.com/holidays/us/child-health-day

Month	Awareness/Holidays	Links
	Farm to School Month	http://www.farmtoschool.org/our-work/farm-to-school-month
	National Health Education Week	https://www.sophe.org/nhew.cfm
	Harvest Week	http://gardencommunity.heart.org/photos/1057
	National School Lunch Week	http://schoolnutrition.org/nslw2015/
	Eat Better, Eat Together Month	http://nutrition.wsu.edu/ETEB/
	American Heart Walk	www.heartwalk.org
	Children's Health Month	http://www.epa.gov/children/childrens-health-month
	Healthy Babies Month	www.marchofdimes.com https://www.healthstatus.com/health_blog/pregnancy/healthy-babies-month/
	Healthy Lung Month	www.lungusa.org
	National Breast Cancer Awareness Month	http://www.nationalbreastcancer.org/breast-cancer-awareness-month
	National Down Syndrome Awareness Month	http://www.ndss.org/About-NDSS/Our-Team/Ambassadors/Goodwill-Ambassador/Straight-Talk-with-Chris-Burke/Down-Syndrome-Awareness-Month/
	National Sudden Infant Death Syndrome (SIDS) Awareness Month	http://www.firstcandle.org/october-is-awareness-month/ https://www.nichd.nih.gov/news/resources/spotlight/Pages/102014-october-SIDS.aspx
	National Spina Bifida Awareness Month	http://spinabifidaassociation.org/event/spina-bifida-awareness-month/
	National Mental Illness Awareness Week (first full week in October)	https://www.nami.org/miaw
	Red Ribbon Week	http://redribbon.org/

Month	Awareness/Holidays	Links
November		
	National Eating Healthy Day	http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/National-Eating-Healthy-Day-2013_UCM_454414_Article.jsp
	National Diabetes Awareness Month	http://www.diabetes.org/in-my-community/american-diabetes-month.html www.diabetes.org
	Veterans Day	
	Thanksgiving	http://greatist.com/health/fit-healthy-thanksgiving-tips
	Take a Hike Day	http://www.americanhiking.org/national-take-hike-day/
	The Great American Smokeout	http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index
	National Alzheimer's Disease Awareness Month	http://www.alz.org/co/in_my_community_alzheimers_awareness_month.asp
	Lung Cancer Awareness Month	http://www.lungcanceralliance.org/get-involved/help-raise-awareness/lung-cancer-awareness-month.html
	Pancreatic Cancer Awareness Month	https://pancreaticcanceraction.org/support-us/awareness-month/
	Prematurity Awareness Month	http://www.marchofdimes.org/news/november-is-prematurity-awareness-month.aspx
	National Family Health History Day	www.hhs.gov/familyhistory/
	Tie One on For Safety Campaign	http://www.madd.org/blog/2015/december2015/tie-one-on-for-safety-coast.html
December		
	Eat a Red Apple Day	http://www.punchbowl.com/holidays/eat-a-red-apple-day
	National Hand Washing Awareness Week	http://www.henrythehand.com/news-events/national-handwashing-awareness-week/

Month	Awareness/Holidays	Links
	Safe Toys and Gifts Month	https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month/ https://www.hap.org/health/topic/safetoymonth.php
	National Drunk and Drugged Driving Prevention Month	www.nhtsa.gov/StopImpairedDriving https://www.whitehouse.gov/the-press-office/2015/12/01/presidential-proclamation-national-impaired-driving-prevention-month
	National Influenza Vaccination Week	www.cdc.gov/flu/nivw
	International Volunteer Day	www.worldvolunteerweb.org http://www.unv.org/what-we-do/intl-volunteer-day.html
	Christmas – December 25	

Additional Resource:

Federal Occupational Health Toolkits: <http://foh.hhs.gov/library/toolkits.html>