

**High blood pressure raises your risk for serious health problems** — but many people don't know they have it. Check your blood pressure regularly to find problems early and protect your health. [Learn about checking your blood pressure \(https://health.gov/myhealthfinder/doctor-visits/screening-tests/get-your-blood-pressure-checked\)](https://health.gov/myhealthfinder/doctor-visits/screening-tests/get-your-blood-pressure-checked).

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## April National Health Observances: Minority Health, Alcohol Awareness, and More

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Each month we highlight National Health Observances (NHOs) that align with our mission to improve health in the United States. In April, we're raising awareness about minority health, alcohol awareness, and celebrating public health.

We've gathered some resources below that you can use to join the conversation and spread the word about these NHOs with your networks!

- **National Minority Health Month**

The U.S. Department of Health and Human Services Office of Minority Health (OMH) celebrates National Minority Health Month [🔗](https://www.minorityhealth.hhs.gov/nmhm/) (https://www.minorityhealth.hhs.gov/nmhm/) in April to highlight the importance of improving the health of racial and ethnic minority communities and reducing health disparities. This year's theme is *Better Health Through Better Understanding* and focuses on improving health outcomes by providing culturally and linguistically appropriate information. Get involved by sharing OMH's social media messages and graphics [🔗](https://www.minorityhealth.hhs.gov/nmhm/social-media/) (https://www.minorityhealth.hhs.gov/nmhm/social-media/). And make sure you check out the National Institute's on Minority Health and Health Disparities' schedule of events [🔗](https://www.nimhd.nih.gov/programs/edu-training/nmhm/) (https://www.nimhd.nih.gov/programs/edu-training/nmhm/). Lastly, share our MyHealthfinder (https://health.gov/espanol/myhealthfinder), Move Your Way® (https://health.gov/espanol/moveyourway), and Dietary Guidelines [🔗](https://www.dietaryguidelines.gov/es/recursos) (https://www.dietaryguidelines.gov/es/recursos) resources for Spanish-speakers in your community.

- **Alcohol Awareness Month**

Alcohol Awareness Month is recognized in April to raise awareness about alcohol misuse or abuse. Check out and share these resources from the National Institute on Alcohol Abuse and Alcoholism [🔗](https://www.niaaa.nih.gov/health-professionals-communities) (https://www.niaaa.nih.gov/health-professionals-communities) for more information and research on the impacts alcohol has on health. It's also a great time to explore the Healthy People 2030 evidence-based resources related to alcohol use. Finally, share our MyHealthfinder topics focused on starting conversations about alcohol use (https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/alcohol-use-conversation-starters), how to drink alcohol in moderation (https://health.gov/myhealthfinder/health-conditions/heart-health/drink-alcohol-only-moderation), and talking to your kids about alcohol and other substances (https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/talk-your-kids-about-tobacco-alcohol-and-drugs).

- **National Public Health Week (4/3-4/9)**

The American Public Health Association (APHA) sponsors National Public Health Week [🔗](https://nphw.org/) (https://nphw.org/) from April 3 to 9 to recognize the contributions of public health and highlight issues that are important for improving our nation's health. This year's theme, *Centering and*

*Celebrating Cultures in Health*, emphasizes the way different cultures focus on health. Get involved by sharing APHA's toolkit [🔗](https://nphw.org/Tools-and-Tips/Toolkit) (https://nphw.org/Tools-and-Tips/Toolkit) with your networks. You can also encourage others to register for APHA sponsored events [🔗](https://nphw.org/Events/APHA-NPHW-Events) (https://nphw.org/Events/APHA-NPHW-Events) during the week. Lastly, check out Healthy People 2030 evidence based resources that address improving the public health infrastructure (https://health.gov/healthypeople/objectives-and-data/browse-objectives/public-health-infrastructure).

We hope you'll help us share these important NHOs with your networks! Together, we can take steps toward a healthier nation.

Categories: National Health Observances, (<https://health.gov/news/category/national-health-observances>) Spotlight (<https://health.gov/news/category/spotlight>)

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