

health.gov

# May National Health Observances: Physical Fitness, Mental Health, Older Adults, and Women's Health

Posted on April 22, 2024 by ODPHP

Each month, we feature select National Health Observances (NHOs) that support our mission to improve health across the United States. In May, we're raising awareness about physical fitness, mental health, older adults' health and well-being, and women's health.

Use our list of resources below to promote these NHOs with your networks.

- **National Physical Fitness and Sports Month**

In May, the Office of Disease Prevention and Health Promotion (ODPHP) celebrates National Physical Fitness and Sports Month to promote the benefits of being physically active. Encourage others to get moving by using our Move Your Way® Community Resources (<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources>) and Activity Planner (<https://health.gov/moveyourway/activity-planner>) — and be sure to join the LinkedIn group [🔗](https://www.linkedin.com/groups/12896580/) (<https://www.linkedin.com/groups/12896580/>) to engage and share ideas with other organizations about implementing Move Your Way. You can also help older adults get moving with guidance from the Physical Activity Guidelines Midcourse Report (<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines/midcourse-report>). Find strategies to get youth involved in sports by using the National Youth Sports Strategy (<https://health.gov/our-work/nutrition-physical-activity/national-youth-sports-strategy/about-national-youth-sports-strategy>). Share our MyHealthfinder physical activity page (<https://health.gov/myhealthfinder/healthy-living/physical-activity>) for tips and info to make getting active a part of your routine. And lastly, check out these Healthy People 2030 physical activity evidence-based resources (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity/evidence-based-resources>) to implement in your community.

- **Older Americans Month**

This year's theme for Older Americans Month [🔗](https://acl.gov/oam/2024/older-americans-month-2024) (<https://acl.gov/oam/2024/older-americans-month-2024>) — led by the Administration for Community Living (ACL) — is "Powered by Connection," recognizing the impact relationships can have on our health and well-being. Kickstart conversations in your community by exploring ACL's activity ideas [🔗](https://acl.gov/oam/2024/oam-2024-activities-ideas) (<https://acl.gov/oam/2024/oam-2024-activities-ideas>) and digital materials [🔗](https://acl.gov/oam/2024/oam-2024-materials) (<https://acl.gov/oam/2024/oam-2024-materials>). Check out our Healthy Aging initiative (<https://health.gov/our-work/national-health-initiatives/healthy-aging>) with resources and info to support older adults. MyHealthfinder has information on older adults' general health (<https://health.gov/myhealthfinder/healthy-living/physical-activity/protect-your-health-you-grow-older>), safety (<https://health.gov/myhealthfinder/healthy-living/safety>), vaccination needs (<https://health.gov/myhealthfinder/doctor-visits/vaccines-shots/get-vaccines-protect-your-health-adults-age-50-or-older>), and oral health (<https://health.gov/myhealthfinder/doctor-visits/regular-checkups/oral-health-older-adults-quick-tips>). You can also encourage older adults to stay active using these Move Your Way materials (<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-older-adults>) and the Physical Activity Guidelines Midcourse Report (<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines/midcourse-report>). Finally, learn about the Healthy People 2030 objectives to improve health and well-being for older adults (<https://health.gov/our-work/national-health-initiatives/healthy-aging/use-healthy->

people-2030-healthy-aging-work).

- **Mental Health Awareness Month**

The Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Mental Health Awareness Month [🔗](https://www.samhsa.gov/programs/mental-health-awareness-month) (<https://www.samhsa.gov/programs/mental-health-awareness-month>) in May to highlight the importance of mental health and wellness and to celebrate recovery from mental illness. Make sure to use SAMHSA's toolkit [🔗](https://www.samhsa.gov/mental-health-awareness-month/toolkit) (<https://www.samhsa.gov/mental-health-awareness-month/toolkit>) to start the conversation with your community and share the 988 Suicide & Crisis Lifeline [🔗](https://www.samhsa.gov/find-help/988) (<https://www.samhsa.gov/find-help/988>) for those who need support during a mental health crisis. Explore the National Institute of Mental Health's (NIMH) mental health resources [🔗](https://www.nimh.nih.gov/health) (<https://www.nimh.nih.gov/health>) to get the latest information on related topics and research. Healthy People 2030 (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders/evidence-based-resources>) also has a list of evidence-based resources you can share with your networks to help develop mental health programs or policies. Last but not least, share these MyHealthfinder resources on mental health and relationships (<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships>).

- **National Women's Health Week (5/12-5/18)**

Join the Office on Women's Health (OWH) in celebrating National Women's Health Week [🔗](https://www.womenshealth.gov/nwhw) (<https://www.womenshealth.gov/nwhw>) and empower women and girls to prioritize their health and well-being. We have MyHealthfinder resources to share, including information about getting a yearly well-woman visit (<https://health.gov/myhealthfinder/healthy-living/sexual-health/get-your-well-woman-visit-every-year>), getting regular physical activity (<https://health.gov/myhealthfinder/health-conditions/diabetes/get-active>), choosing the right birth control (<https://health.gov/myhealthfinder/healthy-living/sexual-health/choose-right-birth-control>), and having a healthy pregnancy (<https://health.gov/myhealthfinder/pregnancy>). Share our Move Your Way website (<https://health.gov/moveyourway>) for tips to help girls and women get active. And if you're a health care provider, share this *Dietary Guidelines* fact sheet [🔗](https://www.dietaryguidelines.gov/sites/default/files/2021-12/DGA_Pregnancy_FactSheet-508c.pdf) ([https://www.dietaryguidelines.gov/sites/default/files/2021-12/DGA\\_Pregnancy\\_FactSheet-508c.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-12/DGA_Pregnancy_FactSheet-508c.pdf)) to encourage pregnant and postpartum people to build a healthy eating routine. Don't forget to also explore Healthy People 2030 objectives focused on improving women's health (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/women>).

We hope you'll use these resources to promote important NHOs with your networks. Together, we'll continue to improve health across the nation!

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

Tags: Health Literacy (<https://health.gov/news/tag/health-literacy>)