

September National Health Observances: Healthy Aging, Sickle Cell Disease, and More

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Each month, we feature select National Health Observances (NHOs) that align with our priorities for improving health across the nation. In September, we're raising awareness about healthy aging, sickle cell disease, substance use recovery, and HIV/AIDS.

Below, you'll find resources to help you spread the word about these NHOs with your audiences.

- **Healthy Aging Month**

Each September, we celebrate Healthy Aging Month to promote ways people can stay healthy as they age. Explore our healthy aging resources (<https://health.gov/our-work/national-health-initiatives/healthy-aging/healthy-aging-resources>), bookmark the Healthy People 2030 and Older Adults page (<https://health.gov/our-work/national-health-initiatives/healthy-aging/healthy-people-2030-and-older-adults>), share our Move Your Way® materials for older adults (<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-older-adults>), and check out the Physical Activity Guidelines for Americans Midcourse Report (<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines/midcourse-report>). You can also share resources related to healthy aging [🔗](https://www.nia.nih.gov/health/healthy-aging) (<https://www.nia.nih.gov/health/healthy-aging>) from the National Institute on Aging — and register for the 2024 National Healthy Aging Symposium [🔗](https://afphs.org/events/national-healthy-aging-symposium-innovation-across-the-age-friendly-ecosystem/) (<https://afphs.org/events/national-healthy-aging-symposium-innovation-across-the-age-friendly-ecosystem/>) to hear from experts on innovations to improve the health and well-being of older adults.

- **National Recovery Month**

The Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month [🔗](https://www.samhsa.gov/recovery-month) (<https://www.samhsa.gov/recovery-month>) to raise awareness about mental health and addiction recovery. Share our MyHealthfinder resources on substance use and misuse (<https://health.gov/myhealthfinder/health-conditions/substance-use-and-misuse>) — and be sure to check out Healthy People 2030's evidence-based resources related to drug and alcohol use (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/drug-and-alcohol-use/evidence-based-resources>).

- **National Sickle Cell Awareness Month**

National Sickle Cell Awareness Month is a time to raise awareness and support people living with sickle cell disease. Help your community learn about sickle cell disease by sharing these resources from the National Heart, Lung, and Blood Institute (NHLBI) [🔗](https://www.nhlbi.nih.gov/education/sickle-cell-month) (<https://www.nhlbi.nih.gov/education/sickle-cell-month>). You can also encourage new and expecting parents to learn about screening their newborn baby for sickle cell (<https://health.gov/myhealthfinder/pregnancy/doctor-and-midwife-visits/talk-your-doctor-about-newborn-screening>). And be sure to view our Healthy People 2030 objectives on improving health for people who have blood disorders (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/blood-disorders>).

- **National HIV/AIDS and Aging Awareness Day (September 18)**

On September 18, we celebrate HIV/AIDS and Aging Awareness Day [🔗](https://www.hiv.gov/events/awareness-days/aging/) (<https://www.hiv.gov/events/awareness-days/aging/>) to encourage older adults to get tested for HIV. Share CDC's *Let's Stop HIV Together* campaign [🔗](https://www.cdc.gov/stophivtogether/index.html) (<https://www.cdc.gov/stophivtogether/index.html>) to help promote HIV testing, prevention, and treatment. MyHealthfinder also has information for consumers about getting tested for HIV (<https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/get->

tested-hiv) and actionable questions for the doctor about HIV testing (<https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/hiv-testing-questions-doctor>). Finally, share these evidence-based resources on sexually transmitted infections (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/sexually-transmitted-infections/evidence-based-resources>) from Healthy People 2030.

- **National Gay Men’s HIV/AIDS Awareness Day (September 27)**

National Gay Men’s HIV/AIDS Awareness Day [🔗](https://www.hiv.gov/events/awareness-days/gay-mens/) (<https://www.hiv.gov/events/awareness-days/gay-mens/>) on September 27 highlights the impact of HIV on gay and bisexual men and promotes strategies to encourage testing. Get involved by sharing CDC’s social media toolkit [🔗](https://www.cdc.gov/hiv/awarenessdays/?CDC_AAref_Val=https://www.cdc.gov/hiv/library/awareness/ngmhaad.html) (https://www.cdc.gov/hiv/awarenessdays/?CDC_AAref_Val=https://www.cdc.gov/hiv/library/awareness/ngmhaad.html) and HIV information [🔗](https://www.cdc.gov/hiv/data-research/facts-stats/gay-bisexual-men.html?CDC_AAref_Val=https://www.cdc.gov/hiv/group/msm/index.html) (https://www.cdc.gov/hiv/data-research/facts-stats/gay-bisexual-men.html?CDC_AAref_Val=https://www.cdc.gov/hiv/group/msm/index.html) to encourage men to get tested — and share our MyHealthfinder resources to help people get tested for HIV (<https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/get-tested-hiv>) and talk with their doctor about testing (<https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/hiv-testing-questions-doctor>).

We hope you’ll join us in promoting these important NHOs with your networks to help 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>)