

# October National Health Observances: Health Literacy, Breast Cancer, and More

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Each month, we highlight National Health Observances (NHOs) that align with our mission to improve health across the United States. In October, we're raising awareness about health literacy, breast cancer, domestic violence awareness, and HIV/AIDS in Latinx communities.

Check out the list of resources below that you can use to join the conversation and spread the word to your networks.

- **Health Literacy Month**

Help us celebrate 25 years of Health Literacy Month! This October, we're shining the spotlight on the important role health literacy (<https://health.gov/healthypeople/priority-areas/health-literacy-healthy-people-2030>) plays in improving health for people in the United States. Start by exploring Healthy People 2030's Health Literacy literature summary (<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>) to find definitions of health literacy and browse related objectives and evidence-based resources. Our health literacy resources for health professionals (<https://health.gov/our-work/national-health-initiatives/health-literacy>) highlight ways you can incorporate health literacy strategies in your work — like by using the research-based guidelines in Health Literacy Online (<https://health.gov/healthliteracyonline/>) to develop clear, user-friendly web content. Finally, check out the MyHealthfinder tool (<https://health.gov/myhealthfinder>) to connect people with easy-to-understand information about preventive health services.

- **National Breast Cancer Awareness Month**

Finding breast cancer [🔗](https://www.cancer.gov/types/breast) (<https://www.cancer.gov/types/breast>) early is key to successful treatment. That's why every October, we come together to raise awareness about the disease and to encourage people to get screened. Check out our MyHealthfinder resources to learn about getting screened for breast cancer (<https://health.gov/myhealthfinder/health-conditions/cancer/get-tested-breast-cancer>) and starting the conversation with a doctor (<https://health.gov/myhealthfinder/doctor-visits/talking-doctor/mammograms-questions-doctor>)— and link your audiences to this FAQ on mammograms [🔗](https://www.womenshealth.gov/a-z-topics/mammograms?_ga=2.261239053.1615074456.1694439257-270295350.1690830265) ([https://www.womenshealth.gov/a-z-topics/mammograms?\\_ga=2.261239053.1615074456.1694439257-270295350.1690830265](https://www.womenshealth.gov/a-z-topics/mammograms?_ga=2.261239053.1615074456.1694439257-270295350.1690830265)) from the Office on Women's Health (OWH).

- **National Domestic Violence Awareness Month**

National Domestic Violence Awareness Month is a time to raise awareness of domestic violence and its impact on individuals and families. Share the National Domestic Violence Hotline [🔗](https://www.thehotline.org/) (<https://www.thehotline.org/>) with your community for access to 24/7 tools and support. OWH offers resources by state [🔗](https://www.womenshealth.gov/relationships-and-safety/get-help/state-resources) (<https://www.womenshealth.gov/relationships-and-safety/get-help/state-resources>) for women in need of support, as well as resources to educate about domestic or intimate partner violence [🔗](https://www.womenshealth.gov/relationships-and-safety/domestic-violence) (<https://www.womenshealth.gov/relationships-and-safety/domestic-violence>) — including steps women can take to protect themselves and their loved ones. You can also share our MyHealthfinder article to help people spot warning signs of relationship violence (<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/watch-warning-signs-relationship-violence>) and get the help they need. Finally, check out the Healthy People 2030 evidence-based resources related to reducing intimate partner violence (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/violence-prevention/reduce-intimate->

partner-violence-ivp-d04/evidence-based-resources).

- **National Latinx AIDS Awareness Day (October 15)**

October 15 marks National Latinx AIDS Awareness Day [🔗](https://www.hiv.gov/events/awareness-days/latino/) (https://www.hiv.gov/events/awareness-days/latino/). It's an opportunity to call attention to the disproportionate impact of HIV and AIDS on Hispanic/Latinx communities — and to address HIV stigma. Share the *Let's Stop HIV Together* campaign [🔗](https://www.cdc.gov/stophivtogether/index.html) (https://www.cdc.gov/stophivtogether/index.html) materials from the Centers for Disease Control and Prevention (CDC) to help promote HIV testing, prevention, and treatment. And be sure to check out our MyHealthfinder resources on getting tested for HIV (https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/get-tested-hiv) and starting the conversation with a doctor about testing (https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/hiv-testing-questions-doctor). Finally, share the Healthy People 2030 objective search tool (https://health.gov/healthypeople/search?query=&f%5B0%5D=content\_type%3Ahealthy\_people\_objective) to find the latest data on sexually transmitted infections — like HIV 02: Increase knowledge of HIV status (https://health.gov/healthypeople/objectives-and-data/browse-objectives/sexually-transmitted-infections/increase-knowledge-hiv-status-hiv-02).

We hope you'll help us share these important NHOs with your networks!

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

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