

Each month, ODPHP features select National Health Observances (NHOs) that align with our priorities for improving health across the nation. In November, we are raising awareness about diabetes, chronic obstructive pulmonary disease (COPD), and antibiotic safety.

We've pulled together some resources that you can use to promote these NHOs. We hope that you'll join the conversation and help us advocate for better health!

- **National Diabetes Month**

Nearly 98 million adults in the U.S. have prediabetes — and many don't realize it. National Diabetes Month offers an opportunity to spotlight this critical public health issue and inspire people to take charge of their health. Check out and share these National Diabetes Month resources [🔗](https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month) (<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>) from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). You can also explore Healthy People objectives related to diabetes, like Leading Health Indicator D-01: Reduce the number of diabetes cases diagnosed yearly (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/diabetes/reduce-number-diabetes-cases-diagnosed-yearly-d-01/infographic>). Finally, be sure to share our consumer-friendly type 2 diabetes resources from MyHealthfinder (<https://health.gov/myhealthfinder/health-conditions/diabetes>).

- **National COPD Awareness Month**

Each November, you can help spread the word about COPD with COPD Awareness Month resources [🔗](https://www.nhlbi.nih.gov/health-topics/education-and-awareness/copd-learn-more-breathe-better/copd-awareness-month) (<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/copd-learn-more-breathe-better/copd-awareness-month>) from the National Heart, Lung, and Blood Institute (NHLBI). Since smoking remains the leading cause of COPD in the U.S., November is also a good time to highlight the health benefits of quitting tobacco. MyHealthfinder has resources on how to quit smoking (<https://health.gov/myhealthfinder/health-conditions/diabetes/quit-smoking>) — and these conversation starters (<https://health.gov/myhealthfinder/health-conditions/cancer/quitting-smoking-conversation-starters>) can help people talk to their loved ones about quitting. Additionally, explore Healthy People 2030 to track progress on efforts to reduce cigarette smoking (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/tobacco-use/reduce-current-cigarette-smoking-adults-tu-02/infographic>) and objectives informed by the COPD National Action Plan to improve respiratory health (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/respiratory-disease>).

- **U.S. Antibiotic Awareness Week**

The Centers for Disease Control and Prevention (CDC) is leading U.S. Antibiotic Awareness Week [🔗](https://www.cdc.gov/antimicrobial-resistance/communication-resources/usaaw.html) (<https://www.cdc.gov/antimicrobial-resistance/communication-resources/usaaw.html>) from November 18 to 24 to raise awareness of antibiotic resistance. Spread the message about the importance of proper antibiotic use with CDC's Be Antibiotics Aware Partner Toolkit [🔗](https://www.cdc.gov/antibiotic-use/php/usaaw-partner-toolkit/social-media.html?CDC_AAref_Val=https://www.cdc.gov/antibiotic-use/week/toolkit.html) (https://www.cdc.gov/antibiotic-use/php/usaaw-partner-toolkit/social-media.html?CDC_AAref_Val=https://www.cdc.gov/antibiotic-use/week/toolkit.html). You can also explore CDC's antimicrobial resistance webpage [🔗](https://www.cdc.gov/antimicrobial-resistance/) (<https://www.cdc.gov/antimicrobial-resistance/>) to learn more about federal efforts to address the growing threat of resistant microbes. Finally, be sure to check this MyHealthfinder resource on preventing infections when getting medical care (<https://health.gov/myhealthfinder/healthy-living/safety/prevent-infections-when-you-get-medical-care>).

We hope these resources help you promote November's health observances to your networks. Together, we can take steps to improve health within our nation.