

February National Health Observances: Heart Health, Teen Dating Violence Awareness, Black HIV/AIDS Awareness, and Girls & Women in Sports

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Each month, we feature select National Health Observances (NHOs) that support our mission to improve health across the United States. In February, we're raising awareness about heart health, teen dating violence, and Black HIV/AIDS. We're also celebrating the influence of women and girls in sports.

To make it easy for you, we've listed some resources below that you can use to promote these NHOs with your networks.

- **American Heart Month**

Heart disease is the leading cause of death in the United States — that's why the National Heart, Lung, and Blood Institute (NHLBI) celebrates American Heart Month to encourage healthy habits to prevent heart disease. Get involved by using NHLBI's outreach toolkit [🔗](https://www.nhlbi.nih.gov/education/american-heart-month) (https://www.nhlbi.nih.gov/education/american-heart-month) with resources for social media, fact sheets, and other materials to promote heart health. And encourage your networks to participate in National Wear Red Day® [🔗](https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day) (https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day) on February 2 to bring greater attention to heart disease. You can also share Million Hearts®' "Live to the Beat" [🔗](https://millionhearts.hhs.gov/partners-progress/partners/live-beat-campaign-toolkit.html) (https://millionhearts.hhs.gov/partners-progress/partners/live-beat-campaign-toolkit.html) campaign toolkit and MyHealthfinder's heart health (https://odphp.health.gov/myhealthfinder/health-conditions/heart-health) resources. Finally, check out Healthy People 2030's evidence-based resources (https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/heart-disease-and-stroke/evidence-based-resources) to guide heart disease prevention efforts in your work.

- **Teen Dating Violence Awareness Month**

Teen Dating Violence Awareness Month is a time to promote safe, healthy relationships between teens. Spread the word about teen dating violence prevention through youth.gov's resources [🔗](https://youth.gov/feature-article/teen-dating-violence-awareness-and-prevention-month) (https://youth.gov/feature-article/teen-dating-violence-awareness-and-prevention-month) and share the Office on Women's Health's guide on domestic or intimate partner violence [🔗](https://www.womenshealth.gov/relationships-and-safety/domestic-violence) (https://www.womenshealth.gov/relationships-and-safety/domestic-violence). Check out the Centers for Disease Control and Prevention's (CDC) Dating Matters® [🔗](https://www.cdc.gov/violenceprevention/intimatepartnerviolence/datingmatters/index.html) (https://www.cdc.gov/violenceprevention/intimatepartnerviolence/datingmatters/index.html), a comprehensive teen dating violence prevention model. And share our MyHealthfinder resources on recognizing signs of relationship violence (https://odphp.health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/watch-warning-signs-relationship-violence) and talking to your kids about healthy relationships (https://odphp.health.gov/myhealthfinder/healthy-living/sexual-health/talk-your-kids-about-sex-and-healthy-relationships) with parents or guardians. Lastly, use these Healthy People 2030 evidence-based resources (https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/violence-prevention/evidence-based-resources) to learn about strategies to prevent violence.

- **National Black HIV/AIDS Awareness Day (2/7)**

Every year on February 7, we observe National Black HIV/AIDS Awareness Day [🔗](https://) (https://

www.hiv.gov/events/awareness-days/black/) to acknowledge how HIV disproportionately affects Black people. This year's theme is "Engage, Educate, Empower: Uniting to End HIV/AIDS in Black Communities". Spark the conversation with your networks on social media with the CDC's toolkit [🔗](https://www.cdc.gov/hiv/library/awareness/nbhaad.html) (<https://www.cdc.gov/hiv/library/awareness/nbhaad.html>) — and if you're a health professional, check out CDC's latest data on HIV among Black and African-American people [🔗](https://www.cdc.gov/hiv/group/raciaethnic/africanamericans/index.html) (<https://www.cdc.gov/hiv/group/raciaethnic/africanamericans/index.html>) to use in your prevention efforts. Check out our MyHealthfinder resources to encourage people to get tested for HIV (<https://odphp.health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/get-tested-hiv>) and start a conversation with their doctor about testing (<https://odphp.health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/hiv-testing-questions-doctor>). And if you're interested in interventions to reduce sexually transmitted infections (STI), explore these Healthy People 2030 resources (<https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/sexually-transmitted-infections/evidence-based-resources>).

- **National Girls & Women in Sports Day (2/7)**

Join the Women's Sports Foundation in celebrating National Girls & Women's in Sports Day [🔗](https://www.womenssportsfoundation.org/get-involved/ngwsd/) (<https://www.womenssportsfoundation.org/get-involved/ngwsd/>) on February 7. Show support by exploring the amazing work of the President's Council on Sports, Fitness & Nutrition (<https://odphp.health.gov/pcsfn>) and learn about the influential women on the Council who are making a difference in their communities. Share our Move Your Way® fact sheets and posters (<https://odphp.health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-parents#fact-sheets-posters>) for parents to highlight the role sports can play in helping their kids and teens thrive, and check out this video [🔗](https://www.youtube.com/watch?v=RY9TFAfMh_I) (https://www.youtube.com/watch?v=RY9TFAfMh_I) that highlights the many benefits of participating in youth sports. It's also a great time to encourage organizations who promote youth sports in their communities to use the National Youth Sports Strategy (<https://odphp.health.gov/our-work/nutrition-physical-activity/national-youth-sports-strategy/about-national-youth-sports-strategy>) (NYSS) in their work — and apply to become NYSS Champions (<https://odphp.health.gov/our-work/nutrition-physical-activity/national-youth-sports-strategy/nyss-champions>)!

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

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