

January National Health Observances: Cervical Cancer Awareness, Glaucoma Awareness, and Maternal Health

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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 January, we're raising awareness about the importance of screening for cervical cancer, glaucoma diagnosis and treatment, and maternal health.

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!

Cervical Cancer Awareness Month

This Cervical Health Awareness Month, join us in raising awareness about how people can lower their risk of cervical cancer and protect their loved ones. Check out the Centers for Disease Control and Prevention's (CDC's) cervical cancer resources [🔗](https://www.cdc.gov/cervical-cancer/) (https://www.cdc.gov/cervical-cancer/) to find information on HPV vaccination [🔗](https://www.cdc.gov/hpv/vaccines/?CDC_Aref_Val=https://www.cdc.gov/hpv/parents/vaccine-for-hpv.html) (https://www.cdc.gov/hpv/vaccines/?CDC_Aref_Val=https://www.cdc.gov/hpv/parents/vaccine-for-hpv.html) and screening tests [🔗](https://www.cdc.gov/cervical-cancer/screening/?CDC_Aref_Val=https://www.cdc.gov/cancer/cervical/basic_info/screening.htm) (https://www.cdc.gov/cervical-cancer/screening/?CDC_Aref_Val=https://www.cdc.gov/cancer/cervical/basic_info/screening.htm). Explore inspiring survivor stories [🔗](https://www.cdc.gov/cervical-cancer/stories/?CDC_Aref_Val=https://www.cdc.gov/cancer/cervical/stories/index.htm) (https://www.cdc.gov/cervical-cancer/stories/?CDC_Aref_Val=https://www.cdc.gov/cancer/cervical/stories/index.htm) from women who've overcome cervical cancer and are sharing their stories to promote the importance of prevention and early detection. Then, take a look at this fact sheet [🔗](https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-pap-hpv-tests.pdf) (https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-pap-hpv-tests.pdf) from the Office on Women's Health (OWH) with answers to common questions about Pap smears and HPV tests. Share our MyHealthfinder tools to encourage people in your community to prioritize cervical cancer screenings (<https://health.gov/myhealthfinder/doctor-visits/screening-tests/get-screened-cervical-cancer>) and HPV vaccinations for their children (<https://health.gov/myhealthfinder/doctor-visits/vaccines-shots/get-your-child-hpv-vaccine>). Lastly, use Healthy People 2030's evidence-based resources on cancer (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/cancer/evidence-based-resources>) to support your work.

National Glaucoma Awareness Month

Every January, the National Eye Institute (NEI) observes National Glaucoma Awareness Month [🔗](https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources/glaucoma-awareness-month) (https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources/glaucoma-awareness-month) to raise awareness about glaucoma, a leading cause of vision loss and blindness in the United States. Help spread the word by sharing NEI's glaucoma resources for health educators [🔗](https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources) (https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources) and the CDC's glaucoma page [🔗](https://www.cdc.gov/vision-health/about-eye-disorders/glaucoma.html) (https://www.cdc.gov/vision-health/about-eye-disorders/glaucoma.html). You can also review the Healthy People 2030 objective (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/sensory-or-communication-disorders/reduce-vision-loss-glaucoma-v-05>) focused on reducing vision loss from glaucoma. For more information on treatment options and research, review the Agency for Healthcare Research and Quality's (AHRQ's) glaucoma page [🔗](https://effectivehealthcare.ahrq.gov/health-topics/glaucoma) (https://effectivehealthcare.ahrq.gov/health-topics/glaucoma).

Maternal Health Awareness Day

Maternal Health Awareness Day is an opportunity to highlight the importance of improving health outcomes for mothers during pregnancy, childbirth, and the postpartum period. Explore the Healthy People 2030 objectives (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and->

childbirth) focused on pregnancy and childbirth, including the Leading Health Indicator (LHI) to reduce maternal deaths (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/reduce-maternal-deaths-mich-04>). The Health Resources and Services Administration (HRSA) [🔗](https://www.hrsa.gov/maternal-health) (<https://www.hrsa.gov/maternal-health>) offers valuable tools to support maternal health. You can also explore OWH's resources [🔗](https://womenshealth.gov/pregnancy) (<https://womenshealth.gov/pregnancy>) on pregnancy, breastfeeding, and postpartum health.

We hope we've made it easier for you to promote these important NHOs on your channels. Together, we can take steps to improve health within our nation.

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