

March National Health Observances: Nutrition, Colorectal Cancer Awareness and Women and Girls HIV/AIDS Awareness

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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 March, we're raising awareness about nutrition, colorectal cancer, and HIV/AIDS among women and girls.

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

- **National Nutrition Month®**

During National Nutrition Month®, we're focusing on sustainable and healthy eating habits. This year's theme is "Beyond the Table", which highlights the farm-to-fork approach to nutrition, from food production to eating habits. Check out information and resources [🔗](https://www.eatright.org/national-nutrition-month) (https://www.eatright.org/national-nutrition-month) from the Academy of Nutrition and Dietetics to learn more! The Dietary Guidelines for Americans offers guidance on what to eat and drink to meet nutrition needs and promote health. Take a look at the current Guidelines [🔗](https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials) (https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials) — and save the date for the next public Dietary Guidelines Advisory Committee meeting [🔗](https://www.dietaryguidelines.gov/get-involved/attend-virtual-meetings) (https://www.dietaryguidelines.gov/get-involved/attend-virtual-meetings) on May 30, 2024. And if you're looking to address nutrition and healthy eating in your work, consider the Healthy People 2030 evidence-based resources (https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/nutrition-and-healthy-eating/evidence-based-resources). Finally, share our consumer-friendly MyHealthfinder resources on nutrition (https://odphp.health.gov/myhealthfinder/healthy-living/nutrition) and these inspiring Move Your Way® healthy eating and physical activity stories (https://odphp.health.gov/moveyourway/stories).

- **National Colorectal Cancer Awareness Month**

This March, spread the word about the importance of getting regular colorectal cancer screenings, starting at age 45 years. Share the National Cancer Institute's colorectal cancer resources [🔗](https://www.cancer.gov/types/colorectal) (https://www.cancer.gov/types/colorectal) to help people learn about prevention, treatment, and more. Share awareness resources [🔗](https://www.cdc.gov/cancer/dcpc/resources/features/colorectalawareness/index.htm) (https://www.cdc.gov/cancer/dcpc/resources/features/colorectalawareness/index.htm) from the Centers for Disease Control and Prevention (CDC) with your networks — and don't forget to check out our Healthy People 2030 resources (https://health.gov/healthypeople/objectives-and-data/browse-objectives/cancer/evidence-based-resources) and MyHealthfinder resources (https://health.gov/myhealthfinder/health-conditions/cancer) on colorectal cancer.

- **National Women and Girls HIV/AIDS Awareness Day (3/10)**

Join the Office on Women's Health (OWH) in observing National Women and Girls HIV/AIDS Awareness Day on March 10 — and help educate your audiences about preventing and treating HIV/AIDS among women and girls. Start the conversation by sharing OWH's resources [🔗](https://www.womenshealth.gov/nwghaad) (https://www.womenshealth.gov/nwghaad), CDC's toolkit [🔗](https://www.cdc.gov/hiv/library/awareness/nwghaad.html) (https://www.cdc.gov/hiv/library/awareness/nwghaad.html), and by using the hashtag #NWGHAAD on social media. You can also promote this NHO by sharing our MyHealthfinder resources on getting tested for HIV (https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/get-tested-hiv) and starting a conversation

with your doctor (<https://health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/hiv-testing-questions-doctor>) about HIV testing. And for information on interventions and programs to prevent HIV and other sexually transmitted infections, be sure to review these Healthy People 2030 resources (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/sexually-transmitted-infections/evidence-based-resources>).

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

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