

National Baptist Congress of Christian Education

Auxiliary to the

National Baptist Convention, U.S.A., Incorporated

Organized 1880

Incorporated 1915

“Envisioning the Future Exceptionally”

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National Baptist Congress of Christian Education/ 2015 Suggested Health and Wellness Observances

JANUARY 2015

- **National Volunteer Blood Donor Month.** Sponsor a “Post-Holiday Blood Drive” at your church in partnership with your local blood donation center.
- **NBCUSA Mental Wellness Month** focuses on mental health issues in communities of color.

FEBRUARY 2015

- **American Heart Month/Wear Red Sunday.** On Sunday, February 9 everyone is encouraged to wear something red to bring awareness to the number 1 killer of women – heart disease. Also, members may wish to participate in **Wear Red Day** – Friday, February 7.
- **National Black HIV/AIDS Awareness Sunday (February 1)** promotes greater and education about HIV/AIDS in African American churches. **National Black HIV/AIDS Awareness Day** is February 7.

MARCH 2015

- **NBCUSA/American Kidney Fund Kidney Sunday** (March 1) observes the importance of kidney health and promotes World Kidney Day.
- On **World Kidney Day (March 13)**, the American Kidney Fund urges the public to Take Six Steps that Count to Fight Kidney Disease:

Know your numbers • Identify your risks for kidney disease • Donate to help kidney patients with treatment-related expenses • Notify your family of your wish to be an organ donor • Eat healthy, exercise, and don’t smoke • Your doctor is a resource—ask about your eGFR!

- **Taste Test Sunday (March 15)** promotes healthy desserts at church functions by having desserts prepared in accordance with guidelines for diabetics. Invite the congregation to sample them after worship. Promote a contest among members to collect recipes with healthy substitutions for a healthy cookbook.
- **American Diabetes Association Diabetes Alert Day (March 25)** is a one-day, wake-up call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.
- **National Nutrition Month** is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

APRIL 2015

- **Minority Health Month** held annually the month of April promotes health issues especially relevant to minority communities.
- The **World Health Day (April 7)** is celebrated to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.
- **Counseling Awareness Month** focuses on public awareness about the community benefits of the counseling profession and professional development opportunities for counselors.

MAY 2015

- **American Stroke Association American Stroke Month.** Stroke is the No. 4 cause of death and a leading cause of severe, long-term disability in America. Yet, only 2 percent of those recently surveyed consider stroke the leading health issue and only 7 percent think of stroke as a major health concern. Make stroke awareness a priority in your life and enlighten those in your church on **Power Sunday - May 17.**
- **Bell for Remembrance (Mother's Day 2015-May 10)** focuses on breast health awareness. The goal of the Bells for Remembrance campaign is to encourage all women age 40 and older to get annual screening mammograms.
- **Mental Health Month** focuses on raising awareness about mental health by reaching millions of people through the media, local events and screenings.

JUNE 2015

- The First Sunday is **National Cancer Survivor's Day**®, an annual, worldwide Celebration of Life. Communities host events to honor cancer survivors and show that life after a cancer diagnosis can be meaningful, fulfilling, and even inspiring.
- **Summer of Health and Wellness Vacation Bible School.** Integrate the 9-5-2-1-0 health and wellness curriculum into your church's VBS. E-mail hope@nationabaptist.com for a copy of the 9-5-2-1-0 guide.
- **NBC H.O.P.E. Week 2015 June 22-26 concurrent with the National Baptist Congress in Detroit**
- **Fireworks Safety Month (through July 4)** (See July observances.)
- **Men's Health Month** is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

JULY 2015

- **Summer of Health and Wellness Vacation Bible School.** (See June observances.)
- **Fireworks Safety Month (through July 4).** During the months of June and July, Americans nationwide are encouraged to observe fireworks safety.

AUGUST 2015

- **National Minority Donor Awareness Day** is celebrated **August 1** as a time to educate minorities on the need for organ, blood, and tissue donation.
- **Make the First Five Count Sunday, August 2** **Easter Seals** has partnered with the National Baptist Convention, USA, Incorporated in an effort to spread the word about the importance of early intervention and developmental delays in a child's first five years.
- **National Periodontal Health Month** brings attention to having good gum health and promotes awareness about periodontal (gum) disease.
- **National Immunization Awareness Month** provides an opportunity to highlight the value of immunization across the lifespan. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases.

SEPTEMBER 2015

- **National Childhood Obesity Awareness Month.** More than 23 million children and teenagers in the U.S. are obese or overweight, a statistic that health and medical experts consider an epidemic. While obesity rates have soared among all age groups in this country, obesity is a particularly grave concern for children.
- **NBCUSA Senior Recognition Sunday** in collaboration with the Alzheimer's Association highlights a major health and wellness issue for persons 55 and older.
- **H.O.P.E. Faith and Health Conference 2015 September 8-9 concurrent with the NBCUSA Annual Session in Memphis, TN**
- **Sickle Cell Disease Awareness Month** promotes a call to conduct sickle cell awareness and education activities highlighted by **Sickle Sabbath Sunday (September 20)**.
- **H.O.P.E./Let's Move Day (September 19)**. Get your church and community moving on this day.

OCTOBER 2015

- **National Church Safety and Security Month.** Congregations are asked to perform a top down safety and security inspection of their houses of worship and grounds including fire evacuation and tornado drills.
- **National Breast Cancer Awareness Month** observances have been at the forefront of promoting awareness of breast cancer issues and have evolved along with the national dialogue on breast cancer.
- The intent of **Domestic Violence Awareness Month** is to connect battered women's advocates across the nation who were working to end violence against women and their children. The Day of Unity is celebrated the first Monday in October (October 6, 2015).
- **Talk about Prescriptions Month.** According to the National Council on Patient Information and Education (NCPIE), the best way to use medication safely and appropriately is to be well-informed with good reliable information and to be willing to ask questions of your health care professional about your medicines (prescription or over-the-counter).

NOVEMBER 2015

- The **American Diabetes Association** sponsors **Diabetes Awareness Month**. It takes place each November and is a time to come together as a community to Stop Diabetes®!
- **Diabetes ID (I Decide) Day (November 11)** is a national day of action and a simple call - decide to get tested for diabetes.
- **Pancreatic Cancer Awareness Month** highlights the work of the Pancreatic Cancer Action Network.
- **National Alzheimer's Disease Awareness Month and National Caregiver Month.** In the United States, there are nearly 15 million Alzheimer's and dementia caregivers.
- During the **American Cancer Society Great American Smoke Out Monday, November 17**, congregations can promote tobacco cessation activities throughout the month. Contact your local Tobacco Free coalition.

DECEMBER 2015

- **1 World AIDS Day** is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection. Health Ministries are asked to wear red ribbons, provide information, and a time for quiet reflection in recognition of all those stricken with HIV/AIDS.
- **National Influenza Vaccination Week (December 6-12).** National Influenza Vaccination Week (NIVW) is a national observance that was established to highlight the importance of continuing influenza vaccination (<http://www.cdc.gov/flu/NIVW>).
- **National Drunk and Drugged Driving (3D) Prevention Month** encourages safe and sober driving.