

October Health Observances

Greater Huachuca Area Branch NAACP

1. Health Literacy Month

Key Facts:

- Millions of Americans struggle to understand medical information.
- Low health literacy leads to poorer outcomes and higher hospitalization rates.
- Minority and underserved populations are disproportionately impacted.

Community Actions:

Share easy-to-read, culturally relevant health resources.

Host “Ask a Health Professional” workshops in churches or community centers.

Encourage families to ask doctors questions and request written instructions.

2. Breast Cancer Awareness Month

Key Facts:

- Breast cancer is the most common cancer among women worldwide.
- Black women under 40 are more likely to be diagnosed with aggressive breast cancer.
- Early detection saves lives.

Community Actions:

Encourage mammograms and self-exams.

Take the Breast Health Risk Assessment.

Highlight survivor stories in the community.

3. Domestic Violence Awareness Month

Key Facts:

- Domestic violence affects 1 in 4 women and 1 in 9 men.
- Survivors often face stigma and barriers to seeking help.
- Abuse impacts physical health, mental health, and economic security.

Community Actions:

Share hotline numbers and local shelter information.

[Attend Faith & Blue at Lori's Place](#)

Partner with legal aid and family service providers.

4. National Depression & Mental Health Screening Month

Key Facts:

- Depression is one of the most common mental illnesses in the U.S.
- Communities of color often face stigma or lack of access to care.
- Early screening leads to earlier treatment and better recovery.

Community Actions:

Promote free and confidential mental health screenings.

Share culturally relevant mental health resources.

Host “mental wellness check” days in trusted spaces.

5. National Bullying Prevention Month

Key Facts:

- Bullying impacts children’s confidence, grades, and long-term mental health.
- Cyberbullying is increasing among middle and high school students.
- Safe school and online environments improve academic success.

Community Actions:

Partner with schools to host anti-bullying events.

Launch a “Kindness Challenge” on social media.

Educate parents and teachers on signs of bullying.

6. Liver Cancer Awareness Month

Key Facts:

- Risk factors include hepatitis B & C, alcohol misuse, obesity, and fatty liver disease.
- Screening and treatment access is critical, especially for at-risk groups.
- Early detection saves lives.

Community Actions:

Encourage hepatitis C screenings.

Educate about alcohol and obesity-related risks.

Promote liver health through nutrition and wellness campaigns.

7. Menopause Awareness Month**Key Facts:**

- Menopause can impact bone health, cardiovascular risk, and emotional wellness.
- Black women often experience menopause earlier and with more severe symptoms.
- Stigma often keeps women from discussing their health openly.

Community Actions:

Share education about symptoms and treatment options.

Promote support groups for women in midlife transitions.

Partner with providers for workshops on women's health.

Special Days & Weeks in October

- National Latinx AIDS Awareness Day – Oct 15
- Global Handwashing Day – Oct 15
- World Sight Day – Oct 9 (2025)
- National Health Education Week – Oct 21–25