

## MAY 2024

1

**World Asthma Awareness  
Day/Month**

**Mental Health Awareness Month**

2

**Preeclampsia Awareness Month**

**National Women's Health Week**

**World No Tobacco Day**

3

**Water Safety Awareness Month**

**National Hurricane Preparedness**

**Week/Month**

### ATTENTION

We are currently accepting sub-  
missions for our next newsletter!

Please send in your submissions no  
later than the 15th of each month.

For more information, please e-mail:  
Mary.Aquino@flhealth.gov

## World Asthma Day is May 7, 2024



According to the CDC, more than 30 million people have been diagnosed with asthma at least once in their lifetime. For children, asthma is the third-leading cause of hospitalizations and absenteeism in school.

The CDC's National Asthma Control program helps Americans with asthma improve quality of life by providing states, school programs, and non-government organizations opportunities to help train health professionals and educate individuals living with asthma and their families.

For more information, visit the [CDC Asthma Awareness Toolkit](#) webpage.

## Mental Health Awareness Month

During this month National Alliance on Mental Illness (NAMI) encourages us to join them as they celebrate mental health awareness with the *Take the Moment* campaign.



To show your support share these NAMI graphics:



Visit the [NAMI](#) website to learn more. Remember to tag them at @NAMICommunicate on Instagram and Twitter and @NAMI on TikTok and Facebook. Also, use hashtags #TakeAMentalHealthMoment #MentalHealthMonth!

## May 12-18, 2024 is National Women's Health Week

The U.S. Department of Health and Human Services' Office on Women's Health (OWH) is celebrating National Women's Health Week, starting on Mother's Day, to prioritize women's health. The theme for this year is **"Empowering Women, Cultivating Health: Celebrating Voices, Wellness, and Resilience."**

Their goal is to promote:

1. Staying active
2. Heart-healthy eating
3. Mental Health
4. Self-care
5. Good Sleep habits
6. COVID Prevention

[National Women's Health Week Resources](#)



## Preeclampsia Awareness Month

May is Preeclampsia Awareness Month; the observance day is **May 22nd**. The Preeclampsia Foundation's theme for this year is **"Predict Prevent Prevail."**

Preeclampsia is considered a **Hypertensive disorder of pregnancy (HDP)** which can increase the risk of maternal mortality and infant related deaths. Joining this campaign can help raise awareness for every mother during pregnancy. To learn more about the campaign graphics, videos, and facts about Preeclampsia, visit the [Preeclampsia Foundation website](#).



## World No Tobacco Day

**Friday, May 31, 2024**, is World No Tobacco Day, observed worldwide. Approximately **14 million young people** between the ages of 13-15 are **currently using** tobacco products. This observance day helps highlight the harmful effects of tobacco products.

This year's theme is **Protecting Children from tobacco industry interference**. To learn more about how to help spread awareness, visit the [World Health Organization \(WHO\)](#) webpage. If interested in hosting a World No Tobacco Day workshop, here is a link with the [campaign toolkit](#) provided by the WHO.



# Water Safety Month



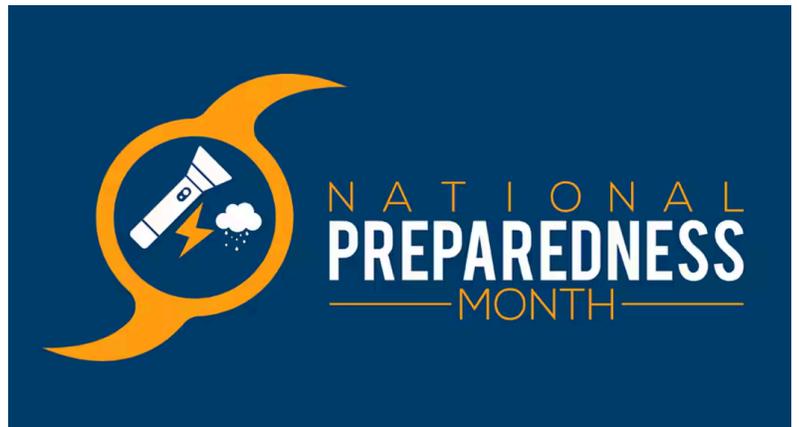
Ten people die each day in the United States from **unintentional drowning**, and on average 2 of them are under age 14.

To spread awareness of an increasing drowning pandemic, **International Water Safety Day** is **May 15th**. It is important to educate parents and their children on how to be safe in and around water. Click [here](#) to learn more.

**Source:** [American Red Cross](#)

## NATIONAL HURRICANE PREPAREDNESS WEEK

May 5-11, 2024 is National Hurricane Preparedness Week! Hurricanes can affect anyone. It is vital to know how to prepare, where to get help, and where to find the nearest shelter facility. **Hurricane season begins on Saturday, June 1st, 2024.**



- [Contact the nearest Red Cross](#)
- 305-644-1200
- Search for your designated [evacuation zone](#)
- Local weather forecast
- [Wireless Emergency Alerts](#) on smartphones
- Disaster Distress Helpline:
  - 1-800-985-5990 or text TalkWithUs to 66746
- [Emergency Supply Kit](#)

Some people may need extra attention during an emergency. The CDC and The American Red Cross provide information on how to prepare based on the type of need:

Children, pets, people with disabilities, older adults, and tribal communities.



[Click here for more information.](#)