

April Health Observances

April showers may bring May flowers, but there's more going on this month than Easter and Opening Day in Major League Baseball. Check out these special observances which are used to raise awareness of important health topics.

April is Alcohol Awareness Month

18 million Americans have alcohol problems and 5 to 6 million have issues with drugs. The National Council on Alcoholism and Drug Dependence was founded in 1944 and provides education, information and help to those who have drug and substance abuse problems.

For more information about alcohol and drug abuse, contact the [National Council on Alcoholism and Drug Dependence](#).

April is Sexually Transmitted Diseases Awareness Month

AIDS and HIV is such a huge concern in Africa that when Oprah Winfrey opened her \$40 million South African school for disadvantaged girls in Johannesburg, she took an HIV test to encourage others to know their status.

For more information about STDs, contact the [American Social Health Association](#).

April is Minority Health Month

24 states conduct activities each year in conjunction with National Minority Health Month, which was launched in 2001. The goal of the National Minority Quality Forum is to assist health-care providers, professionals, administrators, researchers, policy makers, and community and faith-based organizations in delivering appropriate health care to minority communities.

For more information, contact the [National Minority Quality Forum](#).

April is Women's Eye Health and Safety Month

Did you know that more women than men are diagnosed with vision threatening eye disease every year? Prevent Blindness America urges all Americans, men and women, to make an eye appointment immediately if they are having trouble adjusting to dark rooms, squint or blink due to unusual sensitivity to light, and/or have excess tearing or "watery eyes."

April is Foot Health Awareness Month

Stop neglecting your feet! Make sure you practice good foot health habits by wearing proper shoes, which helps your overall health. Starting good foot health habits is essential for children because it saves them from foot pain, foot problems and foot surgeries in the future.

For more information about foot health, contact

So, from head to toe, mind to body, and everything in between, make April a month that you focus on your personal health and well being as we 'spring' forward!

