

JANUARY 2026

National Health Observances

[Cervical Health Awareness Month](#)

[Glaucoma Awareness Month](#)

[National Birth Defects Prevention Month](#)

[National Blood Donor Month](#)

[Substance Use Disorder Treatment Month](#)

[Thyroid Awareness Month](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 New Year's Day	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19 Martin Luther King Jr. Day	20	21	22	23	24
25	26	27	28	29	30	31

FEATURED NHO

National Blood Donor Month

Winter is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. That's why National Blood Donor Month is celebrated every January. Not only can you help others, but there are also health benefits to being a donor. Donated blood is tested to determine if any irregularities are present. Donating can also help eliminate any excess iron buildup in the blood, which can lower the risk of a heart attack. Moreover, the blood donation process typically burns up to 650 calories.

This month, resolve to be a blood donor. Before you roll up your sleeve, check if you meet the American Red Cross' [requirements](#) to donate blood safely.