

FEBRUARY 2026

National Health Observances

[American Heart Month](#)

[Low Vision Awareness Month](#)

[National Cancer Prevention Month](#)

[National Children's Dental Health Month](#)

[National Self-check Month](#)

[Teen Dating Violence Awareness Month](#)

FEATURED NHO

American Heart Month

Heart disease is the leading cause of death in the United States. Cardiovascular disease and the conditions that lead to it can happen at any age. Some types of heart disease include arrhythmia, heart failure, heart attack and stroke.

This month, take time to check your cardiovascular health. Even though heart disease can be deadly for adults, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity, an unhealthy diet and physical inactivity. Contact your doctor to learn more about heart health and early warning signs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
	Groundhog Day					Mardi Gras
08	09	10	11	12	13	14
						Valentine's Day
15	16	17	18	19	20	21
	Presidents Day	Ramadan Begins	Ash Wednesday			
22	23	24	25	26	27	28