

WELLNESS PROGRAMMING CALENDAR

What does wellness look like for men?

Most men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care

There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need.¹

Establishing health promoting habits in college is important. As the Health and Wellness Coordinator, your goal should be supporting your brothers in developing health promoting habits in a holistic manner. You should focus on:

- Physical wellbeing
- Mental wellbeing
- Emotional wellbeing
- Social wellbeing

Below you'll find a calendar of topics to help you brainstorm programming for your chapter. You can talk about topics outside of their awareness months. However, there may be greater focus and additional resources readily available leading up to those awareness months.

January -

- Physical wellbeing

February –

- American Heart Month lead by the [National Heart, Lung, and Blood Institute \(NHLBI\)](#)
- National Cancer Prevention Month lead by the [American Institute for Cancer Research](#)
- Condom Week lead by the [National Coalition of STD Directors](#)
- National Eating Disorders Awareness Week lead by the [National Eating Disorders Association](#)

March –

- National Nutrition Month with the [Academy of Nutrition and Dietetics](#)
- National Drug and Alcohol Facts Week lead by the [National Institute on Drug Abuse](#)

April –

- [Sexual Assault](#) Awareness and Prevention Month lead by the [National Sexual Violence Resource Center](#)
- [STI](#) Awareness Month lead by the [American Sexual Health Association](#)
- [Alcohol](#) Awareness Month lead by the [National Council on Alcoholism and Drug Dependence](#)
 - Utilize **ScreenU** or ULifeline to see if you may have a substance use disorder

- [Testicular Cancer](#) Awareness Month lead by the [Men's Health Network](#)
- [Stress](#) Awareness Month lead by the [Health Resource Network](#)
- National Minority Health Month lead by [U.S. Department of Health and Human Services Office of Minority Health](#)
- National Prescription Drug Take Back Day lead by the [Drug Enforcement Agency](#)
- Denim Day lead by [Peace Over Violence](#)

May –

- Mental Health Awareness Month lead by [Mental Health America](#)
- National Physical Fitness and Sports Month lead by the [US Department of Health and Human Services](#)
- Skin Cancer Prevention Month lead by the [Skin Cancer Foundation](#)

June –

- Men's Health Month lead by [multiple organizations](#)

September –

- National Recovery Month lead by the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- Sexual Health Awareness Month lead by the [American Sexual Health Association](#)
- National Suicide Prevention Week lead by the [American Foundation for Suicide Prevention](#) and other organizations
- [Prostate Cancer](#) Awareness Month lead by the [Men's Health Network](#) and the [Prostate Cancer Foundation](#)
- National Hazing Prevention Week lead by [HazingPrevention.Org](#)

October -

- Domestic Violence Awareness Month lead by the [Domestic Violence Awareness Project](#)
- National [ADHD](#) Awareness Month with the [ADHD Awareness Month Coalition](#)
- [Mental Illness](#) Awareness Week lead by the [National Alliance on Mental Illness](#)
- National [Depression](#) Screening Day lead by [Mental Health America](#)
- World Mental Health Day (Oct. 10) lead by the [WHO](#)
- National Health Education Week lead by the [Society for Public Health Education](#)
- National Prescription Drug Take Back Day lead by the [Drug Enforcement Administration](#)

November and December -

- Time management and studying for finals
- Mental wellbeing during the holidays

Other Ideas for Programming

- HIV/AIDS
 - National [HIV/AIDS](#) and Aging Awareness Day (Sept. 18) with [The AIDS Institute](#)
 - World AIDS Day (Dec. 1) with the [National AIDS Trust](#)
- Tobacco and Vaping Cessation
- Gambling Awareness
- Healthy Relationships

References

- ¹<https://medlineplus.gov/menshealth.html>
- <https://www.healthline.com/health/directory-awareness-months>
- <https://wayback.archive-it.org/5774/20190703122609/https://healthfinder.gov/NHO/nho.aspx?year=2019>