

2021 Tasmanian Health & Wellbeing Calendar

UN International Year of Fruits and Vegetables

UN International Year of Peace and Trust

WHO International year of Health and Care Workers



January		
01-Jan	Quit Smoking New Year's Resolution	www.quittas.org.au/
04-Jan	World Braille Day	www.visionaustralia.org/
12-Jan	International Youth Day	www.unyouth.org.au/
01-Jan	Quit Smoking New Year's Resolution	www.quittas.org.au/

February		
Feb	Red Feb (Heart Research)	www.heartresearch.com.au/heart-hub/
Feb	Ovarian Cancer Awareness (8 Feb Day)	www.ovariancancer.net.au/page/83/raise-awareness
04-Feb	World Cancer Day	www.worldcancerday.org/about-us
14-Feb	National Condom Day	www.fpt.asn.au/
18-Feb	International Asperger's Day	www.autismtas.org.au/
Feb	Red Feb (Heart Research)	www.heartresearch.com.au/heart-hub/

March		
1-7 Mar	Hearing Awareness Week (3 Mar)	www.hearingawarenessweek.org.au/
6-13 Mar	Bike Week Tasmania	www.tasbicyclecouncil.org.au/bike-week/
7-13 Mar	World Glaucoma Week	www.glaucoma.org.au/
07-Mar	Clean Up Australia Day	www.cleanupaustriaday.org.au/
08-Mar	International Women's Day	www.internationalwomensday.com/
11-Mar	World Kidney Day	www.worldkidneyday.org/2021-campaign/2021-wkd-theme/
13-20 Mar	Coeliac Awareness Week	www.coeliac.org.au/
13-20 Mar	Coeliac Awareness Week	www.coeliac.org.au/caw/
14-Mar	Pirate Day (Kids Cancer)	www.canteen.org.au/home/how-we-help/
19-Mar	World Sleep day	www.worldsleepday.org/
19-Mar	Ride to School Day	www.bicyclenetwork.com.au/rides-and-events/ride2school/ride2school-day/
21-Mar	World Down Syndrome Day	www.worlddownsyndromeday2.org/about-wdsd
21-Mar	Harmony Day	www.harmony.gov.au/
22-Mar	World Day for Water	www.worldwaterday.org/
26-Mar	Purple Day (Epilepsy)	www.epilepsytasmania.org.au/
27-Mar	Earth Hour	www.earthhour.org.au/
29-Mar	Neighbour Day	www.neighbourday.org/

April		
1-8 April	Youth Week Tasmania	www.ynot.org.au/young-people/youth-week-tasmania
02-Apr	World Autism Awareness Day	www.autismawareness.com.au/
06-Apr	World Physical Activity Day	www.hpeday.com.au/about/
07-Apr	World Health Day	www.who.int/westernpacific/news/events/world-health-day
11-Apr	World Parkinson's Day	www.parkinsons.org.au/
16-Apr	World Voice Day	www.worldvoicedayaustralia.com/
17-Apr	World Haemophilia Day	www.haemophilia.org.au/
22-Apr	Earth Day	www.earthday.org/

May		
May	65 Roses Month (Cystic fibrosis)	www.cysticfibrosis.org.au/
3 - 9 May	Tourette Syndrome Awareness Week	www.tourette.org.au/
04-May	World Asthma Day	www.asthma.org.au/
4-10 May	Yellow Ribbon National Road Safety Week	www.roadsafetyweek.com.au/
05-May	World Hand Hygiene Day	www.hha.org.au/
10-May	World Lupus Day	www.lupustasmania.org.au/
12-May	International Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Awareness Day	www.emerge.org.au/
15-21 May	National Families Week	www.nfw.org.au/
15-May	National Walk Safely to School Day	www.walk.com.au/WSTSD/
17 - 23 May	National Volunteers Week	www.volunteeringaustralia.org/get-involved/nvw/
17-May	Int Day Against Homophobia, Trans & Biphobia	www.idahobit.org.au/
19-May	World IBD Day	www.crohnsandcolitis.com.au/world-ibd-day/
23 - 28 May	National Palliative Care Week	www.pallcasetas.org.au/
25-May	World Thyroid Day	www.thyroidfoundation.org.au
26-May	National Sorry Day	www.reconciliation.org.au/
27 May - 3 Jun	National Reconciliation Week	www.reconciliation.org.au/
29-May	White Wreath Day (Suicide/Mental illness)	www.whitewreath.org.au/
30-May	World MS Day	www.worldmsday.org/
31-May	World No Tobacco Day	www.quittas.org.au/

June		
Jun	Bowel Cancer Awareness Month (17 Jun)	www.bowelcanceraustralia.org/
05-Jun	World Environment Day (UN)	www.worldenvironmentday.global/
09-Jun	What matters to you day	www.whatmatterstoyou.scot/
14-Jun	World Blood Donor Day	www.donateblood.com.au/
17-Jun	Red Apple Day (Bowel Cancer)	www.bowelcanceraustralia.org/red-apple-day
20-26 Jun	Refugee Week	www.refugeeweek.org.au/
21-27 Jun	World Continence Awareness Week	www.continence.org.au/
21-Jun	Motor Neuron Disease Global Day	www.mndatas.asn.au/

July		
Jul	Dry July	www.dryjuly.com/
Jul	JulEYE Awareness Month	www.vision2020australia.org.au/
4-11 Jul	NAIDOC Week	www.naidoc.org.au/
23-Jul	International #Hellomynameis day	www.health.tas.gov.au/publichealth/health_literacy/hello_my_name_is
24-Jul	Stress Down Day	www.lifeline.org.au/
28-Jul	World Hepatitis Day	www.hepatitisaustralia.com/
31 Jul - 7 Aug	Donate Life Week	www.donatelife.gov.au/

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August

Aug	Tradies National Health Month	www.australian.physio/campaigns/tradies-national-health-month
1-7 Aug	World Breastfeeding Week	www.breastfeeding.asn.au/
TBC	Be Medicinewise Week	www.nps.org.au/bemedicinewise
2-8 Aug	Homeless Week	www.sheltermtas.org.au/
2-8 Aug	Dental Health Week	www.dhhs.tas.gov.au/oralhealth
2-9 Aug	National Healthy Bones Week	www.dairy.com.au/health/healthy-bones
3-9 Aug	Sleep Awareness Week	www.sleephealthfoundation.org.au/
08-Aug	Dying to Know Day	www.thegroundswellproject.com/dying-to-know-day
31 Aug – 7 Sep	National Stroke Week	www.strokefoundation.org.au/

September

Sep	Prostate Cancer Awareness Month	www.prostate.org.au/
1-7 Sep	National Asthma Week	www.asthma.org.au/
01-Sep	International Overdose Awareness Day	www.overdoseday.com/
1-8 Sep	Adult Learners Week	www.adultlearnersweek.org/
6-10 Sep	Women's Health Week	www.jeanhailes.org.au/
6-12 Sep	National Child Protection Week	www.napcan.org.au/
08-Sep	International Literacy Day	www.26ten.tas.gov.au/Pages/default.aspx
09-Sep	Foetal Alcohol Spectrum Disorder (FASD) Awareness day	www.nofasd.org.au/
10-Sep	International Gynaecological Awareness Day	www.gain.org.au/
10-Sep	World Suicide Prevention Day	www.suicidepreventionaust.org/
15-Sep	Worldwide Lymphoma Day	www.lymphoma.org.au/
20-24 Sep	Headache Awareness Week	www.headacheaustralia.org.au
21-Sep	World Alzheimer's Day	www.dementia.org.au/
23-Sep	International Day of Sign Languages	www.deafaustralia.org.au/
29-Sep	World Heart Day	www.heartfoundation.org.au/

October

Oct	Shoctor Defibrillator Month	www.ambulance.tas.gov.au/community_information/eadp
Oct	Work Safe Tasmania Month	www.worksafe.tas.gov.au/home
Oct	Breast Cancer Awareness Month	www.health.tas.gov.au/cancerscreening/population_screening_and_cancer_prevention/breast_screening
01-Oct	International Day of Older Persons	www.cotatas.org.au/
Oct	Health Literacy Month	www.health.tas.gov.au/publichealth/health_literacy
1-7 Oct	Borderline Personality Disorder (BPD) Awareness Week	www.bpdawareness.com.au/
October	Foot Health Week	www.podiatry.org.au/foot-health-resources
06-Oct	World Cerebral Palsy Day	www.worldcpday.org/
10-Oct	World Mental Health Day	www.lookafteryourmentalhealthaustralia.org.au/
12-Oct	World Arthritis Day	www.arthritistas.org.au/
17-23 Oct	Anti-Poverty Week	www.antipovertyweek.org.au/
14-Oct	World Sight day	www.vision2020australia.org.au/our-work/worldsightday/
15-Oct	Pregnancy and Infant Loss Remembrance	http://www.sands.org.au
16-Oct	World Food Day	www.fao.org/world-food-day/home/en/
17-23 Oct	Limb Difference Awareness Week	www.aussiehands.org/limb-difference-awareness-week/
10-16 Oct	National Carers Week	www.carersweek.com.au/
18-24 Oct	International Infection Prevention Week	www.infectionprevention.com.au/
20-Oct	World Osteoporosis Day	www.worldosteoporosisday.org/
20-Oct	World Evidence-Based Healthcare Day	www.nwmpn.org.au/news/world-evidence-based-healthcare-day-20-Oct-2020/
25- 31 Oct	Children's Week	www.childrensweek.org.au/
26-Oct	Blue Knot Day (Trauma Awareness)	www.blueknot.org.au/
TBA	Drop the Jargon Day	www.dropthejargon.org.au/

November

Nov	Lung Cancer Awareness Month	www.lungfoundation.com.au/
12-Nov	World Pneumonia Day	www.stoppneumonia.org/latest/world-pneumonia-day/
14-Nov	World Diabetes Day	www.diabetestas.org.au/
14-21	Australian Food Safety Week	www.foodsafety.asn.au/
November		
16-Nov	International Day for Tolerance	www.un.org/en/observances/tolerance-day
19-Nov	International Men's Day	www.internationalmensday.info/

December

01-Dec	World AIDS Day	www.worldaidsday.org.au/
03-Dec	International Day of People with Disability	www.idpwd.com.au/
05-Dec	International Volunteers Day	www.volunteeringaustralia.org/#/
10-Dec	Human Rights Day	www.humanrights.gov.au/
18-Dec	International Migrants Day (UN)	www.mcot.org.au/

This Calendar is a Working in Health Promoting Ways resource. Find out more about Working in Health Promoting Ways at www.dhhs.tas.gov.au/wihpw.

As each organisation may have made changes to event details since this resource was produced please refer directly to each website for up to date information.

Developed by Public Health Services, December 2020 Please provide feedback at healthpromotionframework@dhhs.tas.gov.au