

March Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support workforce education and communication activities. The spotlighted observances for March appear below and in the Members Only section at www.gpbch.org.

NATIONAL COLORECTAL CANCER MONTH

Colorectal cancer remains the **second most** common cause of cancer death in the U.S. when men and women are combined. In 2023, an estimated 153,020 cases of colorectal cancer are expected to be diagnosed and an estimated 52,550 deaths from colorectal cancer are expected to occur. The real tragedy is that many of these cancer cases and cancer deaths occur needlessly, as they could be prevented if more people took advantage of colorectal cancer screening.

Screening and early detection saves lives. When colorectal cancer is diagnosed at the localized stage, the 5 year survival rate is 91% and of course, many people live much longer than 5 years (and many are cured).
<https://ncrt.org/about-colorectal-cancer/>



With screening, colorectal cancer is one of the most preventable cancers.

Colon cancer and rectal cancer are also highly treatable if caught early. That's why on-time screening is essential and lifesaving! Screening should **begin at age 45**. <https://www.ccalliance.org/screening-prevention/get-screened>

Take the Screening Quiz: [Take this short quiz](#) to receive personalized screening options based on your individual risk factors. Getting checked for colon cancer can save your life! <https://quiz.getscreened.org/>

For **additional information** please use the following resources:

[Alliance Cancer Specialists: Patient Education](#)

[Colorectal Cancer Alliance: Colorectal Cancer Information](#)

[Dress in Blue Day](#)

[National Colorectal Cancer Roundtable](#)

[National Comprehensive Cancer Network: Patient Resources](#)

NATIONAL SLEEP AWARENESS WEEK – March 10-16, 2024

This annual event, created by the [National Sleep Foundation](#), seeks to promote better sleep as a way to increase overall health and well-being because the connection between sleep and health is real and impacts every one of us!

Basics about Sleep: Understanding how lack of sleep affects your health can allow you to make healthier decisions for you and your family. Check out the [CDC's website](#) for more information on key sleep topics, such as: [Sleep Disorders](#), [Sleep & Chronic Disease](#), [How much Sleep Do I Need?](#), [Tips for Better Sleep](#), and [What Do I Do If I Can't Sleep?](#)

[Click here to access the March Spotlighted Observance](#) – Better Sleep, for a Better You. This document is a ready-to-distribute flyer for your employees and colleagues.

Additional Resources:

[American Sleep Apnea Association: State of Sleep Health in America](#)

[National Institute on Aging: A Good Night's Sleep](#)

[National Institutes of Health: Sleep & Your Health](#)

NATIONAL PATIENT SAFETY WEEK – March 10-16, 2024

Patient Safety Awareness Week is an annual recognition event intended to encourage everyone to learn more about health care safety. It is designed to provide a platform to increase awareness about patient safety among health professionals and the public. One goal of the week is to bring together and engage health care professionals and patients to help spread this important message. <https://www.ihl.org/Topics/PatientSafety/Pages/default.aspx>



For over 20 years the Leapfrog Group has collected, analyzed, and published health care data on safety, quality, and resource use. That means purchasers can find high-value care and people are empowered with information to make better decisions. To learn about the Leapfrog hospital and surgery center ratings, visit <http://www.leapfroggroup.org/> & <http://www.hospitalsafetygrade.org/>.

Access resources for [Being an Engaged Patient](#), [Hospital Safety](#) and [Medication Safety](#).

MULTIPLE SCLEROSIS AWARENESS MONTH

Multiple sclerosis is an unpredictable disease of the central nervous system and is most frequently diagnosed in young adults, although people of any age may be diagnosed with the neurological condition. Common MS symptoms include visual problems, overwhelming fatigue, difficulty with balance and coordination, depression and cognitive issues, and various levels of impaired mobility. Many experts estimate that roughly **2.5 million people** worldwide have been diagnosed with this disease. Currently, there is no known cause or cure for MS.

The Multiple Sclerosis Association of America (MSAA) is a leading resource for the entire MS community, improving lives today through vital services and support. MSAA encourages everyone to visit MyMSAA.org for more information about MS Awareness Month and the various activities planned throughout the month of March!

Information and Resources:

www.mymyaa.org

www.nationalmssociety.org



NATIONAL NUTRITION MONTH

A nutrition education and information campaign sponsored annually by the [Academy of Nutrition and Dietetics](#), National Nutrition Month®, held annually in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Academy's National Nutrition Month® press releases feature information for the media on activities and messages that the Academy highlights every March — along with events and initiatives around [RDN Day](#) and [NDTR Day](#).

As we all know, food is essential for everyone! It plays a role in our lives from ordinary days to special occasions and holidays. Learn the importance of each [food group](#) and how to [properly plan](#) and [prepare nutritious meals](#) and snacks in a safe way. <https://www.eatright.org/food>

