World Health Days
2023

Health Day Name	Health Day Start Date	Health Day End Date
1ST Quarter		
Gulf Cancer Awareness Week	01 February 23	07 February 23
International Epilepsy Day	01 February 23	02 February 23
World Cancer Day	04 February 23	04 February 23
International Childhood Cancer Day	15 February 23	15 February 23
Saudi Healthy Marriage Day	19 February 23	19 February 23
World Eating Disorder Week	28 February 23	06 March 23
Colorectal Cancer Awareness Month	01 March 23	31 March 23
World Hearing Day	03 March 23	03 March 23
World Obesity Day	04 March 23	04 March 23
Saudi Walking Day	05 March 23	05 March 23
World Glaucoma Week	08 March 23	14 March 23
World Kidney Day	09 March 23	09 March 23
World Salt Awareness Week	09 March 23	15 March 23
World Oral Health Day	20 March 23	20 March 23
World Down Syndrome Day	21 March 23	21 March 23
World Sight Day	23 March 23	23 March 23
World TB Day	24 March 23	24 March 23
Gulf Oral Health Week	25 March 23	31 March 23
Bipolar International Day	30 March 23	30 March 23

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2nd Quarter		
IBS Awareness Month	01 April 23	30 April 23
World Autism Awareness Day	02 April 23	02 April 23
World Health Day	07 April 23	07 April 23
World Parkinson's Day	11 April 23	11 April 23
World Immunization Week	24 April 23	30 April 23
Bladder Cancer Month	01 May 23	31 May 23
Seliac Day	01 May 23	31 May 23
Skin Cancer Awareness Month	01 May 23	31 May 23
World Asthma Day	04 May 23	04 May 23
Ovarian Cancer Day	08 May 23	08 May 23
Thalassemia Day	08 May 23	08 May 23
Lupus Day	10 May 23	10 May 23
International Nurses Day	12 May 23	12 May 23
World Hypertension Day	17 May 23	17 May 23
Preeclampsia day	22 May 23	22 May 23
World MS Day	30 May 23	30 May 23
World No Tobacco Day	31 May 23	31 May 23
World Environmental Day	05 June 23	05 June 23
World Food Safety Day	07 June 23	07 June 23
Brain Cancer Day	08 June 23	08 June 23
Anxiety Day	10 June 23	10 June 23
Albinism Day	13 June 23	13 June 23

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Blood Donation Day	14 June 23	14 June 23
World Elder Abuse Awareness Day	15 June 23	15 June 23
World Sickle Cell Day	19 June 23	19 June 23
Vitiligo Day	25 June 23	25 June 23
World Scoliosis Day	25 June 2023	25 June 2023
PTSD Day	27 June 2023	27 June 2023

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3rd Quarter		
World Sarcoma Month	1 July 23	31 July 23
World Hepatitis Day	28 July 23	28 July 23
World Breastfeeding Week	01 August 23	07 August 23
Lung Cancer Day	01 August 23	01 August 23
Immunization Month	01 August 23	31 August 23
Psoriasis Month	01 August 23	31 August 23
Organ Donation Day	13 August 23	13 August 23
Blood Cancer Day	01 September 23	30 August 23
World Physical Therapy Day	08 September 23	08 September 23
World First Aid Day	10 September 23	10 September 23
World Patient Safety Day	17 September 23	17 September 23
World Alzheimer's Day	21 September 23	21 September 23
World Pharmacists' Day	25 September 23	25 September 23
World Heart Day	29 September 23	29 September 23

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4th Quarter		
Breast Cancer Awareness Month	01 October 23	31 October 23
International Day of Older Persons	01 October 23	01 October 23
World Mental Health Day	10 October 23	10 October 23
World Arthritis Day	12 October 23	12 October 23
World Sight Day	14 October 23	14 October 23
Global Handwashing Day	15 October 23	15 October 23
International Infection Prevention Week	15 October 23	21 October 23
Nutrition Day	16 October 23	16 October 23
World Osteoporosis Day	20 October 23	20 October 23
International Stuttering Awareness Day	22 October 23	22 October 23
Gulf Diabetes Week	08 November 23	14 November 23
World Pneumonia Day	12 November 23	12 November 23
World Diabetes Day	14 November 23	14 November 23
World Prematurity Day	17 November 23	17 November 23
World Antibiotic Awareness Week	18 November 23	24 November 23
World Children's Day	20 November 23	20 November 23
World AIDS Day	01 December 23	01 December 23
Saudi Home Health Day	03 December 23	03 December 23
Health Coverage Day	12 December 23	12 December 23
International Day of Person with Disability	13 December 23	13 December 23