

# World Health Days 2026



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY  
المدينة الطبية الأكاديمية | AMC . IAU  
مستشفى الملك فهد الجامعي  
King Fahd University Hospital

World Day Name	World Day Start Date	World Day End Date
<b>First quarter</b>		
Gulf Children's Day	15 January 2026	15 January 2026
Gulf Cancer Awareness Week	01 February 2026	07 February 2026
World Cancer Day	04 February 2026	04 February 2026
International Epilepsy Day	10 February 2026	10 February 2026
International Childhood Cancer Day	15 February 2026	15 February 2026
Saudi Healthy Marriage Day	21 February 2026	21 February 2026
World Eating Disorder Week	24 February 2026	02 March 2026
Colorectal cancer awareness month	01 March 2026	31 March 2026
Nutrition month	01 March 2026	31 March 2026
World Hearing Day	03 March 2026	03 March 2026
World Obesity Day	04 March 2026	04 March 2026
World Glaucoma Week	09 March 2026	15 March 2026
World Kidney Day	13 March 2026	13 March 2026
World Sleep Day	14 March 2026	14 March 2026
World Oral Health Day	20 March 2026	20 March 2026
World Down Syndrome Day	21 March 2026	21 March 2026
World Tuberculosis Day	24 March 2026	24 March 2026
World Bipolar Day	30 March 2026	30 March 2026

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World Day Name	World Day Start Date	World Day End Date
<b>Second quarter</b>		
IBS awareness month	01 April 2026	30 April 2026
World Autism Awareness Day	02 April 2026	02 April 2026
Saudi Walking Day	01 April 2026	03 April 2026
World Health Day	07 April 2026	07 April 2026
World Parkinson's Day	11 April 2026	11 April 2026
World Immunization Week	26 April 2026	30 April 2026
Skin Cancer Awareness Month	01 May 2026	31 May 2026
World Bladder Cancer Month	01 May 2026	31 May 2026
World Celiac Awareness Month	01 May 2026	31 May 2026
World Asthma Day	06 May 2026	06 May 2026
Thalassemia Day	08 May 2026	08 May 2026
World Ovarian Cancer Day	08 May 2026	08 May 2026
World Lupus Day	10 May 2026	10 May 2026
International Salt Week	12 May 2026	18 May 2026
World Hypertension Day	17 May 2026	17 May 2026
World Preeclampsia Day	23 May 2026	30 May 2026
World Myopia Awareness Week	22 May 2026	28 May 2026
World Multiple Sclerosis (MS) Day	30 May 2026	30 May 2026
World No Tobacco Day	30 May 2026	07 June 2026

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World Day Name	World Day Start Date	World Day End Date
<b>Second quarter</b>		
World Food Safety Day	31 May 2026	08 June 2026
World Brain Cancer Day	07 June 2026	13 June 2026
World Albinism Day	08 June 2026	14 June 2026
World Blood Donor Day	13 June 2026	15 June 2026
World Elder Abuse Awareness Day	15 June 2026	15 June 2026
World Sickle Cell Anemia Day	19 June 2026	19 June 2026
Vitiligo Day	25 June 2026	25 June 2026
World PTSD Awareness Day	27 June 2026	27 June 2026

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World Day Name	World Day Start Date	World Day End Date
<b>Third quarter</b>		
World Sarcoma Awareness Month	01 July 2026	31 July 2026
World Drowning Prevention Day	25 July 2026	25 July 2026
World Hepatitis Day	28 July 2026	28 July 2026
World Psoriasis Month	01 August 2026	31 August 2026
World Immunity Month	01 August 2026	31 August 2026
World Breastfeeding Week	01 August 2026	07 August 2026
Blood Cancer Month	01 September 2026	30 September 2026
Health promotion day	09 September 2026	09 September 2026
World First Aid Day	13 September 2026	13 September 2026
World Alzheimer's Day	21 September 2026	21 September 2026
World Heart Day	29 September 2026	29 September 2026

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World Day Name	World Day Start Date	World Day End Date
<b>Fourth quarter</b>		
Breast Cancer Awareness Month	01 October 2026	31 October 2026
International Day of Older Persons	01 October 2026	01 October 2026
World Mental Health Day	10 October 2026	10 October 2026
World Sight Day	09 October 2026	10 October 2026
World Arthritis Day	12 October 2026	12 October 2026
Global Handwashing Day	15 October 2026	15 October 2026
World Osteoporosis Day	20 October 2026	20 October 2026
World Stuttering Awareness Day	22 October 2026	22 October 2026
Lung cancer Month	01 November 2026	30 November 2026
World Stress Week	03 November 2026	07 November 2026
World Pneumonia Day	12 November 2026	12 November 2026
World Diabetes Day	14 November 2026	14 November 2026
World Prematurity Day	17 November 2026	17 November 2026
World Antibiotic Awareness Week	18 November 2026	24 November 2026
World Children's Day	20 November 2026	20 November 2026
World AIDS Day	01 December 2026	01 December 2026
International Day of Persons with Disabilities	03 December 26	03 December 26