

# SEPTEMBER 2019

## Pain Awareness Month

Opioid abuse is a national epidemic. Drug overdoses are one of the leading causes of death for Americans under the age of 50, according to data from the National Center for Health Statistics. With the popularity of synthetic opioids surging, experts predict the death toll will only increase.

Workplaces across the country are working to curb the misuse of prescription opioids. With more people falling victim to addiction, it's likely you know someone who is struggling with painkillers. Even indirectly, this stress can affect job performance and negatively affect your health.

If you are struggling with addiction, or know someone who is, visit [www.cdc.gov/](http://www.cdc.gov/) for more information on getting help.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Childhood Cancer Awareness Month</a> <a href="#">Fruits &amp; Veggies—More Matters Month</a> <a href="#">Healthy Aging Month</a> <a href="#">National Atrial Fibrillation Awareness Month</a> <a href="#">National Childhood Obesity Awareness Month</a> <a href="#">National Food Safety Education Month</a> <a href="#">National ITP Awareness Month</a>		<a href="#">National Pediculosis Prevention Month/Head Lice Prevention Month</a> <a href="#">National Preparedness Month</a> <a href="#">National Recovery Month</a> <a href="#">National Sickle Cell Month</a> <a href="#">National Traumatic Brain Injury Awareness Month</a> <a href="#">National Yoga Awareness Month</a> <a href="#">Newborn Screening Awareness Month</a>		<a href="#">Ovarian Cancer Awareness Month</a> <a href="#">Pain Awareness Month</a> <a href="#">Prostate Cancer Awareness Month</a> <a href="#">Sepsis Awareness Month</a> <a href="#">Sexual Health Awareness Month</a> <a href="#">Whole Grains Month</a> <a href="#">World Alzheimer's Month</a>		
1	2	3	4	5	6	7
TAKE ACTION Week 1	Labor Day					
8	9	10	11	12	13	14
TAKE ACTION Week 2						
15	16	17	18	19	20	21
TAKE ACTION Week 3						
22	23	24	25	26	27	28
TAKE ACTION Week 4					Native American Heritage Day	
29	30					
TAKE ACTION Week 5						

# SEPTEMBER

National Health Observances 2019

## **Pain Awareness Month**

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Workplaces across the country are working to curb the misuse of prescription opioids. With more people falling victim to addiction, it's likely you know someone who is struggling with painkillers. Even indirectly, this stress can affect job performance and negatively affect your health.

If you're worried about seeking relief from your pain, don't be—there are many pain treatments that don't use opioids. If you have chronic pain, speak with your doctor about a treatment with less risk for developing an addiction.

If you are struggling with addiction, or know someone who is, visit [www.cdc.gov/](http://www.cdc.gov/) for more information on getting help.

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## **Take Action**

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

### Week 1 (9/1-9/7) – **Create a wellness plan**

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

### Week 2 (9/8-9/14) – **Get started**

*Are you ready? Begin your plan and stick to it.*

### Week 3 (9/15-9/21) – **Look for improvement**

*How are you doing? Think about what's working with your plan and if you need to adjust it.*

### Week 4 (9/22-9/28) – **Keep going**

*Are the adjustments helping? Continue with your revised plan and finish the month strong.*

### Week 5 (9/29-10/5) – **Reflect**

*Did you reach your goal? Consider what worked with the plan and what should change next month.*