

BCH Theme Weeks and Events 2016

Month / Date	Event	Team Responsible	Description
February	Australia's Healthy Weight Week (15th – 22nd)	Health Management	This week we are celebrating Australia's Healthy Weight Week - an initiative of the Dietitians Association of Australia. It's time to "cook at home more often to achieve a healthy weight". Download your FREE copy of the Healthy Weight Week Cookbook: Everyday Healthy II today - http://healthyweightweek.com.au/australias-healthy-weight-week-cookbook/
March	International Women's Day (8th)	Healthy Lifestyle	International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.
	Cultural Diversity Week (21 st – 20 th)	Diversity Action Team	Cultural Diversity Week brings together Victorians from all walks of life to promote community harmony and celebrate the many cultures that make our state so vibrant.
April	National Youth Week (8th – 17th)	Youth Services	National Youth Week is an annual, week-long celebration of young people (aged 12–25) throughout Australia. It offers an opportunity for young Victorians to join the rest of Australia in recognising and celebrating the diverse skills, knowledge and ideas contributed to our society by young people. It is also a great time for young people to showcase their talents or highlight an issue in their region that is important to them.
	Active April	Healthy Lifestyle	In 2015, over 100,000 Victorians participated in PREMIER'S ACTIVE APRIL and enjoyed the benefits that come from increased physical activity. This April, step up the amount of physical activity in your life and get more active, more often. All it takes is 30 minutes of physical activity a day during April.
May	National Heart Week (1 st – 7th)	Healthy Lifestyle	Heart Week provides an opportunity to shine a spotlight on the problem of heart disease and to help improve the heart health of all Australians. During Heart Week this year, the Heart Foundation will be urging all Australians to learn the warning signs of a heart attack and reduce their risk of having one.
	National Volunteer Week (9 th – 15 th)	Volunteer Coordinator	National Volunteer Week (NVW) is an annual celebration to acknowledge the generous contribution of our nation's volunteers. Give Happy, Live Happy!
June	Bowel Cancer Awareness Month	Healthy Lifestyle	Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1-30 June), to raise public awareness of a disease that claims the lives of 77 Australians every week.

	Men's Health Week (13 th – 19 th)	Healthy Lifestyle	Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.
	Refugee Week (14th – 20th)	AOD / Refugee Services	Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society. The theme for Refugee Week for 2016 is "With courage let us all combine".
July	National Diabetes Week (10th – 16th)	Health Management	Throughout National Diabetes Week 2016, Diabetes Australia is calling on all Australians to find out what they need to know about diabetes. The aim of the campaign is to increase knowledge and understanding in the general population about diabetes so those that don't have diabetes better understand the condition and can support those who do.
	World Hepatitis Day (28th)	Healthy Lifestyle	Over 400 million people worldwide are living with hepatitis B or C. Every year, 1.4 million people die from viral hepatitis. With better awareness, understanding and management many of these deaths can be prevented.
August	International Overdose Awareness Day (31st)	AOD / Refugee Services	International Overdose Awareness Day (IOAD) is a global event held on August 31st each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have met with death or permanent injury as a result of drug overdose.
September	National Stroke Week (12th – 18 th)	Healthy Lifestyle	National Stroke Week is the National Stroke Foundation's annual awareness campaign aimed to encourage all Australian's to take action to prevent stroke. Taking part in the awareness week is a great chance to engage in a fun way with your workplace, friends, sporting or social clubs.
	R U OK Day (11th)	Staff Health and Wellbeing	R U OK? Day is an annual day in September dedicated to remind people to ask family, friends and colleagues the question, "R U OK?", in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be struggling.
October	Mental Health Week (9th – 15th)	Healthy Lifestyle/GPIR	Mental Health Week aims to activate, educate and engage Victorians about mental health through a week of interactive events across the state including an official launch, community festivals, art exhibitions, music, theatre and seminars.
	National Nutrition Week (11th – 17th)	Health Management	Nutrition Australia's annual awareness campaign, National Nutrition Week aims to promote optimal health for all Australians by encouraging food variety and physical activity.

	Walktober	Healthy Lifestyle	October is Australia's walking month! With the winter months behind us, it is a great time to get outside, join up with family and friends, and go for a walk. It is easy to incorporate Walktober into more of our daily activities. Walk to the shops instead of driving the car, walk your children to school and enjoy some quality time together or join friends for a stroll around a local park or along the beach.
	Foot Health Month	Healthy Management	October is the month to put your feet first with the Australian Podiatry Association (APodA) (NSW&ACT) as it joins The Australasian Podiatry Council (APodC) to mark National Foot Health Month – this year we are reminded that our feet are for life and we should pay attention to them!
November	Lung Health Awareness Month (World COPD Day 19th)	Health Management	During November we celebrate the importance of breathing and encourage everyone to stop and think about what they can do with just one breath. Lung Foundation Australia aims to ensure lung health is a priority for all in Australia and works to promote lung health among the wider community, patients and health care professionals. Throughout Lung Health Awareness Month, Lung Foundation Australia encourages everyone to take Just One Breath and celebrate the gift of breathing.
	White Ribbon Day (25th)	Counselling/Staff Health & Wellbeing	White Ribbon is Australia's only national, male led Campaign to end men's violence against women. White Ribbon Australia observes the International Day of the Elimination of Violence against Women, also known as White Ribbon Day, annually on November 25. White Ribbon Day signals the start of the 16 Days of Activism to Stop Violence against Women.
	World AIDS Day (1st)	Sexual Health Clinic	World AIDS Day is held on 1 December each year. It raises awareness across the world and in the community about the issues surrounding HIV and AIDS. It is a day for people to show their support for people living with HIV and to commemorate people who have died.
	International Day of People with Disability (3 rd)	Healthy Lifestyle	International Day of People with Disability (IDPwD) is held on 3 December each year. IDPwD is a United Nations sanctioned day that is celebrated internationally. It aims to increase public awareness, understanding and acceptance of people with disability and celebrate the achievements and contributions of people with disability.