



## OCTOBER 2024

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Breast Cancer Awareness Month  
Domestic Violence Awareness Month

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National Liver Awareness Month  
World Mental Health Day  
Health Literacy Month  
Hispanic Heritage Month

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Weather Preparedness  
Down Syndrome Awareness Month  
Sudden Infant Death Syndrome Awareness Month

### ATTENTION

We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month. For more information, please e-mail: [Mary.Aquino@flhealth.gov](mailto:Mary.Aquino@flhealth.gov)

This year, the theme *Heal, Hold, and Center* focuses on collaborating to support healing journeys from violence and oppression during Domestic Violence Awareness Month and beyond. It's vital to create safe spaces for survivors while prioritizing the needs of marginalized individuals in the fight against domestic violence.

## October is Breast Cancer Awareness Month!



There are over  
4 million

breast cancer survivors  
in the United States.



Helping Women  
**NOW.**



In October, we proudly wear **PINK!**

This month, we aim to highlight the incredible stories of breast cancer survivors. The National Breast Cancer Foundation offers essential information and resources that you can share with your organization and partners to help raise awareness.

## October is Domestic Violence Awareness Month

Heal, Hold & Center

DOMESTIC VIOLENCE  
AWARENESS MONTH  
2024



National Resource Center  
on Domestic Violence



National Domestic Violence Hotline: 1-800-799-SAFE (7233)  
Text "START" to 88788 or access secure online chat at [thehotline.org](http://thehotline.org)

# World Mental Health Day - October 10, 2024

**YOU ARE  
NOT ALONE**



This month, we aim to emphasize the significance of mental health in the workplace, aligning with the theme of the World Mental Health Day Global Campaign: ***"It is Time to Prioritize Mental Health in the Workplace."***



## HISPANIC HERITAGE MONTH

SEPTEMBER 15 TO OCTOBER 15

To learn more, visit [here](#).

## Health Literacy Month



In October we acknowledge the significance of simplifying health information for better understanding.

Healthy People 2030 has revised its definition of health literacy. A group of experts recently divided this definition into two distinct components shared below.

- **Personal health literacy:** The degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
- **Organizational health literacy:** The degree to which organizations fairly enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Source: <https://health.gov/news/202010/october-health-literacy-month>

**DID  
YOU  
KNOW?**

**October is Liver  
Awareness  
Month**



Liver cancer is the sixth most common cancer and third leading cause of cancer death.

# DOWN SYNDROME AWARENESS MONTH



Down syndrome is the most commonly occurring chromosomal condition. According to the National Institutes of Health, approximately 1 in 775 babies in the United States are born with Down syndrome.



Individuals with Down syndrome engage in education, hold jobs, take part in decision-making processes that impact their lives, form meaningful relationships, exercise their right to vote, and contribute to society in numerous remarkable ways.



Source: <https://ndss.org/myths-truths>

## Be kind and use correct language.

- Educate others about the impact of hurtful language.

## Free online library

- MyDSC is a comprehensive directory of evidence-based resources and useful tools for individuals with Down syndrome and their families.

Source: <https://mydsc.org/mydsc/>

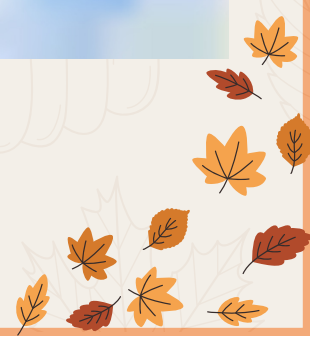
# Weather Preparedness



FEMA has information to help you prepare for, respond to, and recover from disasters specific to your location.

Visit **FEMA for Florida weather alerts:** <https://www.fema.gov/locations/florida>

## Hurricane Season is still in effect!



AWARENESS  
+ ACTION  
ACCEPTANCE



# Sudden Infant Death Syndrome (SIDS) Awareness Month



This month we team up with Safe to Sleep® and its partners to promote #SafeSleep practices for infants. Utilize their digital toolkit for resources and discover activities such as the #ClearTheCrib Challenge. For more information, visit <https://go.nih.gov/O2Or1r7>. #SafeToSleep

