

OCTOBER 2025

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Awareness Month  
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### 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 email:  
[Candice.Schottenloher@flhealth.gov](mailto:Candice.Schottenloher@flhealth.gov)

## OCTOBER IS NATIONAL SUBSTANCE ABUSE AWARENESS MONTH

October marks **National Substance Abuse Awareness Month**, focusing on preventing substance use and its consequences. While overdose deaths in the U.S. declined by nearly 3% from 2022 to 2023, about 105,000 fatalities still occurred, with illicit fentanyl involved in 69%. Provisional data predicted a further 25% drop through March 2025, yet access to treatment and polysubstance overdoses are increasing. The CDC emphasizes using timely data, strong community partnerships, and programs like Overdose Data to Action to improve prevention and care. In 2023, almost 60% of fatal overdoses had at least one missed opportunity for intervention, highlighting the importance of connecting people to help whenever possible.

**Source:** [CDC Overdose Prevention](#) and [CDC Drugs and Mental Health Don't Mix](#)

Breast cancer is the most common cancer among women in the United States, with about 1 in 8 women expected to be diagnosed during their lifetime. Each year, more than 250,000 women and 2,000 men are diagnosed. Early detection through regular mammograms can reduce the risk of death by up to 30 percent. This October, take time to schedule recommended screenings, learn your family health history, and support those affected. Awareness and action today can save lives tomorrow.



**Breast Cancer  
Awareness  
Month**

# National Latinx AIDS Awareness Day (NLAAD)

Each October 15, **National Latinx AIDS Awareness Day** spotlights the disproportionate toll of HIV on Hispanic and Latino communities and the life-saving power of testing and treatment. Launched in 2003 by the Latino Commission on AIDS and the Hispanic Federation to align with the close of Hispanic Heritage Month, NLAAD urges early diagnosis, rapid linkage to care, and adherence so people with HIV can reach an undetectable viral load and prevent transmission.

In 2022, Hispanic and Latino people accounted for roughly 32% of new US HIV diagnoses despite representing about 19% of the population, a stark reminder that tailored testing, bilingual outreach, and trusted community partnerships are essential to close gaps and save lives.

2025

## HURRICANE SEASON

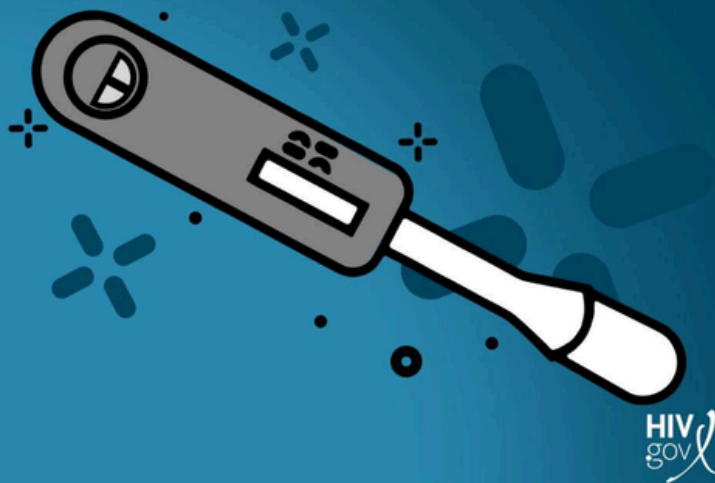
- JUNE TO NOVEMBER 30
- MAKE AN EMERGENCY PLAN!
- VISIT [READY.GOV/HURRICANES](https://www.ready.gov/hurricanes)

Hurricane Season began on Sunday, June 1, 2025, and ends on Sunday, November 30, 2025. Be sure to plan and prepare ahead of time.

Check out the local *Severe Weather and Emergency Readiness Guide* and national *Ready* campaign to prepare for, respond to and mitigate emergencies and disasters.

## HIV TESTING

The HIV Rapid Self-Test is done entirely at home or in a private location and can produce results within 20 minutes.



Recognized on October 10th



Treat Yourself!

## The Role of Sleep in Health



A good night's sleep does more than help you feel rested; it's a cornerstone of brain health. While you sleep, the brain consolidates memories, processes emotions, and clears metabolic waste that accumulates during the day. Most adults do best with 7-9 hours nightly, yet modern life often shortchanges sleep due to stress, late night screens, and irregular schedules. Habitual sleep loss not only impairs attention, judgment, and mood, but also raises long-term risks like hypertension, diabetes, and depression. Small, consistent changes can restore rest. For example, keeping a steady bedtime, dimming screens an hour before bed, limiting caffeine after midday, and making your bedroom cool and dark can improve sleep. Treating sleep as essential self-care improves focus now and protects cognition and physical health over time.

## Staying Active for Brain Health

Exercise isn't just about fitness. It's one of the most effective tools for mood and mental resilience. Physical activity releases endorphins and neurotransmitters that lift mood, reduce stress, boost memory, sharpen thinking skills and concentration. Regular movement like brisk walks, cycling, dancing, or yoga can lower symptoms of anxiety and depression and improve sleep quality. Guidelines suggest about 150 minutes of moderate activity weekly and even brief daily sessions can achieve this goal: a 22 minute daily or 30 minutes 5 times a week walk or short home routine. However, the key is enjoyment. Choose activities you like or mix things up to stay motivated. Making movement a small, regular habit strengthens both body and mind.

**Source:** [CDC Physical Activity Boosts Brain Health](#)

On October 31<sup>st</sup>, remember to celebrate a  
Happy Halloween! Stay Spooky and Stay Safe!

