



Detailed 2026 Health Awareness Calendar for Madison County, Kentucky

Meet the 2026 calendar, designed specifically for Kentucky and relevant to Madison County residents. This calendar was created by Peter M. Abraham, BSN, RN, EOLD, founder and owner of Compassion Crossing, LLC. Our goal at Compassion Crossing, LLC, is to help individuals, families, caregivers, and healthcare workers reduce anxiety and stress while providing better care for loved ones with chronic or terminal illnesses.

January 2026

Top Three Awareness Focus Areas:

1. **Cervical Health Awareness Month** - Kentucky has among the highest rates of HPV-associated cancers in the nation at 15.3 per 100,000. Madison County women need increased awareness about cervical cancer prevention through regular screening and lifestyle factors that reduce risk.
2. **National Blood Donor Month**—Winter months see blood supply shortages, and rural Kentucky communities like Madison County often struggle with access to donation centers. With Baptist Health Richmond and Saint Joseph Berea serving our area, maintaining an adequate blood supply is essential.
3. **Glaucoma Awareness Month** - Kentucky has an aging population, with Madison County having 26% of residents aged 55 and older (24,419 people). Glaucoma screening is particularly important for our older adults with limited access to specialized eye care.

Specific Awareness Days:

- January 1-31: Cervical Health Awareness Month
- January 1-31: National Blood Donor Month
- January 1-31: Glaucoma Awareness Month
- January 21: National Screening Day for Women's Reproductive Health

Top Five Madison County Resources:

1. Madison County Health Department - Cervical cancer screening and women's health services (859-623-7312)
2. Baptist Health Richmond Women's Center - Comprehensive gynecological care and screening programs
3. University of Kentucky Markey Cancer Center - Cervical cancer research and treatment protocols
4. Kentucky Women's Cancer Screening Program - State-funded free screening services for eligible women
5. Saint Joseph Berea Women's Health Services - Local gynecological care and screening options

February 2026

Top Three Awareness Focus Areas:

1. **American Heart Month** - Heart disease is the #1 cause of death in Madison County, with 185 deaths (196.3 per 100,000 residents). Kentucky ranks 8th highest in the nation for cardiovascular disease death rates. In Madison County, 39.7% of adults have high blood pressure.
2. **National Cancer Prevention Month** - Kentucky consistently ranks first in the nation for overall cancer incidence and mortality. Madison County has cancer as the 2nd leading cause of death with 164 deaths (174 per 100,000). Cancer prevention through lifestyle modification is crucial.
3. **Children's Dental Health Month** —Access to dental care is limited in rural Kentucky. Madison County has significant challenges with dental health access, particularly for children in low-income families. Poor dental health affects overall health outcomes.

Specific Awareness Days:

- February 1-28: American Heart Month
- February 1-28: National Cancer Prevention Month
- February 1-28: Children's Dental Health Month
- February 4: World Cancer Day
- February 7: Go Red for Women Day
- February 14: National Donor Day

Top Five Madison County Resources:

1. Madison County Health Department - Heart disease prevention programs and blood pressure screening
2. Baptist Health Richmond Cardiology - Comprehensive cardiac care and prevention education
3. American Heart Association Kentucky Division - Community heart health programming and education
4. Madison County Schools - Children's dental health education and screening programs
5. University of Kentucky Markey Cancer Center - Cancer prevention research and community education

March 2026

Top Three Awareness Focus Areas:

1. **National Colorectal Cancer Awareness Month** - Colorectal cancer rates in Kentucky are 27% higher than the US average. Kentucky's screening rate improved to 75.4% in 2020, but rural areas still lag. Colorectal cancer is highly preventable when caught early through screening.
2. **National Kidney Month** - Kentucky has high rates of diabetes and hypertension, both major kidney disease risk factors. Madison County residents have diabetes as their #1 identified health priority, making kidney health awareness crucial.
3. **Brain Injury Awareness Month** - Rural Kentucky has high rates of accidents and unintentional injuries. Madison County has accidents as the 3rd leading cause of death. Brain injury prevention through safety awareness is essential for our rural community.

Specific Awareness Days:

- March 1-31: National Colorectal Cancer Awareness Month
- March 1-31: National Kidney Month
- March 1-31: Brain Injury Awareness Month
- March 12: World Kidney Day
- March 21: World Down Syndrome Day

Top Five Madison County Resources:

1. Kentucky Colon Cancer Screening Prevention Program - Free screening for eligible residents
2. Baptist Health Richmond Gastroenterology - Colorectal cancer screening and education
3. Madison County Health Department - Kidney disease prevention and diabetes management
4. University of Kentucky Nephrology - Kidney disease research and clinical care
5. Madison County Emergency Services - Brain injury prevention and safety education

April 2026

Top Three Awareness Focus Areas:

1. **National Minority Health Month** - Madison County has racial health disparities, particularly affecting Black residents who have higher rates of certain cancers and cardiovascular disease. The county is more diverse than the average rural Kentucky county.
2. **Autism Acceptance Month** - Access to autism services and early intervention is limited in rural Kentucky. Madison County families often travel to Lexington or Louisville for specialized autism services.
3. **Testicular Cancer Awareness Month** - Young men in Kentucky, particularly in rural areas, may lack awareness about testicular self-examination. With Eastern Kentucky University in Richmond, there's an opportunity to reach college-aged men.

Specific Awareness Days:

- April 1-30: National Minority Health Month
- April 1-30: Autism Acceptance Month
- April 1-30: Testicular Cancer Awareness Month
- April 2: World Autism Awareness Day
- April 7: World Health Day

Top Five Madison County Resources:

1. Madison County Health Department - Minority health programs and culturally appropriate care
2. Eastern Kentucky University Health Services - College health education and testicular health awareness
3. Baptist Health Richmond Community Outreach - Minority health programming and education
4. Kentucky Commission on Human Rights - Health equity and minority health advocacy
5. Berea College Community Health Programs - Student-led minority health initiatives

May 2026

Top Three Awareness Focus Areas:

1. **Mental Health Awareness Month** - Mental health is one of the top 2 health priorities in Madison County. Kentucky ranks 3rd in the nation for depression (23.5% vs 18% nationally). Madison County reports 5.9 poor mental health days per month on average.
2. **National Stroke Awareness Month** - Stroke is the 7th leading cause of death in Madison County, with rates higher than national averages. Kentucky has elevated stroke rates, particularly in Appalachian regions.
3. **Melanoma/Skin Cancer Detection Month** - Kentucky has significant outdoor agricultural and industrial work, increasing UV exposure risk. Many rural residents work outdoors without adequate sun protection.

Specific Awareness Days:

- May 1-31: Mental Health Awareness Month
- May 1-31: National Stroke Awareness Month
- May 1-31: Melanoma/Skin Cancer Detection Month
- May 5: World Asthma Day
- May 12: International Nurses Day
- May 31: World No Tobacco Day

Top Five Madison County Resources:

1. Hot Springs Health Program - Mental health and substance abuse services
2. Baptist Health Richmond Behavioral Health - Comprehensive mental health services
3. Madison County Health Department - Mental health programming and suicide prevention
4. University of Kentucky HealthCare Neurology - Stroke prevention and education programs
5. American Cancer Society Kentucky Division - Skin cancer education and early detection

June 2026

Top Three Awareness Focus Areas:

1. **Men's Health Month** - Kentucky men have particularly poor health outcomes, with higher rates of heart disease, lung cancer, COPD, and accidents. Men in Appalachian Kentucky have even worse health outcomes than state averages.
2. **Alzheimer's and Brain Awareness Month** - Madison County has a significant senior population (26% over age 55). Rural Kentucky has limited access to specialized dementia care, making family education and early recognition crucial.
3. **PTSD Awareness Month** - Kentucky has a significant veteran population, and PTSD can be under-recognized and undertreated in rural areas. Trauma from accidents, violence, and adverse childhood experiences affects many Kentuckians.

Specific Awareness Days:

- June 1-30: Men's Health Month
- June 1-30: Alzheimer's and Brain Awareness Month
- June 1-30: PTSD Awareness Month
- June 8: World Brain Tumor Day
- June 14: World Blood Donor Day
- June 27: National PTSD Awareness Day

Top Five Madison County Resources:

1. Madison County Health Department - Men's health screening and education programs
2. Baptist Health Richmond Men's Health Services - Comprehensive men's healthcare
3. Alzheimer's Association Kentucky Chapter - Dementia education and family support services
4. Kentucky Department of Veterans Affairs - PTSD and mental health services for veterans
5. Eastern Kentucky University Counseling Services - Mental health support, including PTSD treatment

July 2026

Top Three Awareness Focus Areas:

1. **Juvenile Arthritis Awareness Month** - Kentucky has high rates of arthritis among adults (30.8% in 2021), and juvenile arthritis may be underdiagnosed in rural areas where access to pediatric specialists is limited.
2. **UV Safety Month** - July is the peak of summer in Kentucky, with the highest UV exposure. Many Madison County residents work in agriculture, construction, and outdoor occupations requiring UV safety education.
3. **National Minority Mental Health Month** - Mental health stigma can be particularly strong in minority communities. Black residents of Madison County may face additional barriers to mental health care access.

Specific Awareness Days:

- July 1-31: Juvenile Arthritis Awareness Month
- July 1-31: UV Safety Month
- July 1-31: National Minority Mental Health Month
- July 28: World Hepatitis Day

Top Five Madison County Resources:

1. Kentucky Children's Hospital - Pediatric arthritis diagnosis and treatment
2. Madison County Health Department - UV safety education for outdoor workers
3. Baptist Health Richmond Orthopedics - Arthritis treatment and management
4. Hot Springs Health Program - Culturally appropriate mental health services
5. University of Kentucky Dermatology - Skin cancer prevention and UV safety research

August 2026

Top Three Awareness Focus Areas:

1. **Children's Eye Health and Safety Month** - Access to pediatric eye care is limited in rural Kentucky. Many children may have undiagnosed vision problems that affect their learning. Back-to-school timing makes this awareness important for academic success.
2. **National Breastfeeding Month** - Breastfeeding rates in rural Kentucky are often lower than national averages due to a lack of support, workplace barriers, and cultural factors. Supporting breastfeeding mothers improves infant and maternal health.
3. **Back-to-School Health Month** - August is back-to-school time for Madison County Schools and Eastern Kentucky University. Focus on comprehensive child health, nutrition, and safety for academic success.

Specific Awareness Days:

- August 1-31: Children's Eye Health and Safety Month
- August 1-31: National Breastfeeding Month
- August 1: World Lung Cancer Day
- August 30: National Grief Awareness Day
- First Monday in August: Back-to-School Health Week

Top Five Madison County Resources:

1. Madison County Schools - Back-to-school health screenings and vision testing
2. Baptist Health Richmond Pediatric Ophthalmology - Children's eye care services
3. Madison County Health Department - Breastfeeding support and lactation education
4. WIC Program Madison County - Breastfeeding support and nutrition education
5. Eastern Kentucky University Health Services - College student health and wellness programs

September 2026

Top Three Awareness Focus Areas:

1. **Suicide Prevention Awareness Month** - Suicide is the 2nd leading cause of death for Kentucky youth and young adults. Mental health is a top community priority in Madison County. Kentucky middle school students have concerning suicide ideation rates (17.4%).
2. **Childhood Cancer Awareness Month** - While childhood cancer is rare, Kentucky families often travel long distances for pediatric cancer care. Awareness about early warning signs and available resources can help ensure prompt diagnosis.
3. **Prostate Cancer Awareness Month** - Prostate cancer survival disparities exist between Appalachian and non-Appalachian Kentucky. Men from Appalachian areas present with more advanced disease due to delayed care-seeking.

Specific Awareness Days:

- September 1-30: Suicide Prevention Awareness Month
- September 1-30: Childhood Cancer Awareness Month
- September 1-30: Prostate Cancer Awareness Month
- September 10: World Suicide Prevention Day
- September 28: World Rabies Day

Top Five Madison County Resources:

1. Madison County Health Department - Suicide prevention programming and mental health education
2. Kentucky Department of Education - School-based suicide prevention programs
3. American Cancer Society Kentucky Division - Childhood and prostate cancer support and education
4. Baptist Health Richmond Oncology - Cancer care coordination and family support services
5. University of Kentucky Markey Cancer Center - Pediatric and adult cancer research and treatment

October 2026

Top Three Awareness Focus Areas:

1. **Breast Cancer Awareness Month** - Breast cancer remains exceptionally high in Kentucky. Madison County has 71.7 cases per 100,000 women. Kentucky women face barriers to mammography access, particularly in rural areas.
2. **Domestic Violence Awareness Month** - Rural communities often have limited domestic violence resources and longer response times for emergency services. Social isolation and economic dependence can make it harder for victims to leave dangerous situations.
3. **Physical Therapy Month** - Kentucky has high rates of arthritis, back pain, and work-related injuries. Physical therapy awareness can help residents understand treatment options for musculoskeletal conditions common in rural communities.

Specific Awareness Days:

- October 1-31: Breast Cancer Awareness Month
- October 1-31: Domestic Violence Awareness Month
- October 1-31: Physical Therapy Month
- October 10: World Mental Health Day
- October 15: Global Handwashing Day
- October 17: National Mammography Day

Top Five Madison County Resources:

1. Baptist Health Richmond Breast Center - Comprehensive breast health and mammography services
2. Kentucky Women's Cancer Screening Program - Free mammograms for eligible women
3. Hope's Wings Domestic Violence Services - Crisis intervention and safety planning
4. Madison County Sheriff's Office - Domestic violence response and victim support
5. University of Kentucky Markey Cancer Center - Breast cancer research and treatment protocols

November 2026

Top Three Awareness Focus Areas:

1. **American Diabetes Month**—Diabetes is the #1 health priority identified in Madison County's health assessment. Kentucky has a higher diabetes prevalence than the US average (12% vs. the national average). Rural areas face additional challenges with diabetes management.
2. **COPD Awareness Month** - Kentucky is one of 11 states with the highest COPD rates in the nation. About 12.1% of Kentucky adults have COPD, nearly twice the US median of 6.6%. This relates directly to Kentucky's high smoking rates.
3. **Pancreatic Cancer Awareness Month** - Pancreatic cancer has a poor prognosis and is often diagnosed late. Kentucky's overall high cancer rates include pancreatic cancer. Awareness about risk factors and early symptoms is essential.

Specific Awareness Days:

- November 1-30: American Diabetes Month
- November 1-30: COPD Awareness Month
- November 1-30: Pancreatic Cancer Awareness Month
- November 12: World Pneumonia Day
- November 14: World Diabetes Day
- November 20: Great American Smokeout

Top Five Madison County Resources:

1. Madison County Health Department - Diabetes education and management programs
2. Baptist Health Richmond Diabetes Center - Comprehensive diabetes care and education
3. American Lung Association Kentucky - COPD education and smoking cessation programs
4. University of Kentucky Endocrinology - Diabetes research and advanced treatment options
5. Breathe Better Kentucky Coalition - COPD and lung health awareness programming

December 2026

Top Three Awareness Focus Areas:

1. **National Impaired Driving Prevention Month** - Rural Kentucky roads can be particularly dangerous, especially during winter weather and holiday celebrations. Madison County's rural roads and limited public transportation make impaired driving prevention education crucial.
2. **Safe Toys and Gifts Month** - Holiday toy safety is important for all families, but rural families may be farther from emergency care if injuries occur. Education about age-appropriate toys and safety standards can prevent injuries.
3. **Universal Human Rights Month** - Health equity and access to care are human rights issues. Madison County's diverse population includes people who may face barriers to healthcare due to language, culture, or other factors.

Specific Awareness Days:

- December 1: World AIDS Day
- December 1-7: National Handwashing Awareness Week
- December 3: International Day of Persons with Disabilities
- December 10: Human Rights Day

Top Five Resources in Madison County

Healthcare & Community Services:

1. **Madison County Health Department** (859-623-7312) - Your primary partner for health programming and community outreach
2. **Baptist Health Richmond** - Major healthcare provider with established community health programs
3. **Saint Joseph Berea Hospital** - Critical access hospital serving our rural communities
4. **Hot Springs Health Program** - Mental health and substance abuse services
5. **Madison Substance Awareness Coalition** - Community-based prevention efforts

Academic & Research Partners:

1. **University of Kentucky Markey Cancer Center** - Cancer research, treatment, and educational resources
2. **Eastern Kentucky University (Richmond)** - Health sciences programs and student partnerships
3. **Kentucky Cancer Registry** - Comprehensive data and surveillance information
4. **Madison County Health Assessment** - Local data through the WNC Healthy Impact partnership
5. **Baptist Health Richmond Community Health Needs Assessment** - Detailed local health data

Government & Policy Resources:

1. **Kentucky Department for Public Health** - Statewide health initiatives and materials
2. **Cabinet for Health and Family Services** - Policy and program support
3. **Kentucky Women's Cancer Screening Program** - Free screening services for eligible women
4. **Kentucky Colon Cancer Screening Prevention Program** - Free screening for those who qualify
5. **Madison County Fiscal Court** - Local government health initiatives

Community Organizations:

1. **American Cancer Society Kentucky Division** - Educational materials and support programs
2. **American Heart Association Kentucky** - Heart health programming and resources
3. **American Lung Association Kentucky** - Lung health education and smoking cessation support
4. **Local YMCA and recreation centers** - Physical activity and wellness programs
5. **Faith-based organizations** - Community health outreach and support networks

Educational Partners:

1. **Madison County Schools** - Youth health education and family outreach opportunities
2. **Madison County Cooperative Extension** - Nutrition education and healthy lifestyle programming
3. **Madison County Public Library** - Programming space and health information resources
4. **Mars Hill University** - Student health initiatives and community partnerships
5. **EKU health sciences programs** - Student training and community service opportunities

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Life Transition Support Guide



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