

# AWARENESS DAYS COMMUNICATIONS CALENDAR

PLEASE NOTE SOME OF THESE DATES ARE PREDICTIONS.  
IF SOMETHING IS MISSING LET US KNOW AT  
[PR@BDA.UK.COM](mailto:PR@BDA.UK.COM)

# 2026



# January

2026

MON	TUES	WED	THU	FRI	SAT	SUN	NOTES
	 <b>Small steps to a healthier you - All January</b>		1 New Year's Day <b>Veganuary - All January</b>	2 <b>Dry January - All January</b> BDA resources you might consider sharing: <ul style="list-style-type: none"><li><a href="#">Alcohol consumption in students</a></li><li><a href="#">Alcohol myths</a></li></ul>	3	4	
5		6 <a href="#">Take a look at our toolkit.</a>	7 A chance to promote ways to have a healthy vegan diet. Please share our <a href="#">Food Fact Sheet</a> .		10	11	
12	13	14	15 You might have some great recipes to share too.	16	17	18	<b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.
19	21	21	22	23  <b>BDA's 90<sup>th</sup> anniversary - 24</b> 90 years of serving the dietetic workforce.	24	25 <b>Burns Night (Scottish Festival)</b>	
26	27	28	29	30 There will be content posted on this day and throughout the year. Please engage and share via your own channels.	31		You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
<p><b>Find out more here</b></p>							

Speak to our comms team if you'd like some advice!

# February

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
	<b>Heart Month - All February</b> Please share our <a href="#">Food Fact Sheet</a> . Also check out <a href="#">Heart UK</a> and the <a href="#">British Heart Foundation</a> for supporting materials.		<b>Fibre February - All February</b> Take a look at our <a href="#">Fibre Food Fact Sheet</a> . Check out <a href="#">UK Flour Millers</a> for more information.				1
2		<b>World Cancer Day - 4</b> Please share our resource on <a href="#">cancer myths</a> .		<b>Time to Talk Day - 6</b> <a href="#">Mind</a> has some useful resources all around opening up the conversation about mental health.			
9	10	<b>International Day of Women and Girls in Science - 11</b>			14	15	<b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.
16	17	Ramadan starts Chinese New Year Shrove Tuesday	18	19	20	21	You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
23	24	25	26	27	28		
			<b>Eating Disorders Awareness Week - 23-1 Mar</b> Beat runs the campaign and this year's theme is: Community. <a href="#">More info here</a> .				

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# March

2026

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# April

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
30	31	1	2 Passover starts	3	4	5 Easter Sunday (Christian festival)	
6	7		<b>IBS Month - All April</b>  Check out and share this helpful <a href="#">BDA resource about IBS</a> .  You may also find some useful information on the <a href="#">Guts UK website</a> .	10	11	12	
13	14 Vaisakhi (Sikh festival)		15 <a href="#">Guts UK website</a> . 16	17	18	19	
<b>Greener AHP Week - 20-24</b>  For members working in the NHS in England - we will be supporting the campaign with sharing all the good work AHPs in the NHS are doing in this area. <a href="#">More here</a> .	20	21 <b>Earth Day - 22</b>  Perhaps you might like to explore a new sustainable initiative by a member in your group... or how we can reduce single use plastics in dietetics? <a href="#">Here's some inspiration</a> .	22	23	24	25	26
	27	28	29	30			

## Tips for groups, sub-groups and branches

Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources

but also think about what partners and relevant charities are doing too.

You might consider speaking to our Editor about putting an article together for Dietetics

Today or there's always an opportunity to write for the BDA website. Please get in touch!

# May

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
<b>Stroke Awareness Month - All May</b>  Our Food Fact Sheets reference strokes including our <a href="#">Stanols and Sterols</a> and <a href="#">Cholesterol ones</a> . You might also like to highlight the work of <a href="#">neuroscience dietitians</a> . <a href="#">More info on the Stroke Association website</a> .	<b>Coeliac Awareness Month - All May</b>  Find out more on the <a href="#">Coeliac UK website</a> . We also have a number of useful articles for you to refer to including our <a href="#">Food Fact Sheet</a> and this member article on <a href="#">making things better for coeliac patients in hospitals</a> .			1	2	3	
				8	9	10	
<b>Salt Awareness Week - 11-17</b>  More information about the Action on Salt campaign is <a href="#">available here</a> . We'll have some graphics you can share too!	12	13	14	<b>Global Accessibility Awareness Day - 21</b>  Read more about the BDA's commitment to enhancing digital accessibility <a href="#">on our website</a> .	<b>Mental Health Awareness Week - 11-17</b>  More information can be found on the <a href="#">Mental Health Foundation website</a> . There is also a section in our <a href="#">Small steps to a healthier you toolkit</a> you could share.	16	17
<b>Dementia Action Week - 18-24 TBC</b>  Find out more about dementia and diet <a href="#">in this member article</a> . Resources available from the <a href="#">Alzheimer's Society</a> .	<b>International Clinical Trials Day - 20</b>  A great opportunity to share recent research and information about careers in research.	20	21		23	24	<b>Tips for groups, sub-groups and branches</b>  Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.  You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
		26	27	<b>World Digestive Health Day - 29</b>  Keep an eye out for the 2026 theme. More information is available via <a href="#">Guts UK</a> .	29	30	31

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# June

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1 	2 <b>Dietitians Week - 1-5</b>  Let's celebrate your specialism and branch. We'll have lots for you to get involved with so watch this space!	3 <b>Men's Health Week</b> <b>TBC</b>  If you have any male case studies take this opportunity to promote your work supporting men's health. Work Ready will also be sharing materials.	4	5 	6 <b>Pride - All June</b>  How are you recognising and celebrating Pride? Tell us at <a href="mailto:pr@bda.uk.com">pr@bda.uk.com</a>  <u>See our campaign page</u> and read a member's blog on <u>representation in dietetics</u> .	7	It's Dietitians Week 1-5 June - Please share our resources and support across all your channels.  We'll also be celebrating Pride. If you'd like to get involved and share your experiences please get in touch <a href="mailto:pr@bda.uk.com">pr@bda.uk.com</a>
8	10	11	12 <b>Diabetes Week</b> <b>TBC</b>  Take a look at and share our Food Fact Sheets on Type 1 and Type 2 Diabetes. More from <a href="#">Diabetes UK</a> <a href="#">here</a> .	13	14	15	
15	16	17 <b>Autistic Pride Day - 18</b>  A day dedicated to celebrating the identities and unique contributions of autistic individuals. Learn more about the day of the <a href="#">Autistic Pride Day website</a> .  Read our autism position statement <a href="#">here</a> .	18	19	20	21	
22 <b>Windrush Day - 22</b>  An opportunity to thank the Windrush generation for their contribution to the creation of NHS. Look out for materials from the NHS.	23	24	25	26	27	28	<b>Tips for groups, sub-groups and branches</b>  Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.  You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
29	30						

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# July

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
			1	2	3	4 NHS Birthday - 5 5	
6	7	8	9	10	11 Please share the BDA <u>ARFID position statement.</u>	12	
13	14	15	16	17 South Asian Heritage Month - Month long (18 July - 17 August)	18	19	<b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.
20	21	22	23	This is an opportunity to celebrate the cooking and culture of South Asia.		25	26
27	28	29	30	31			You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!

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# August

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MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
					1 <b>World Breastfeeding Week - 1-7</b>	2	A quieter month for obvious reasons but could you support our careers campaign by sharing what a dietitian in your specialism does?
3	4	5	6	7	8 Share our fact sheet on <u>the benefits of breastfeeding.</u>	9	
10	11	12	13 <b>A- Level Results Day - 13</b> Share our careers resources.	14	15	16	<b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.
17	18	19	20 <b>GCSE Exam Results - 20</b> Share our careers resources.	21	22	23	You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
24	25	26	27	28	29	30/31	

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# September

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES	
	<b>1</b> <b>Students starting Uni - Throughout September/October</b>  Consider promoting your group or branch to students over the next few months. Do you have any useful tips for dietetic students that you could share?	<b>2</b>		<b>3</b> <b>Sickle Cell Awareness Month - All September</b>  Learn more about sickle cell nutrition with our <a href="#">Diversifying Dietetics</a> webinar.	<b>4</b>	<b>5</b> <b>BNF's Snack-tember- All September</b>  The BNF are focusing on helping children and young people choose healthy, sustainable snacks. <a href="#">More here.</a>	<b>6</b>	Are there any student-specific resources we can promote that you have created? Let us know at <a href="mailto:webmaster@bda.uk.com">webmaster@bda.uk.com</a>
<b>7</b>		<b>8</b>	<b>9</b>	<b>10</b> <b>Know Your Numbers! Week (blood pressure) TBC</b>  Take a look at our <a href="#">Hypertension Food Fact Sheet</a> . Also visit <a href="#">Blood Pressure UK</a> for resources.	<b>11</b> <b>Rosh Hashanah begins (Jewish festival)</b>	<b>12</b>	<b>13</b>	
<b>14</b>		<b>15</b> <b>National Inclusion Week - 14-20</b>  See how the BDA is promoting inclusion as a golden thread in our <a href="#">Strategic Plan for 2024-34</a> .	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
<b>21</b> <b>Yom Kippur (Jewish festival)</b>			<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
<b>27</b>								
<b>28</b>	<b>29</b> <b>Alzheimer's Day - 21</b>  There are resources available from the <a href="#">Alzheimer's Society</a> . Also check out this member article on <a href="#">dementia and diet</a> .	<b>30</b>						

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# October

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
<b>Black History Month - All October</b>  We'll be highlighting the work and experiences of Black dietitians, support workers and students. Please get involved and check out our <a href="#">campaign webpage!</a>	<b>Cholesterol Awareness Month - All October</b>  Take a look at our <a href="#">Cholesterol and Plant Stanols and Sterols Food Fact Sheets</a> . Find out more at <a href="#">Heart UK</a> .		<b>1 International Day of Older Persons - 1</b>  Share the Older People Specialist Group's resource - <a href="#">Eating, Drinking and Ageing Well</a> as well as the <a href="#">Care Home Digest</a> .	<b>2</b>	<b>3</b>	<b>4</b>	If you would like to contribute to our Black History Month activity please email <a href="mailto:pr@bda.uk.com">pr@bda.uk.com</a>
<b>12</b>	<b>13 AHPs' Day - 14 (Members in England in the NHS)</b>  Promote your roles within the NHS community. <a href="#">More info here</a> .	<b>14</b>	<b>15 Wear Red Day - 16</b>  Stand united against racism in the workplace by taking part in Wear Red Day, a campaign by <a href="#">Show Racism the Red Card</a> .	<b>16</b>	<b>9 World Mental Health Day - 10</b>  We discuss mental health and long-term health in our free <a href="#">Small steps to a healthier you toolkit</a> , available on our website.	<b>11</b>	
<b>19</b>	<b>20 Osteoporosis Day - 20</b>  Please share our <a href="#">Osteoporosis Food Fact Sheet</a> .	<b>21</b>	<b>22 World Stroke Day - 29</b>  A number of our Food Fact Sheets reference strokes including our <a href="#">Stanols and Sterols</a> and <a href="#">Cholesterol</a> ones. More info on the <a href="#">Stroke Association website</a> .	<b>23</b>	<b>24 Menopause Day - 18</b>  Please share our <a href="#">Food Fact Sheet</a> .	<b>25</b>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31 Halloween</b>	<b>1</b>	

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# November

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MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
					<b>Islamophobia Awareness Month - All October</b> The BDA Trade Union will be supporting this awareness month.	1	
2	3 <b>National School Meals Week</b> <b>TBC</b> Read and share the <a href="#">dietetic case for free school meals</a> .	4	5	6	7	8 Diwali Hindu/ Sikh festival Remembrance Sunday	
<b>UK Malnutrition Awareness Week</b> <b>TBC</b> We'll be supporting the work of <a href="#">BAPEN</a> . Please also share our <a href="#">Malnutrition Food Fact Sheet</a> .	10	11 Armistice Day	12 <b>World Prematurity Day - 17</b> Check out the <a href="#">latest position statements</a> of the BDA's Neonatal Sub-Group.	13 <b>International Men's Day - 19</b> We'll be having a careers focus and looking at how we can encourage more men into the profession. Can you help?	14 <b>World Diabetes Day</b> <a href="#">Please share our video on what diabetes dietitians do</a> .	15	
<b>Sugar Awareness Week</b> <b>TBC</b> We'll be supporting the work of <a href="#">Action on Sugar</a> this week. Please share our <a href="#">Sugar Food Fact Sheet</a> too.	16	17	18 <b>Dietetic Support Workforce Day - 25</b> Join us in shining a light on the dietetic support workforce and their contributions to nutritional care.	19	20	21 <b>AHP Support Worker Week</b> <b>TBC</b> We'll be joining our AHP colleagues to celebrate and thank the dietetic support workforce. Can you help grow our community by sharing the benefits of <a href="#">BDA membership</a> ?	22
	23	24	25	26	27	28	29/30

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# December

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MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
	<b>1</b> <b>World Aids Day - 1</b>  An opportunity to promote what dietitians working in HIV care do and their brilliant work with patients.		<b>2</b> <b>International Day of Persons with Disabilities - 3</b>  How are you supporting the BDA's golden thread of a diverse and inclusive profession? <a href="#">Read more here.</a>	<b>4</b>	<b>5</b> First day of Hanukkah (ends 12 Dec - Jewish festival)	<b>6</b>	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>		<b>11</b> <b>International Volunteer Day - 5</b>  Every year we celebrate the work of all our volunteers on this day. Thank you for all you do!	<b>12</b>	<b>13</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Christmas Day	<b>26</b>	<b>27</b>	<b>Tips for groups, sub-groups and branches</b>  Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.  You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> New Year's Eve				