

UK Health Awareness: Key Events & Campaigns in May 2026 - Test Your Knowledge

Public Health · Answer Key · 17 Questions

1. Which major health awareness week in May 2026, organized by the Mental Health Foundation, will focus on the theme 'Action'?

- A) Mental Health Awareness Week**
- B) Dementia Action Week
- C) Hepatitis Awareness Month
- D) National Smile Month

2. Dementia Action Week in May 2026 is a collaborative effort involving which of the following key groups?

- A) Cultural institutions, health and care services, and community organisations**
- B) Only Alzheimer's Society and NHS Trusts
- C) Public health bodies and pharmaceutical companies
- D) Universities and research institutes exclusively

3. The Oral Health Foundation's National Smile Month in May 2026 celebrates which significant anniversary?

- A) 50th anniversary**
- B) 25th anniversary
- C) 75th anniversary
- D) 100th anniversary

4. Hepatitis Awareness Month in May 2026 aims to raise awareness about which types of viral hepatitis?

- A) Hepatitis A, B, and C**
- B) Hepatitis only B and C
- C) Hepatitis only A and B
- D) Hepatitis D and E only

5. What is the specific date for Hepatitis Testing Day in May 2026, as part of Hepatitis Awareness Month?

- A) May 19th**
- B) May 11th
- C) May 21st
- D) May 30th

6. Dementia Action Week 2026 is scheduled to run from May 11th to May 30th. Which organization primarily leads this awareness campaign in the UK?

- A) Alzheimer's Society**
- B) Age UK
- C) Dementia UK
- D) Royal Voluntary Service

7. Mental Health Awareness Month, observed globally in May, has a specific theme for 2026 announced by Mental Health America as:

- A) "More Good Days, Together"**
- B) "Taking Action for Mental Wellbeing"
- C) "Connecting Through Kindness"
- D) "End the Stigma, Start the Conversation"

8. National Smile Month in 2026 will promote four key messages for better oral health. Which of the following is NOT one of them?

- A) Consume a high-sugar diet daily.**
- B) Brush teeth for two minutes twice a day with fluoride toothpaste.
- C) Use mouthwash and interdental cleaning daily.
- D) Limit intake of sugary drinks and foods.

9. MS Awareness Week in 2026, from April 20th to 26th, challenges assumptions about Multiple Sclerosis. What percentage of people living with MS in the UK reported being questioned for using accessible facilities?

- A) 48%**
- B) 25%
- C) 75%
- D) 10%

10. World MS Day is observed on May 30th. Approximately how many people are diagnosed with MS each week across the UK?

- A) 135**
- B) 50
- C) 200
- D) 75

11. The 'Neighbourhood Health Framework' introduced by the UK government in March 2026 aims to make healthcare services more:

- A) Joined-up, preventative, and community-focused**
- B) Digitally exclusive and hospital-centric
- C) Reactive and specialised
- D) Independently commissioned and profit-driven

12. European Immunisation Week (EIW) 2026, running from April 19th-25th, has the theme 'For every generation, vaccines work'. Which organization leads this initiative?

A) World Health Organization (WHO)

- B) European Centre for Disease Prevention and Control (ECDC)
- C) European Medicines Agency (EMA)
- D) Public Health England (PHE)

13. The 'Soul x Science' event in London on May 16, 2026, aims to blend ancient wisdom with modern science. Which of the following is a key focus area for this event?

A) Conscious living and vitality

- B) Advanced surgical techniques
- C) Pharmaceutical drug development
- D) Public health policy reform

14. The PHC Conference 2026 in London, celebrating its 10th anniversary, is a premier conference focused on:

A) Metabolic health

- B) Infectious disease control
- C) Mental health interventions
- D) Surgical advancements

15. In May 2026, the Mental Health Awareness Week is hosted by the Mental Health Foundation. Which other related observance occurs throughout the entire month of May, originating in the US but observed globally?

A) Mental Health Awareness Month

- B) World Mental Health Day
- C) Children's Mental Health Week
- D) Time to Talk Day

16. The 18th Euro-Global Conference on Infectious Diseases is scheduled for April 16-17, 2026, in London. Which of these is a key focus area for this conference?

A) Antimicrobial resistance (AMR) and new therapeutic strategies

- B) The history of public health interventions
- C) Patient advocacy in chronic disease management
- D) The impact of climate change on mental health

17. A key highlight of Dementia Action Week 2026 mentioned is a Dementia Information Fair. On which date is this fair scheduled to take place in Kensington Town Hall?

A) Monday, May 18th

- B) Tuesday, May 19th
- C) Wednesday, May 20th
- D) Thursday, May 21st