



World Hormone Day
Because Hormones Matter
24 April 2026



WHD 2026: Policy Toolkit

Advocating for better hormone health: key messages to share with policymakers

Please adapt this information as needed to support your communications with policymakers and others.

Why Hormones Matter

Endocrinology is the study of hormones, which are essential for health and wellbeing. When hormones are out of balance or don't work properly, this can lead to the development of chronic diseases such as diabetes, thyroid disorders, cancer, osteoporosis and obesity, and other health challenges such as infertility.

There are also more than 400 rare endocrine conditions that affect millions of people worldwide but often go undetected.

Despite scientific progress and increased awareness in some areas, there's still a lot more that can be done. World Hormone Day is an opportunity for us to work together to put hormones in the spotlight.

Some key facts:

- Nearly [80,000 new cases of thyroid cancer](#) are diagnosed each year
- More than [1500 chemicals of concern](#) contribute to incidences of endocrine cancer, obesity, diabetes, thyroid disease and infertility
- Almost [6 in 10 adults and 1 in 3 children](#) in Europe live with overweight or obesity and this causes more than 1.2 million deaths per year across the WHO Europe region
- In Europe more than [200,000 new cases of cancer](#) are linked to obesity.

Many factors can cause the hormone system to stop working properly, including genetics and lifestyle. However, the external environment is increasingly being recognised as a key driver, and endocrine disruption through exposure to chemicals is now widely accepted.

The '[10 Recommendations for Good Hormone Health](#)', published as an annex to the 2022 Milano Declaration, include steps each of us can take to lead a healthier life, including preventing hormone deficiencies and reducing exposure to endocrine disruptors.

(You'll find downloadable posters, videos, graphics and animations with the 10 Recommendations in the [World Hormone Day Toolkit](#).)

Useful links

- [Video](#) about endocrinology and the endocrine system, updated for World Hormone Day 2025
- [World Hormone Day Toolkit](#), with resources and materials to download and share when taking part in the campaign
- [World Hormone Day Media Kit](#), with quotes and press releases for press and media
- White paper on [“Hormones in European Health Policies: How endocrinologists can contribute towards a healthier Europe”](#), published by ESE in 2021
- [“Recognising the Key Role of Hormones in European Health: the Milano Declaration”](#), which summarises the main challenges in the field of endocrinology in Europe along with seven specific policy steps to overcome them, published by ESE and the ESE Foundation in 2022
- [Annex to the Milano Declaration with “10 Recommendations for Good Hormone Health”](#), published by ESE and the ESE Foundation in 2023
- [The EndoCompass Research Roadmap](#), which sets out priorities for endocrine research in Europe, published as a supplement in the European Journal of Endocrinology and Hormone Research in Paediatrics.

European Society of Endocrinology

January 2026