

## PRESS RELEASE

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### **World Hormone Day 2025 – global endocrine community unites to raise public awareness of the small steps everyone can take towards good hormone health**

Today, 24 April 2025, marks the first-ever World Hormone Day, a global campaign to raise awareness of the vital role of hormones in human health. After three successful years of European Hormone Day, the European Society of Endocrinology (ESE) and the European Hormone and Metabolism Foundation (ESE Foundation) have moved to a worldwide campaign this year in response to requests from the global endocrine community.

Endocrinology is the study of hormones. When they are out of balance or fail, this can lead to the development of prevalent chronic diseases such as diabetes, thyroid disorders, cancer, osteoporosis and obesity, and other health challenges such as infertility. Despite their impact, these conditions are often underdiagnosed and undertreated.

As Jérôme Bertherat, ESE President, explains:

*“World Hormone Day is a fantastic opportunity to put hormones in the spotlight. Together, we can raise awareness of individual actions and call for stronger policies to support the prevention, diagnosis and treatment of endocrine disease. Our 10 Recommendations for Good Hormone Health show how small, simple steps can make a big difference for everyone.”*

Under the banner of #BecauseHormonesMatter, the endocrine community is sharing the small steps everyone can take to improve hormone health and calling on policymakers to prioritise endocrine health in health and research policies.

#### **European Society of Endocrinology**

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President **Jérôme Bertherat** Paris, France. President-elect **Wiebke Artl**, London, UK. Secretary **Maria Chiara Zatelli**, Ferrara, Italy. Treasurer **Sebastian Neggers**, Rotterdam, Netherlands. Executive Committee members: **Cynthia Andoniadou**, London, UK. **Philippe Chanson** Paris, France. **Eleanor Davies**, Glasgow, UK. **Martin Fassnacht** Würzburg, Germany. **Gregory Kaltsas**, Athens, Greece. **Elena Valassi**, Barcelona, Spain Ex-Officio members: ECAS Representative **Charlotte Höybye**, Stockholm, Sweden EYES Representative **Walter Vena**, Milan, Italy. Nurse Representative **Kirsten Davidse**, Rotterdam, Netherlands  
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Martin Reincke, Chair of the ESE Foundation, says: *“Building on the success of European Hormone Day over the last three years – with more than 100 organisations taking part in 2024 alone – this new global event calls for action to put hormones at the forefront of public health conversations. We need policymakers around the world to address issues such as the impact of endocrine-disrupting chemicals to protect the health of current and future generations.”*

Awareness-raising events and social media activities are happening around the world today, with the campaign already translated into 15 languages. Many societies and organisations are continuing their activities in the following weeks.

Search #BecauseHormonesMatter on social media to follow the conversation.

More information about World Hormone Day can be found at [www.worldhormoneday.org](http://www.worldhormoneday.org).

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#### Upcoming related events:

- [ESE Spotlight on Science: Hormones as potential tools in precision medicine, in collaboration with The European Neuroendocrine Association \(ENEA\)](#). This free online event coincides with World Hormone Day on 24 April 2025 (18:00-19:30 CEST).
- [Joint Congress of ESPE and ESE: Connecting Endocrinology Across the Life Course](#). This flagship annual event hosted by ESE and the European Society for Paediatric Endocrinology will take place from 10-13 May in Copenhagen, Denmark, and online.
- [Minimising the Impact of Endocrine Disrupting Chemicals on Health and Environment](#). This high-level discussion will provide a scientific update following the Joint Congress, including a press briefing and lunch. It takes place at the Bella Sky Hotel, Copenhagen, Denmark and also online, on 14 May 2025 (09:00-13:00 CEST).

#### Additional resources:

- [Information on hormones](#) and their role in our everyday lives
- The European endocrine community's call to the European Parliament to improve hormone health for all Europeans in '[The Milano Declaration](#)'
- ESE's [10 Recommendations for Good Hormone Health](#)
- Endocrine Disrupting Chemicals (EDCs) and their impact on health and well-being in our [EDC Media Kit](#)

#### About the European Society of Endocrinology

The European Society of Endocrinology (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. Through the 50 National Societies involved with the ESE Council of Affiliated Societies (ECAS) and partnership with

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specialist endocrine societies, ESE and its partners jointly represent a community of over 20,000 European endocrinologists.

ESE and its partner societies work to promote knowledge and education in the field of endocrinology for healthcare professionals, researchers, patients and the public.

ESE informs policymakers on health decisions at the highest level through advocacy efforts across Europe. Find out more: [www.eese-hormones.org](http://www.eese-hormones.org).

### **About the European Hormone and Metabolism Foundation**

The European Hormone and Metabolism Foundation (ESE Foundation) is a non-profit organisation dedicated to improving human health. By focusing on people with endocrine disorders, the ESE Foundation's mission is to promote endocrine health, address endocrine disease, and improve patient care. The Foundation's mission is to raise public and political awareness of hormones and metabolic health and disease, as well as research, policies, and care. Find out more: [www.eese-foundation.org](http://www.eese-foundation.org).

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