

PRESS RELEASE

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World Hormone Day 2026 – endocrine community unites around the world to raise public awareness of the importance of good hormone health

Hormones influence almost every process in the body, but public understanding of their role in health and wellbeing is limited. Today, Friday 24 April 2026, the global endocrine community joins forces to mark World Hormone Day and improve awareness of what hormones are, why they matter and the small steps we can all take to promote good hormone health.

This initiative, led by the European Society of Endocrinology (ESE) with a group of over 120 organisations including national and country endocrine societies, specialist societies, patient advocacy groups and other groups active in the field, has many activities taking place around the world today, online and in person, under the banner of #BecauseHormonesMatter. World Hormone Day 2026 builds on the momentum of last year's campaign, which reached an estimated audience of more than 136 million people, with activities in 40 countries and 25 languages.

With so much information about hormones available online, World Hormone Day is an opportunity to share clear and credible information with the public.

Prof Wiebke Arlt, ESE President, said: "Hormones affect almost every aspect of our health, yet many people only think about them when something goes wrong. They might look online for help and feel confused by what they find or uncertain about what to trust. World Hormone Day is an opportunity to improve understanding and, importantly, to share practical, evidence-based steps people can take to support their hormone health throughout life."

ESE and the wider endocrine community encourage individuals, patient groups, healthcare professionals and organisations worldwide to take part, share activities and help raise the profile of hormone health.

This year's campaign is supported by a range of new and updated materials, including social media materials, infographics, posters, videos and how-to guides, designed to support engagement at local, national and international level. The materials are available for anyone to download, adapt and use in their own community.

Join in the conversation online using #BecauseHormonesMatter.

More information is available at www.worldhormoneday.org. You can also follow Because Hormones Matter on [Instagram](#) and on our [new Facebook page](#).

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About endocrinology

Endocrinology is the study of hormones. When hormones 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.

Upcoming related events:

- The [European Congress of Endocrinology](#), ESE's flagship annual event, will take place from 9-12 May in Prague, Czech Republic, and online.

Additional resources:

- [Information on hormones](#) and their role in our everyday lives
- [Infographic](#): What are hormones and how do they help us?
- 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. By uniting and representing every part of the endocrine community, we are best placed to improve the lives of patients. With over 4,800 individual members and through the nearly 50 National Societies involved with the ESE Council of Affiliated Societies (ECAS) ESE represents a community of over 20,000 European endocrinologists. We inform policy makers on health decisions at the highest level through advocacy efforts across Europe.

To find out more about ESE, please visit www.ese-hormones.org.

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