

PRESS RELEASE**For immediate release: 21 November 2025**

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European Society of Endocrinology leads global call to raise awareness of hormone health on World Hormone Day 2026

The European Society of Endocrinology (ESE) has announced that World Hormone Day will return on Friday 24 April 2026, bringing together the global endocrine community to raise awareness of the vital role hormones play in health and wellbeing.

World Hormone Day 2026 aims to improve public understanding of what hormones are, why hormones matter and the steps we can all take to promote good hormone health. It follows the success of the 2025 campaign, which reached an estimated audience of more than 136 million people worldwide, with activities in 40 countries and 25 languages.

Under the banner of #BecauseHormonesMatter, ESE invites members of the public, patients, patient groups, national endocrine societies, healthcare professionals and media to take part, either online or through local events, to share why hormone health deserves global attention.

Prof Wiebke Arlt, ESE President, said: "There is still a major gap in public understanding of what hormones are and how people can look after their hormone health. Hormones influence almost every process in the body, yet most people only think about them when something goes wrong. World Hormone Day is a chance to change that by raising awareness and sharing practical steps everyone can take towards better hormone health."

To support local, national and regional activities, ESE will provide a suite of new and updated campaign materials and resources, including social media graphics, posters, videos and templates that can be adapted by organisations and individuals around the world. These will be available at the end of January 2026 and available for anyone to download and use.

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

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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.e-se-hormones.org.

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