

Celebrate World Down Syndrome Day

What is World Down Syndrome Day?

World Down Syndrome Day, celebrated annually on March 21, is a global awareness day officially observed by the United Nations. It is celebrated on the 21st day of the 3rd month of the year and was selected to signify the triplication (trisomy) of the 21st chromosome, which causes Down syndrome.

Celebrate the Day by Racing for 3.21



For almost a decade, NDSS has hosted one of the premiere World Down Syndrome Day awareness events, Racing For 3.21! While it sounds like a running event, it doesn't have to be! You can move

however you'd like for 3.21 miles or minutes on March 21st or do another activity that incorporates 3.21. Create a team and ask your community to support your efforts. The awareness and funds you raise support NDSS in our mission to create a world where individuals with Down syndrome thrive. Learn more and register [here](#).

Get involved with NDSS



Founded in 1979, the National Down Syndrome Society (NDSS) empowers individuals with Down syndrome and their families by driving policy change, providing resources, engaging with local communities, and shifting public perceptions. The organization's work is achieved through four key pillars: Resources & Support, Research, Advocacy & Policy, and Community Engagement. Contact NDSS at info@ndss.org or through our toll-free helpline at 800-221-4602.