

Celebrate World Down Syndrome Day with your Community

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



The National Down Syndrome Society (NDSS) invites Down syndrome affiliate groups across the country to participate in Racing for 3.21, a national movement

celebrating World Down Syndrome Day and raising critical funds for advocacy, programs, and resources that support individuals with Down syndrome and their families. Rally your community and involve your organization and get 21% of the funds raised returned to your organization. Together, we can celebrate, give back, and raise awareness! [Learn more](#) and [register](#).

Share Educational Resources



NDSS has many free resources that you can share with the families you support. From our [New & Expectant Parent Guide to Healthcare Guidelines](#), [Aging Resources](#), [Research](#), [health-related webinars](#), and more, we've got you covered on tons of educational information you can utilize on the big day.