

Today is World Heart Day: Support #heartchoices

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World Heart Day takes place on 29 September every year and is a change for people across the globe to take part in the world's biggest intervention against cardiovascular disease (CVD).

This year, the campaign focuses on creating **heart-healthy environments**. By ensuring that people are able to make heart-healthy choices wherever they live, work and play, World Heart Day encourages us all to reduce our cardiovascular risk, and promotes a heart-healthy planet for those around us.

There are many ways to get involved. Visit the [campaign website](#) [1] to know more.

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[1] <http://worldheartday.org/>

[2] <http://www.world-heart-federation.org/>

[3] <https://old.ncdalliance.org/es/taxonomy/term/57>

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