Today is World Heart Day: #UseHeart to beat CVD!

Language English

©️ iStock

World Heart Day is celebrated every year on 29 September, when people around the globe join in activities to take charge of their heart health and that of others. Cardiovascular disease (CVD) including heart disease and stroke, is accountable for nearly half of all NCD deaths. That makes it the world's number one killer, claiming 17.9 million lives each year. World Heart Day is an opportunity for individuals, families, communities, and governments to unite and take action!

Created by the World Heart Federation [1], World Heart Day [2] informs people everywhere about CVD, and highlights the actions that we can all take to prevent and control it. It also aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.

World Heart Day is an opportunity for the global community and CVD civil society to unite in the effort against CVD and reduce the global disease burden. The campaign website [3] offers many inspiring ideas to drive international action.

This year's campaign calls on everyone to# UseHeart to beat #CVD, and to make choices that care for ourselves, our families and our communities. We can all Use Heart to take part in World Heart Day activities. The World Heart Federation invites you to make a poster [4], download campaign resources [5], follow the campaign on Facebook [6], Twitter [7] and Instagram [8].

In the context of COVID-19, people living with CVD and other NCDs are more at risk of developing severe forms of the virus, and they may also be afraid to seek needed care for their hearts and related conditions. We should make it clear that taking care of our hearts and health right now is more important than ever.

This 29 September, #UseHeart and get involved in World Heart Day!

Post Date: Tuesday, 29 September, 2020
Tags: world heart day [9]
World Heart Federation [10]
cardiovascular disease [11]

Category - News: World Days
Search Keywords: World Heart Day, World Heart Federation, CVD, cardiovascular disease,
Related Resource: [Briefing Note: Impacts of COVID-19 on people living with NCDs](#) [12]
Related Content: [Cardiovascular Diseases (CVD)](#) [13]

Tag feed: world heart day [9]

Source URL: https://old.ncdalliance.org/news-events/news/today-is-world-heart-day-useheart-to-beat-cvd

Links

[1] https://www.world-heart-federation.org/

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

[3] https://www.world-heart-federation.org/world-heart-day

[4] https://www.world-heart-federation.org/world-heart-day/create-a-poster/

[5] https://www.world-heart-federation.org/world-heart-day/whd-resources

[6] https://en-gb.facebook.com/worldheartday/

[7] https://twitter.com/worldheartfed?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

[8] https://www.instagram.com/worldheartday/?hl=en

[9] https://old.ncdalliance.org/taxonomy/term/57

[10] https://old.ncdalliance.org/taxonomy/term/927

[11] https://old.ncdalliance.org/taxonomy/term/292

[12] https://old.ncdalliance.org/resources/briefing-note-impacts-of-covid-19-on-people-living-with-ncds

[13] https://old.ncdalliance.org/cardiovascular-diseases-cvd