World Heart Day - At the heart of health

Language English

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

Created by the World Heart Federation [1], World Heart Day [2] informs people around the globe that CVD, including heart disease and stroke, is the world's leading cause of death claiming 17.5 million lives each year, and highlights the actions that individuals can take to prevent and control CVD. It 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.

This year, the campaign invites you to share how your power your heart and inspire millions of people to be heart healthy.

There are a number of ways to support World Heart Day. Click the links to find out more:

• Organize an event [3]

• Download and use campaign resources [4]

• Take the Heart IQ test [5]

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Search Keywords: World Heart Day, CVD, campaign
Related Link: World Heart Day Website [2]
Download campaign toolkit here [4]

Teaser Image:

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Links

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