



# Small changes can make a big difference.

This World Heart Day, we're asking you to share how you power your heart and inspire millions of people around the world to be heart healthy.

Cardiovascular disease (CVD), which includes heart disease and stroke, is the world's number one killer. Each year, it's responsible for 17.5 million premature deaths, and by 2030 this is expected to rise to 23 million.

But the good news is that much CVD can be prevented by making just a few simple daily changes, like eating and drinking more healthily, getting more exercise and stopping smoking.

So this World Heart Day, make sure you share the power and tell the world what you and your family are doing to make a lasting difference to your health.

Fuel your heart. Move your heart. Love your heart.  
**And share the power**

## Know your risk

Looking after your heart starts with understanding your risk, so make sure you know all your health numbers. Visit your healthcare professional and ask for a few simple checks. Remember, knowledge is power.

[www.worldheartday.org](http://www.worldheartday.org)

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# fuel your heart

Eating and drinking well gives your heart the fuel it needs for you to live your life

- Try not to eat so many processed and prepackaged foods which are often high in sugar and fat
- Cut down on sugary beverages and fruit juices – choose water or unsweetened juices instead
- Swap sweet, sugary treats for fresh fruit as a healthy alternative
- Try to eat 5 portions (about a handful each) of fruit and veg a day – they can be fresh, frozen, tinned or dried
- Keep the amount of alcohol you drink within recommended guidelines
- Make your own healthy school or work lunches at home

## Know your blood glucose levels



High blood glucose (blood sugar) can be indicative of diabetes. CVD accounts for 60% of all deaths in people with diabetes so if it's left undiagnosed and untreated it can put you at increased risk of heart disease and stroke.



**World  
Heart Day**

AT THE HEART OF HEALTH

# move your heart

Staying active can help you reduce your risk of heart disease and feel great

- Aim for at least 30 minutes of moderate-intensity activity 5 times a week
- Playing, walking, housework, dancing – they all count!
- Be more active every day – take the stairs, walk or cycle instead of driving
- Exercise with friends and family – you'll be more motivated and it's more fun!
- Before you start any exercise plan check with a healthcare professional
- Download an exercise app or use a pedometer to keep track of your progress

## Know your blood pressure



High blood pressure is the number one risk factor for CVD. It's called the 'silent killer' because it usually has no warning signs or symptoms, and many people don't realize they have it.

# share the power

# love your heart

Stopping smoking is the single best thing you can do to improve your heart health

- Within 2 years of quitting, the risk of coronary heart disease is substantially reduced
- Within 15 years the risk of CVD returns to that of a non-smoker
- Exposure to secondhand smoke is also a cause of heart disease in non-smokers
- So by quitting you'll not only improve your health but that of those around you
- If you're having trouble stopping smoking, ask for professional advice on how to quit
- You can also ask your employer if they provide smoking-cessation services

## Know your cholesterol & BMI



Cholesterol is associated with around 4 million deaths per year so visit your healthcare professional and ask them to measure your levels, as well as your weight and body mass index (BMI). They'll then be able to advise on your CVD risk so you can plan to improve your heart health.

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# Share the power...

To mark World Heart Day on 29 September, members and partners of the World Heart Federation, and individuals across the world will be organizing everything from walks, runs and sporting events, to concerts, public talks and screenings.

Find out how you can organize or take part in an event at **[worldheartday.org](http://worldheartday.org)**

## Keep visiting our website...

We'll be launching more ways for you to get involved and share the power in the run up to World Heart Day. So keep checking!



[www.worldheartday.org](http://www.worldheartday.org)



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## About the World Heart Federation

World Heart Day is the World Heart Federation's, and the world's, biggest global awareness-raising platform for cardiovascular disease (CVD). The World Heart Federation is dedicated to leading the global fight against CVD, including heart disease and stroke. We are the only global advocacy and leadership organization bringing together the CVD community to drive the CVD agenda and help people live longer, better, more heart-healthy lives. Working with more than 200 member organizations in over 100 countries, we strive for a 25% reduction by 2025 in premature deaths from CVD around the world.

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