



World Heart Day September 29th

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Class: 3.M

Founded:

World Heart Day was founded in 2000 by the World Heart Federation (WHF) in partnership with the World Health Organization (WHO).

The proposal was led by Antoni Bayés de Luna, the president of the WHF at the time.

Originally commemorated on the last Sunday of September, it eventually became known as September 29 annually, beginning in 2012, to promote consistency and worldwide acknowledgment.



Meaning:

- World Heart Day aims to raise awareness and encourage action against cardiovascular diseases (CVDs), the primary cause of mortality globally.

Serves as a reminder to:

- Prioritize Heart Health: Encourage healthy lifestyle choices including a balanced diet, frequent exercise, and quitting smoking.
- Educate and Empower: Teach individuals how to control risk factors such as high blood pressure, cholesterol, obesity, and stress.
- Global Call to Action: Work with governments, healthcare organizations, and communities to reduce CVD worldwide by enhancing healthcare access and prevention.



How it is celebrated:

- Awareness Campaigns

Hospitals, schools, and community organizations provide health talks and seminars to promote heart health.

- The Social Media Campaign:

Share infographics, videos, and personal experiences with #WorldHeartDay to raise awareness.

- Health Checks

Many organizations provide free or low-cost blood pressure, cholesterol, and sugar checks.

Medical advice on heart disease prevention and management.

- Physical Activity

Walkathons, Marathons, and Cycling Events: Encourage physical activity, which is crucial for maintaining heart health

- Fundraising and Charity Events

Hosting events to raise funds for heart research, support programs, and medical care for those in need.

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WELLNESS TIPS FOR THE HEART

Manage
Your Stress

Reduce
Junk
Food

Find
Reasons to
Smile

Check for
Diabetes

Stop
Smoking

Eat Well

Maintain a
Healthy
Weight

Strive for
Daily
Movement

Get Plenty
of Rest

Build Muscle



Bibliography:

- Hospitals, Pace. “World Heart Day, 29 September 2024: Theme, History & Importance.” *Pace Hospitals | Best Hospitals in Hyderabad, Telangana, India*, 28 Sept. 2024, www.pacehospital.com/world-heart-day#:~:text=World%20Heart%20day%20is%20an,to%20manage%20the%20cardiovascular%20diseases.
- “This World Heart Day We Demand Cardiovascular Plans to Save Lives.” *World Heart Day*, 9 Oct. 2024, world-heart-federation.org/world-heart-day/.
- <https://www.dravinashtank.in/day-celebration/12836/>