World Heart Day 2015

World Heart Day is an annual event that takes place on 29 September every year. The event was founded in 2000 with the goal of informing people around the globe that heart disease and stroke are the leading cause of death worldwide.

Cardiovascular disease claims nearly 17.3 million lives every year. The World Heart Day is an effort to emphasise strategies that can help people make healthy heart choices. Each year, the World Heart Day marks 29 September with a theme based on the key issues and topics in cardiovascular management and disease. The theme for 2015 is creating heart-healthy environments.

This initiative by the World Heart Federation is geared towards building more awareness about heart disease and ways and means in which its prevalence and damage could be reduced.

World Heart Day wants people to know that nearly 80 percent of all premature deaths from cardiovascular disease can be avoided by controlling four key risk factors - tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol.

Organisations around the world participate in spreading these important messages on World Heart day. This year's theme takes into consideration our environment and the role it plays in cardiovascular disease. Our environment includes the places where we live, work and play. This environment should not increase our risk of cardiovascular disease but often, we are unable to make heart-healthy choices due to environmental factors. These include the lack of smoke-free zones, the unavailability of healthy food etc.

The World Heart Day movement is a worthy cause to make people become more aware of what is healthy for their heart - wherever they live, work and play.

Source: World Heart Federation

Image Credit: World Heart Federation

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