
'Share the power' on World Heart Day

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World Heart Day campaign 2017 invites people around the world to share their tips for a healthy heart on World Heart Day – 29 September.

Created by the World Heart Federation, World Heart Day informs people around the globe that cardiovascular disease (CVD), including heart disease and stroke, is the world's biggest killer. It claims 17.5 million lives a year and by 2030, the number is expected to rise to 23 million.

Globally, 1 in 10 people aged 30-70 die prematurely from CVD, including heart disease and stroke. The good news is that at least 80% of these premature deaths could be avoided or postponed, says WHF.

World Heart Day highlights the actions that individuals can take to prevent and control CVD. Stopping smoking, eating and drinking well and staying physically active are some ways to maintain a healthy heart.

People can get involved in the campaign by sharing their heart healthy selfies and tips using **#WorldHeartDay** and by attending one of the thousands of [events taking place around the world](#) [1]. They can also [take the Heart IQ test](#) [2].

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