World Heart Federation launches Heart IQ test ahead of World Heart Day

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Do you know how heart healthy you are? With World Heart Day 2016 fast approaching the World Heart Federation is urging people across the globe to take a closer look at their heart health and consider changes they could make to power their lives more effectively.

Cardiovascular disease (CVD), including heart disease and stroke, is the leading cause of death globally, claiming 17.5 million lives each year. However, at least 80% of premature deaths from CVD could be avoided.

That's why the World Heart Federation has launched its Heart IQ test [1], a short quiz about some of the main risk factors for heart disease and stroke such as tobacco use, unhealthy diet and physical inactivity.

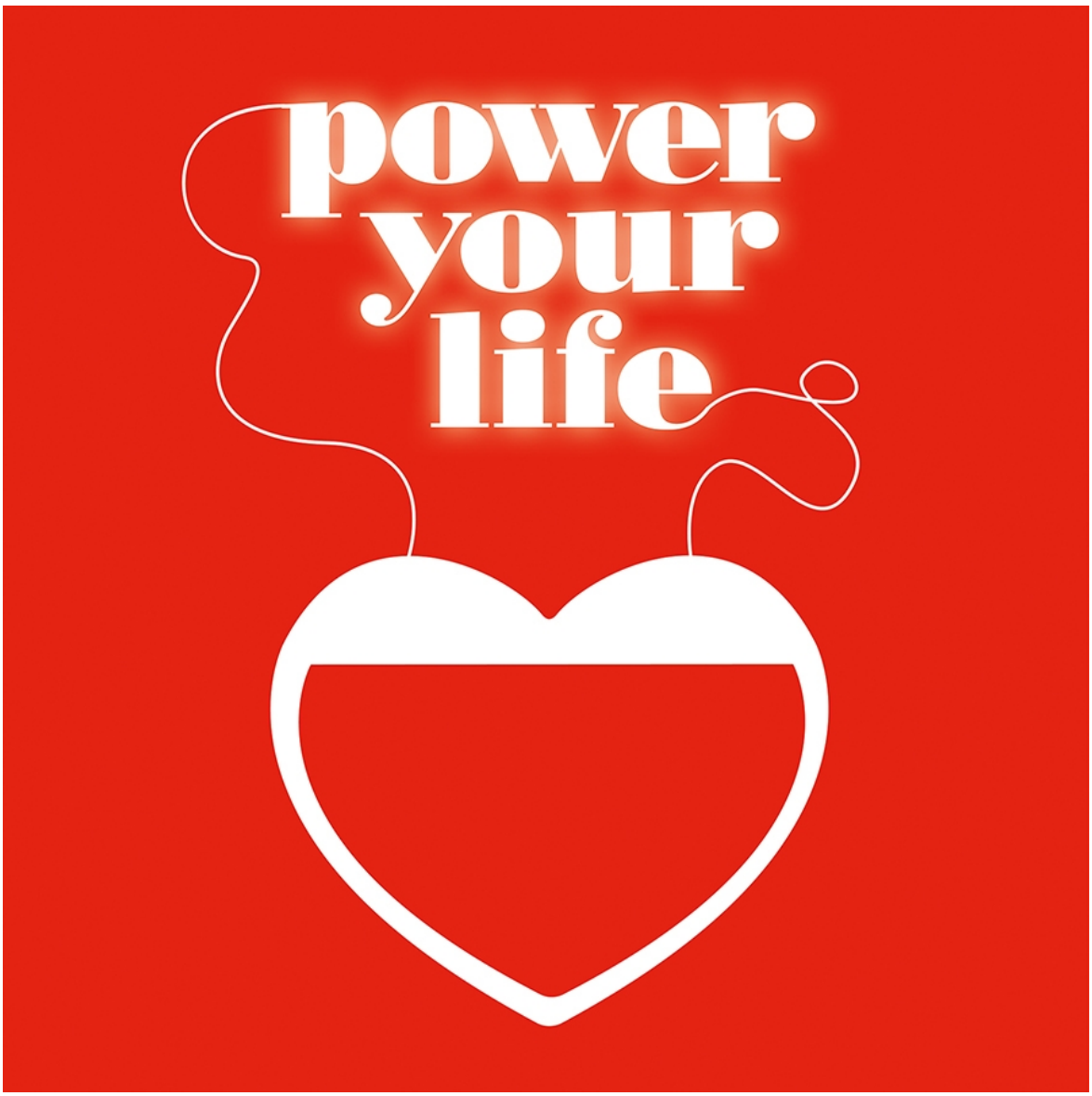
> The test will help people understand how their lifestyle habits may impact their heart health, as well as explain some of the easy changes that you can make to help power your life with a healthy heart.

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 CVD.

There are many ways to get involved. The 2016 campaign materials are now available on World Heart Day website!

Read full press release via the click below.

Post Date: Thursday, 15 September, 2016
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[1] https://www.world-heart-federation.org/world-heart-day/
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