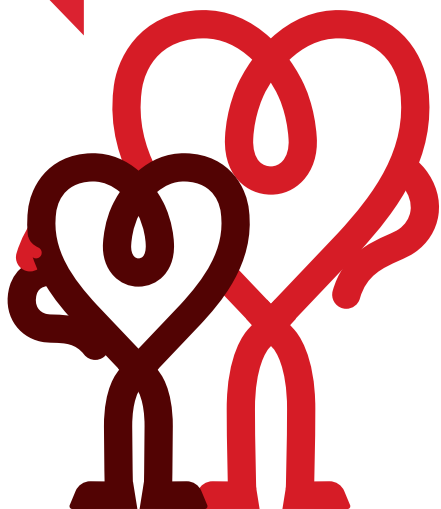


Sign and share our petition to call on governments around the world to help more people get access to the treatment they need and save lives.



**DON'T
MISS
A BEAT**



Each year on World Heart Day (29 September), the World Heart Federation unites its global network to raise awareness of cardiovascular disease (CVD).

Our goal is to prevent millions of premature deaths and urge governments to prioritise equitable heart health.

This year we will celebrate the 25th anniversary of World Heart Day and our mission remains as urgent as ever.

**HEART DISEASE REMAINS
THE WORLD'S NUMBER
ONE KILLER. IN ONLY A
DECADE, DEATHS FROM
CVD NEARLY DOUBLED.**

 **LOVED ONES AROUND THE WORLD ARE MISSING OUT ON TIME THEY SHOULD STILL HAVE TO SPEND TOGETHER.**

Over 6.5 million people die early from heart disease every year, and many millions more are left picking up the pieces.

 **PEOPLE EVERYWHERE ARE MISSING OUT ON THE PROVEN HEALTH AND HAPPINESS BENEFITS OF MOVEMENT.**

Just 30 minutes of exercise a day could help prevent cardiovascular disease, but 1 in 3 adults are not moving enough.

 **CITIES ARE MISSING OUT ON THE OPPORTUNITY TO BOOST HEALTH AND REDUCE THE BURDEN OF ILLNESS.**

By increasing treatment for high-blood pressure from 1 in 5 today, to 1 in 2, we could prevent 130 million early deaths.

**IT DOESN'T HAVE TO BE THIS WAY.
THIS YEAR, FOR WORLD HEART DAY,
DON'T MISS A BEAT!**

Join our mission to make every heartbeat count, with better heart health and improved access to life-saving care.






GET INVOLVED. HELP US SAVE LIVES.

- 01 Keep the beat:**
Move for at least 25 minutes for 25 days in September — walk, run, cycle or dance — in honour of the 25th World Heart Day.
- 02 Share your stories:**
Personal stories inspire change. Use our World Heart Day frame to share a photo, tribute or reflection on your journey on social media.
- 03 Sign the petition:**
Your support is vital. Sign our petition to ensure everyone has access to the treatment and prevention they need to fight heart disease.

You are essential to our success.

Let's make World Heart Day 2025 bigger than ever. Share your photos and videos with these handles and hashtags:

#DontMissABeat
#WorldHeartDay

   @worldheartfederation
 @worldheart
 @worldheartfd