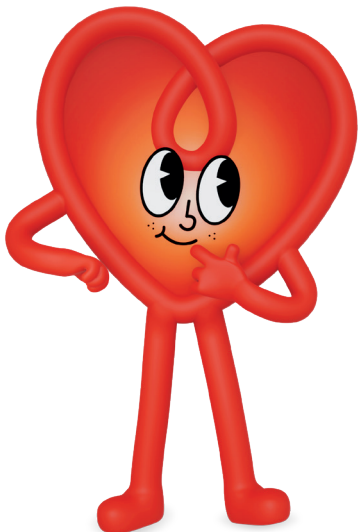




**WORLD
HEART
DAY** 29 SEP



**DON'T
MISS
A BEAT**



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

Our goal is to prevent millions of premature deaths due to CVD and call on governments to make equitable heart health a priority.

In 2026, we will continue the momentum of 'Don't Miss a Beat', raising awareness of the world's number one killer and highlighting the importance of recognising the signs and symptoms of CVD.

THE WORLD'S BIGGEST KILLER IS HIDING IN PLAIN SIGHT.

Heart disease kills around 1 in 3 of us - more than any other condition - with too many symptoms missed, and too little progress made. We need to act now to save lives.

♥ SYMPTOMS

See the signs: Many signs of CVD go unnoticed until it's too late. It can affect anyone - regardless of age, fitness or lifestyle. From congenital heart disease in young people to overlooked symptoms in women and people with uncontrolled hypertension, too many lives are lost because the warning signs go unrecognised.

♥ SOLUTIONS

Protect your heart: Most heart disease is preventable. Most of CVD deaths are caused by risk factors that can be prevented or managed. By making small, consistent changes, people can significantly improve their heart health over time.

♥ SYSTEMS

Demand action: CVD is often overlooked by decision-makers. Despite being the leading cause of death globally, less than 20 countries have a standalone national plan to tackle CVD.

DON'T MISS A BEAT THIS WORLD HEART DAY: SEE THE SIGNS, PROTECT YOUR HEART AND DEMAND ACTION.

Together, we can create change. Join our mission to make every heartbeat count.

GET INVOLVED AND HELP US SAVE LIVES:

01 HEART STORIES

We welcome you to share your Heart Story on our app, website or social media. Stories can inspire positive change and help raise awareness of the impact of CVD, whether through personal experience or that of a loved one. Use our World Heart Day visual assets and share on social media with #DontMissABeat.

02 GET HEART SMART

Test your heart health knowledge by taking the Heart Smart Quiz on the World Heart Day app or website. Don't forget to share your results!

03 KEEP THE BEAT

We welcome you to share your Heart Story on our app, website or social media. Stories can inspire positive change and help raise awareness of the impact of CVD, whether through personal experience or that of a loved one. Use our World Heart Day visual assets and share on social media with #DontMissABeat.

04 WALK MORE, LIVE MORE

Inspire everyday movement with small steps for getting active. Encourage people to make more active choices throughout the day. Could they use the stairs rather than a lift? Take walking breaks from their desk during working hours? Or maybe get off the bus a stop early and walk the rest of the way. Small steps make a big difference too.

05 DEMAND CHANGE

Call on your government to prioritise heart health and develop and activate national plans in every country.

DOWNLOAD OUR APP

Scan the QR code to download the official World Heart Day app and join the movement. Track your physical activities, get instant advice from our AI assistant, and keep your heart healthy every day!



You are essential to our success.
Let's make World Heart Day 2026 bigger than ever.
Share your photos and videos with these handles and hashtags:

@worldheartfederation

@worldheart

@worldheartfed