

## Live:

On World Heart Day, put the spotlight on your home and see what you could change to make it heart healthy.

- ✓ Stock your home with healthy food options
- ✓ Ban smoking in your home
- ✓ Be active
- ✓ Monitor your cardiovascular disease (CVD) risk by visiting your GP regularly for a check-up.

Cardiovascular disease (CVD) is the world's number one killer. It is currently responsible for 17.3 million deaths per year, and by 2030 this figure is expected to rise to 23 million.



**WCMHS**

# WORLD HEART DAY

This year World Heart Day is dedicated to exposing how much our environments can impact on and increase CVD risk factors.



## Work:

- ✓ Say no to smoking
- ✓ Bring exercise to work (park further away from the office, climb the stairs)
- ✓ Watch what you eat
- ✓ Reduce stress

## Play:

- ✓ Encourage your children to be active
- ✓ Get active yourself



Most cardiovascular diseases can be prevented by addressing behavioural risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol.