American Heart Month

“Teaching children, teens, and young people about heart health early helps set them up for healthy habits and lifestyle in the future!” (AHA)

A publication of the Center for Leadership Education in Maternal and Child Public Health

We hope you find this health observance quick-guide helpful! Roll over text to find live links to sites and materials. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

Social media

Hashtag
#GoRed
#GoRedForWomen
#LifeisWhy
#RedHeartChat

Twitter
@American_Heart
@GoRedForWomen
@HeartNews

Instagram
@goredforwomenaha
@american_heart

Facebook
American Heart Association
Go Red For Women

Youtube
OfficialGoRed4Women
American Heart Association

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to find out what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media sites. Include it in any posts you create.

Please share these documents and consider tagging the Centers: @UMN_MCH and @SahrcUMN.
Print, post, or share

American Heart Association (AHA)

Preventing heart disease at any age
Heather Kids initiative, pages, and resources
President Obama declares February as American Heart Month
Added sugar infographic

Heart healthy cooking with kids
Wear Red Day tools and resources
Go Red for Women in Spanish: “Protect yourself and your family by learning how to prevent the No. 1 killer of Hispanic women - heart disease.”

If available, use logos and other graphics to enhance your posts, emails, or websites. Visuals help catch people’s attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

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