Heart Health Month
QUICK-GUIDE

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

This is one of 50+ “Quick-Guides” created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: umn.edu/aguides

Social Media

Hashtag
#GoRedWearRed
#NationalWearRedDay
#KnowYourNumbers

Twitter
@GoRedForWomen
@American_Heart

Facebook
Go Red For Women
American Heart Association

Instagram
@GoRedForWomen
@American_Heart

YouTube
Go Red For Women
American Heart Association

Print, Post, or Share

National Coalition for Women with Heart Disease
 Facts and Figures
 Heart Smart 101
 Online Toolkit

American Heart Association
 Risk Factors Quiz
 7 Keys to Prevention
  Online Toolkit

Sample Tweets/Posts

Heart disease is the #1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!
#KnowYourNumbers
#GoRedWearRed

Each year, 1 in 3 women die in the U.S. due to heart disease or stroke. Fortunately, we can change that because 80% of cardiac events may be prevented with lifestyle changes. #GoRedForWomen

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