World Heart Day 2017

On the occasion of World Heart Day 2017, Tiny Hearts of Maldives wishes everyone a heart healthy, blessed, loved filled life.

Created and led by the World Heart Federation (WHF), World Heart Day aims to combat the rising number of people with cardiovascular disease (CVD), the world’s biggest killer, by raising awareness and promoting the importance of living a heart-healthy lifestyle.

Tiny Hearts of Maldives (THM) have been leading the celebration of World Heart Day events nationally since 2011. This year we join hands with the WHF as their member to mark the World Heart Day, on 29 September.

Today, CVD is responsible for claiming 17.5 million lives a year, and by 2030 this is expected to rise to 23 million. In Maldives Cardiovascular Diseases are the leading cause of death where, 55% of total deaths are caused by heart disease. However heart disease like other Non-Communicable diseases are preventable through lifestyle changes such as cutting down on sugary drinks, giving up fizzy and energy drinks, quitting smoking and consumption of tobacco, being active and exercising regularly, getting regular health check-ups, monitoring blood sugar, cholesterol and blood pressure, getting quality sleep, eating healthy and keeping yourself well hydrated, taking essential medicines and seeking counselling therapy and sharing with each other.

This year WHF is urging people to take action by sharing heart healthy tips and attending iconic illumination events held around the world. In order to join the illumination event, in Maldives, with the support of MTCC, Ministry of Housing and Infrastructure and Dhiraagu, we will be lighting up, Izzudheen Faalan, the Tsunami monument and Dhiraagu Tower in red tonight.

Joining the thousands of events taking place around the world to mark the World Heart Day, THM has been conducting several events in the past week leading up to today. World Heart Day videos with our messages have been displayed on public multimedia TVs in the capital city Male’, a social media campaign encouraging people to share heart healthy tips have been launched and large canvases carrying the 11 icons symbolising what we can all do for a healthy heart has been put up on Majeedhee Magu and in several locations inside Indira Gandhi Memorial Hospital.

Our biggest supporters this World Heart Day has been children from all over the country. We have been receiving healthy heart pledges and tips, and pictures of beautiful human heart formations from all over Maldives with the immense support from Ministry of Education and Schools following our World Heart Day message delivered during special school assemblies held to mark the day. In collaboration with the Health Protection Agency with were also able to reach out to the health posts, health centres and hospitals across the country and engage communities at island level to share the power.

We can all 'share the power' and inspire our families, friends and communities around the world to make small lifestyle changes that can make a powerful difference to heart health

To join in our World Heart Day campaign get involved by believing that small changes can make a powerful difference and making a healthy heart pledge and sharing the power.

Follow: @TinyHeartsMV and use the hashtag #WorldHeartDay #poweryourlife