

# WORLD HEART DAY

29 September 2012

WEST  
AFRICAN  
RESCUE ASSOCIATION



**One World, One Home, One Heart!**

Cardiovascular diseases (CVDs), including Heart disease and stroke, take lives prematurely. According to the World Heart Federation, they cause 17.3 million deaths each year and the numbers are rising.

Risk factors for heart disease and stroke include raised blood pressure, cholesterol and glucose levels, smoking, inadequate intake of fruit and vegetables, overweight, obesity and physical inactivity.

*Contrary to common belief, women are equally affected as men, and children are vulnerable too!*

In fact, heart disease is actually the number one killer of women, causing 1 in 3 female deaths. It is vital that women learn the truth about their cardiovascular disease risk and take action to protect themselves and their family!

Children are vulnerable too: the risk for cardiovascular disease can begin before birth during fetal development, and increases further during childhood, with factors like an unhealthy diet, lack of exercise and exposure to smoking adding to that risk.

To mark World Heart Day, WARA urges you to take action for yourself and your family, and adopt heart-healthy behaviors such as encouraging healthy eating and physical activity, and banning tobacco use.

We understand that this is sometimes easier said than done, but we hope that the tips below will help you make a good start.

Today we have an opportunity to prevent the risk of heart disease and stroke by adopting heart-healthy living from childhood throughout adulthood!

**ARE YOU READY TO TAKE  
THE ACTION?**

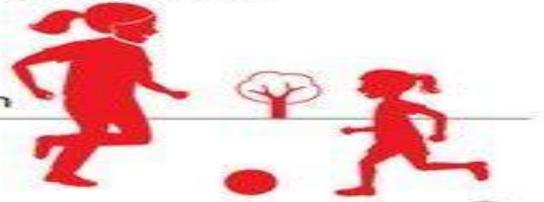


# 1. GET ACTIVE

Even 30 minutes of moderate-intensity activity five times per week reduces the risk of heart disease and stroke.

Physical activity is not just exercise but also includes:

Playing an outdoor game with the children



Doing household chores

Taking the stairs



Cycling to work

# 2. EAT A HEART-HEALTHY DIET

A heart-healthy diet which is rich in fruits and vegetables helps prevent heart disease and stroke.



Diets high in saturated and trans fat, sugar and salt increase the risk of cardiovascular diseases.

Meet superheart and help him fight bad eating habits >



You don't have to stop eating the foods you love completely!



Try reducing the portion size of less healthy food and increasing the portion size of healthy food

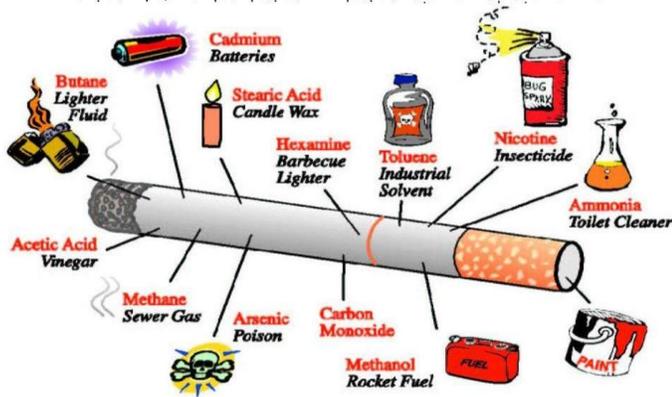


Try swapping foods - if you have a sweet tooth, try mango instead of chocolate

### 3. SAY "NO" TO TOBACCO

Quitting smoking and avoiding secondhand smoke reduces the risk of heart disease and stroke.

#### TOBACCO CONTENTS



Unfortunately, more and more children and teenagers are taking up smoking. Educate your children on the dangers of tobacco use, to help them make the right choice and avoid smoking.

One in every two smokers will die of tobacco-related diseases.

It is crucial to ban smoking in your home to protect your family's future!

### WARA IS ALWAYS READY TO HELP YOU

By taking the steps above, you and your family can lessen the possibility of developing heart disease and stroke. But it is important to keep a regular check on your heart health.



Visit us to measure your blood pressure, cholesterol and glucose levels, weight, and body mass index.

**Your health is our concern!**