

The Heart Truth®

Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart.

[Learn About Heart-Healthy Living](#)

CONNECT WITH US

About The Heart Truth®

A national health education program that raises awareness about heart disease and encourages people to live a heart-healthy lifestyle.

Taking Care of Our Hearts Together

Heart disease is largely preventable, but some groups are affected more than others. Learn more.

You can prevent heart disease. Yes, YOU!

It's never too early for women to start thinking about their heart health.
About 1 in 16 women age 20 and older have coronary heart disease.

Tools and Materials

Use these resources to bring greater attention to heart disease and its risk factors. Help those in your community prevent heart disease.

Learn More
About Heart
Disease

Women and
Heart
Disease

Community
Health
Worker Tools

Take Action
Together
Toward
Better Heart
Health

Heart Health
in
Communities

Social Media
Resources

Videos

**American
Heart Month
and
#OurHearts**

**High Blood
Pressure
Education
Resources**

Healthy Hearts Network

The Heart Truth Healthy Hearts Network is a network of organizations around the country committed to promoting and raising awareness about heart health.

[Learn more](#)

Community Subcontract Program

The Heart Truth Community Subcontract Program supports organizations in executing projects that will reduce the burden of heart disease and encourage healthy behavior change to improve heart health.

Community Subcontract
Program

RELATED INITIATIVES

Heart Health and Pregnancy.

[During pregnancy, your heart is working harder than usual to pump blood to you and your baby. Sometimes, the extra stress exposes risks to your heart health that were there before you got pregnant. Learn more about your heart health and pregnancy.](#)

Check Out DASH Eating Plan Resources

[The Dietary Approaches to Stop Hypertension \(DASH\) eating plan](#) is flexible and scientifically proven to lower blood pressure as fast as two weeks. We have new resources to guide you—[wherever you are on your health journey. Get started!](#)

Learn About Heart Attack Symptoms

[Learn the warning signs of a heart attack and how to take action if you are experiencing symptoms.](#)

COVID-19 and the Heart

[SARS-CoV-2, the virus that causes COVID-19, most commonly affects the lungs but It can also lead to serious heart problems. Learn how COVID-19 affects the heart.](#)

Get Involved in American Heart Month

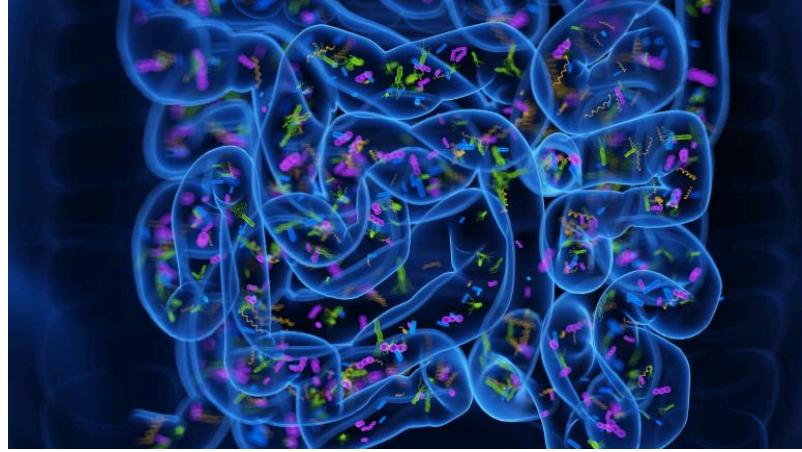
[February is American Heart Month. Join us in raising awareness about how Americans can prevent heart disease.](#)

Celebrate Heart Health on National Wear Red Day®

[Join NHLBI, The Heart Truth, and organizations around the country on National Wear Red Day®, celebrated each year on the first Friday in February, to bring greater attention to heart disease awareness as the leading cause of death for Americans. Use the poster, stickers, and social media resources below to promote Wear Red Day in your community.](#)

Longer breastfeeding linked to blood-pressure lowering effects of certain infant gut bacteria

[Read more](#)



Taking Care of #OurHearts Together: Building Heart-Healthy Communities



Virtual
2:00 p.m. EST

[Read more](#)

Get in Touch

Contact us with questions or to order resources on The Heart Truth. You can also stay up to date on the latest news, events, and information from the NHLBI with our email alerts.

Phone

1-877-NHLBI4U (1-877-645-2448)

For access to free Telecommunications Relay Services (TRS), dial 7-1-1 on your telephone.

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Postal Mail

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[National Institutes of Health](#) >

[Office of the Inspector General](#)

[USA.gov](#)

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