



# 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

### Facebook

American Heart Association  
 Go Red For Women

### Twitter

@American\_Heart  
 @GoRedForWomen  
 @HeartNews

### Youtube

OfficialGoRed4Women  
 American Heart Association

### Instagram

@goredforwomenaha  
 @american\_heart

### Pinterest

Go Red For Women  
 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

Healthier 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.

**CPR in Schools**  
by American Heart Association • 4 videos • 11,378 views • Last updated on Nov 4, 2014

▶ Play all < Share + Save

Video Number	Video Title	Duration
1	CPR is Why by GSAHeart	3:48
2	CPR in Schools Training Kit - Educational Program by American Heart Association	2:07
3	Be CPR Smart by American Heart Association	1:01
4	Tommy Watson - 2013 Youth Advocate of the Year by You're the Cure American Heart Association Advocacy	1:52

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