



Heart Health Month QUICK-GUIDE

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

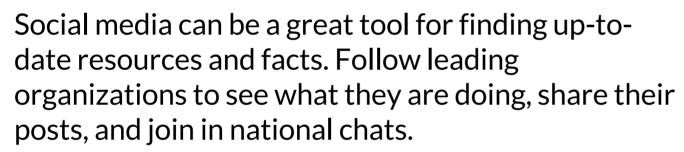


This is one of 50+ "Quick-Guides" created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

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



Social Media



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 networks. Include it in any posts you create.

Please share this Quick-Guide and tag @UMN_MCH!

If available, use logos or other graphics

websites. Visuals help catch people's

organizations to create quick and easy

posts for social media or a newsletter.

Many also provide templates for press

to enhance your posts, emails, or

attention and often have higher

Use available facts from these

releases and other modes of

communication.

engagement numbers.

Hashtag

#GoRedWearRed #NationalWearRedDay #KnowYourNumbers

Facebook

Go Red For Women American Heart Association

Twitter

@GoRedForWomen
@American_Heart

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

The Center is supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS) under grant number T76MC00005 for Leadership Education in MCH in the amount of \$1,725,000. This information or content and conclusions of our outreach products are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the US Government.