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Eat for Goals! is about good food, cooking and football. It has been created to encourage young people to be more conscious of living active lifestyles and eating well. This book is available in different languages.

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Much of the food we eat everyday contains saturated and trans fats. You may be unaware that they are there, but inside your body they can have quite an impact, putting you at greater risk of heart disease.

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Do you know your Heart Age?



The World Heart Federation is a supporter of Heart Age as it engages people in their heart health and encourages them to take positive diet and lifestyle changes. Heart Age is estimating and expressing preventable CVD risk factors.

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Rheumatic Heart Disease Network (RHDnet)



The World Heart Federation rheumatic heart disease network (RHDnet) is an international resource developed for clinicians, health practitioners and policy-makers in countries where the disease is still common.

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Go Red for Women



The Go Red for Women international campaign aims to reduce cardio-vascular disease in women by building global attention and commitment. Take action now to reduce the number of deaths and disability from heart disease and stroke.

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World Heart Federation Media

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