Celebrate American Heart Month and National Wear Red Day

Wear red Friday, February 7, to raise awareness for the No. 1 killer of Americans overall: cardiovascular disease.

February 4, 2025 By Laura Schmidt

February is American Heart Month, which urges Americans to prioritize their heart health through education, including awareness of risk factors. And don't miss National Wear Red Day, Friday, February 7, an American Heart Association (AHA) initiative that prioritizes women's heart health.



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Heart disease is the leading cause of death in the United States, and its incidence rate has been

rising. Indeed, an AHA report found that 941,652 Americans died of heart disease in 2022, an increase of more than 10,000 deaths compared with the previous year.

American Heart Month and National Wear Red Day underscore the importance of education surrounding heart health, including knowing one's risk factors, prioritizing a heart-healthy lifestyle, learning CPR and reducing health inequities.

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On January 30, the AHA kicked off American Heart Month with its annual Go Red for Women Red Dress Collection Concert, hosted by Academy Award–nominated actress Sharon Stone, who survived a near-fatal stroke and brain hemorrhage in 2001.

During the fashion-forward event, which highlights the personal stories of those affected by heart disease and stroke, survivors, celebrities and influencers walked a runway wearing red designer gowns in support of women's heart health.

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Heart disease is the leading cause of death for women in the United States. Indeed, over 60 million women (44%) in the country live with some form of heart disease, according to the Centers for

Disease Control and Prevention.

Many factors influence one's risk for heart disease, including diabetes, high blood pressure, high cholesterol and obesity, according to Real Health's Basics on Heart Health.

Race also plays a role in heart health, though it isn't entirely clear why. In general, African Americans have a higher risk for health problems such as high blood pressure and diabetes.

For example, Black women are at greater risk for heart disease compared with white women, and the condition accounts for more than 50,000 deaths among Black women annually, the AHA reports. What's more, Black women are less likely than white women to be aware that heart disease is a leading cause of death.

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Knowing your various risk factors and their combined effect can help you and your health care provider determine your overall risk for cardiovascular disease. While some factors cannot be controlled (age and family history), lifestyle factors such as healthy diet and regular exercise can greatly contribute to cardiovascular health. Committing to a healthy lifestyle can help control

blood pressure, diabetes, cholesterol levels and more.



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A post shared by The Heart Truth® (@thehearttruth_nhlbi)

To learn more, go to GoRedforWomen.org, which offers resources on risk reduction, healthy lifestyle, survivorship and more. For more on American Heart Month, go here. To show your support, use #WearRedDay, #WearRedandGive, #HeartMonth and #GoRedForWomen on social media.

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