

National Wear Red Day

The First Friday in February



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day[®] each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.

Show your support and wear red!



National Heart, Lung, and Blood Institute



A program of the National Institutes of Health

Risk factors for heart disease are:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose