



Iowa Has Heart is an awareness campaign developed by the Iowa Heart Foundation providing education on the prevention of heart disease – the leading cause of death in the United States. We invite you (and your teams) to show that **You Have Heart**. Follow the Iowa Heart Foundation to spread awareness and get involved!



2026 CALENDAR

January

Heart Health Resolutions

Key Theme

Set your heart health goals for the new year!

#IowaHasHeart



February

American Heart Month

Key Theme

Take steps to improve your overall heart health.

#AmericanHeartMonth
#IowaHasHeart



March



National Nutrition Month

Key Theme

Develop healthy eating habits to support heart health.

#NutritionMonth
#IowaHasHeart



April

Move More Month

Key Theme

Make physical activity a part of your daily routine.

#MoveMore
#IowaHasHeart

May



High Blood Pressure Awareness Month

Key Theme

Importance of regularly monitoring your blood pressure.

#BloodPressure #IowaHasHeart

June

CPR & AED Awareness Week

Key Theme

More lives can be saved if more know CPR and how to use an AED.

#IowaAEDs #CPR
#IowaHasHeart



July



Hydration

Key Theme

Keeping your body hydrated helps your heart easily pump blood.

#IowaHasHeart #drinkwater

August



Careers in Cardiology

Key Theme

Explore careers that prevent, diagnose and treat heart conditions.

#Careers #IowaHasHeart

September



World Heart Day

September 29

Key Theme

Opportunity to unite in the fight against cardiovascular disease.

#UseHeart #IowaHasHeart

October

Sudden Cardiac Arrest Awareness Month

Key Theme

Learn about sudden cardiac arrest and get trained in CPR.

#CPR #IowaAEDs #IowaHasHeart



November



Healthcare Team and Caregivers

Key Theme

Show gratitude for your healthcare team and caregivers

#grateful #IowaHasHeart



December

Learn Your Health History

Key Theme

Know your numbers and your heart health history.

#KnowYourNumbers2024
#IowaHasHeart