The Heart Check Mark helps 72 million adults choose healthy food and beverages.

3.5 million people visit Heart.org each year for healthy recipes and nutrition tips.

Simple Cooking with Heart encourages 300,000 annual participants to practice healthier eating habits.

11 million employees work in AHA Fit-Friendly Work Sites.

Our tools help worksites bring healthier food and beverage options to nearly 5.5 million adults nationwide.

Yes, we can do more. But only with your help.

People are why. Life is why. You are how.