

World Health Day

World Health Day is a yearly event that values the importance of one's physical and mental well-being. This draws everyone's attention to help them understand how to address different health issues plaguing society.



World Health Day Definition and Meaning

World Health is a global campaign to raise awareness of the importance of health and how this connects to the environment.

This helps people learn how to value their health and the environment as most diseases and illnesses are interconnected to one another.

When Is World Health Day?

World Health Day was established by the World Health Organization (WHO) on April 7 and is celebrated annually. Which in fact is also the anniversary of the organization itself.

World Health Day Purpose, Importance

Valuing one's health has been an ongoing campaign across the globe. World Health Day reinforces the idea of continuously reminding people to take good care of their physical and mental states. Various events are launched to acknowledge this occasion.

Keeping the Planet and Humans Healthy

Protecting and keeping our planet clean and healthy would help keep humans healthy as well. These two go together since this is one of the main objectives of World Health Day. It is vital that people around the world understand the need to protect our environment to prolong a healthy living space for everyone in the planet.

Address Issues

Every year during World Health Day, different themes or slogans are aligned to either celebrate or establish awareness for the whole world to know. Take for example back in 2017, the theme was depression. Or more recently in 2020 was all about supporting nurses and midwives.

Raising Awareness

Another important factor for World Health Day is to spread health-related information across international communities. Local counterparts organize various activities, campaigns and events in schools, establishments and communities. By doing so, people are made aware of the proper way to keep themselves healthy.

What's In World Health Day?

During World Health Day, international and local government and non-government organizations carry out various activities promoting health and keeping our environment clean and liveable. Depending on the theme for the year, you are expected to see updates on social media, celebrities relaying supportive messages and well-wishes and other substantial activities. The public is also encouraged to help in their own little way such as joining charity events, offering a personal donation or joining fundraising activities.

How To Create World Health Day on Social Media

In this day and age, social media is one of the most popular and fastest ways to distribute information. To support various campaigns during World Health Day, posting a creative banner or status will help further spread awareness to various communities

around the world. To get started, here are some ways to help you prepare and create your very own World Health Day social media post.

Facebook

1. Select a [World Health Day Facebook template](#).



Free World Health Day Facebook Post Template

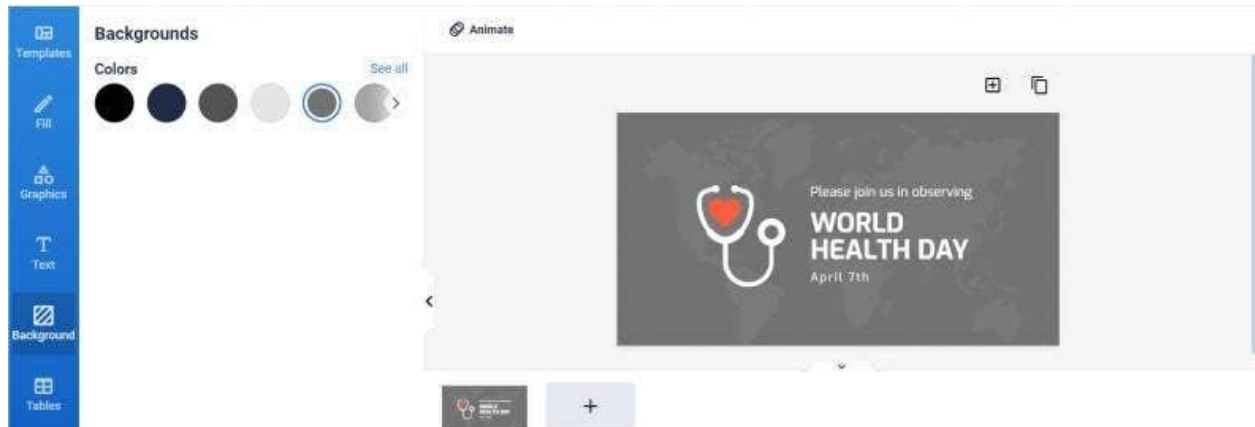
Head over [template.net](#) and search for a World Health Day Facebook template. To start editing the template simply click on the template image you have chosen to be redirected to another page.

2. Fill text.



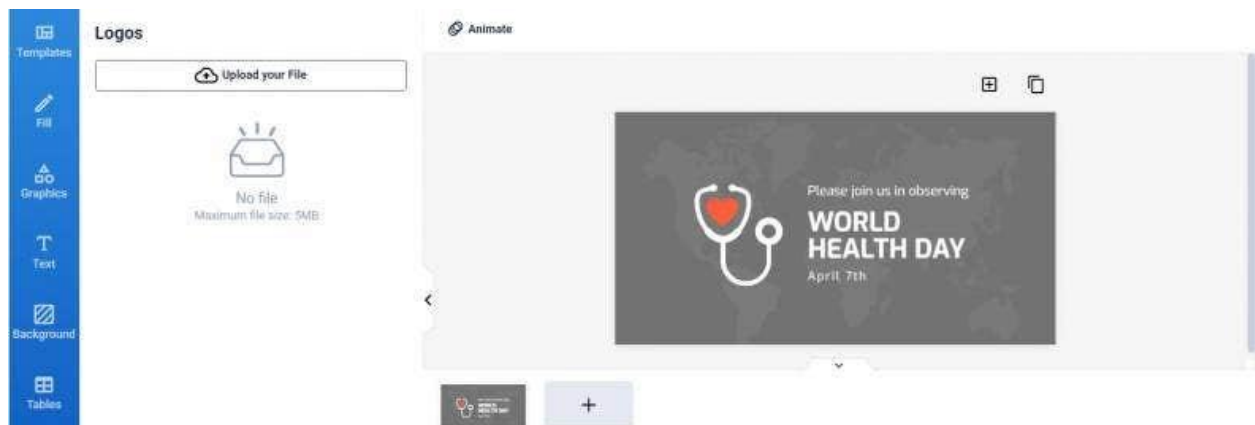
If you want to change the entire text on the predesigned template just click on the Fill Text button on the left side panel. From there you can delete and write down your own sentence.

3. Changing the Background.



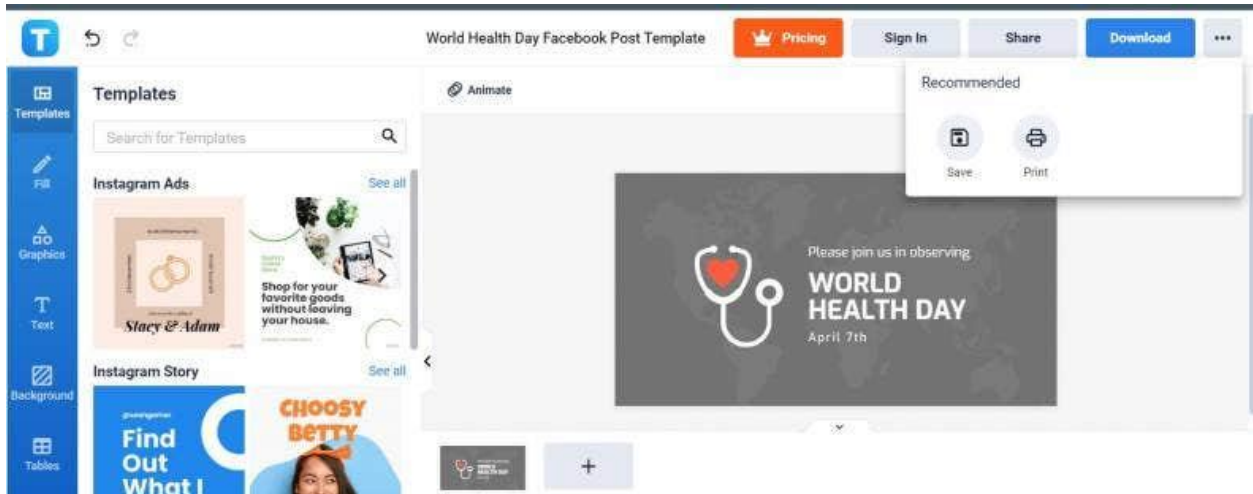
To change the current background, click on the Background button and choose from the available images on our website. If you want to change just the colors you can also do that as well.

4. Upload a Video.



To upload your own video, click on the Uploads button which is right below the Logo button. Make sure the file is under 5MB.

5. Save or Print.



Once you're done, you have the option to save or print your work. Click on the three-dotted image on the upper right side corner of your screen and from there you are given both options.

Instagram

1. Select a [World Health Day Instagram template](#).



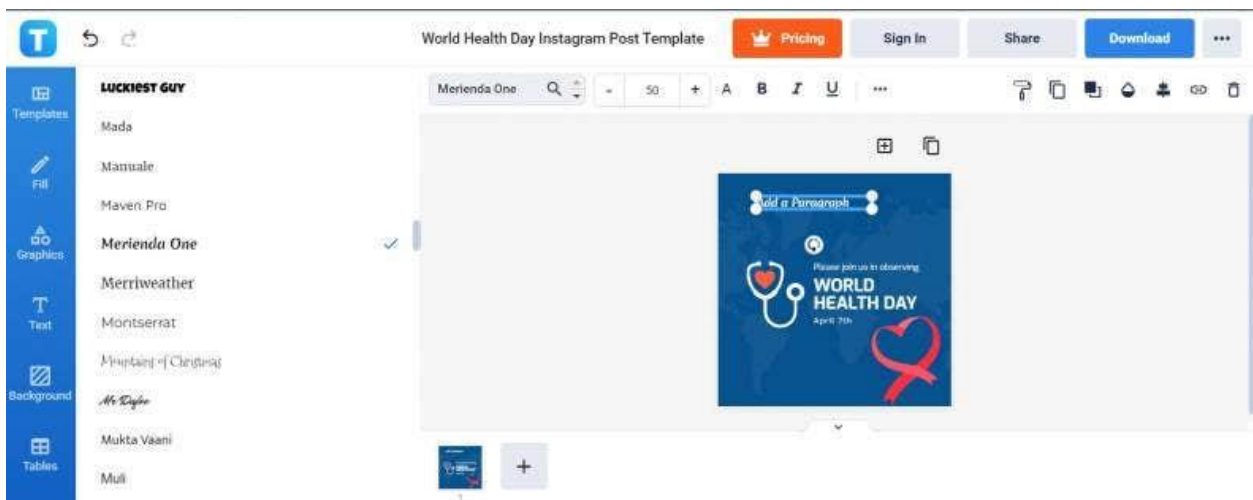
Make use of our website template.net to select a World Health Day Instagram post template. Once you've decided, click on the Edit this Template FREE located on the right side of your screen to start editing.

2. Add graphics.



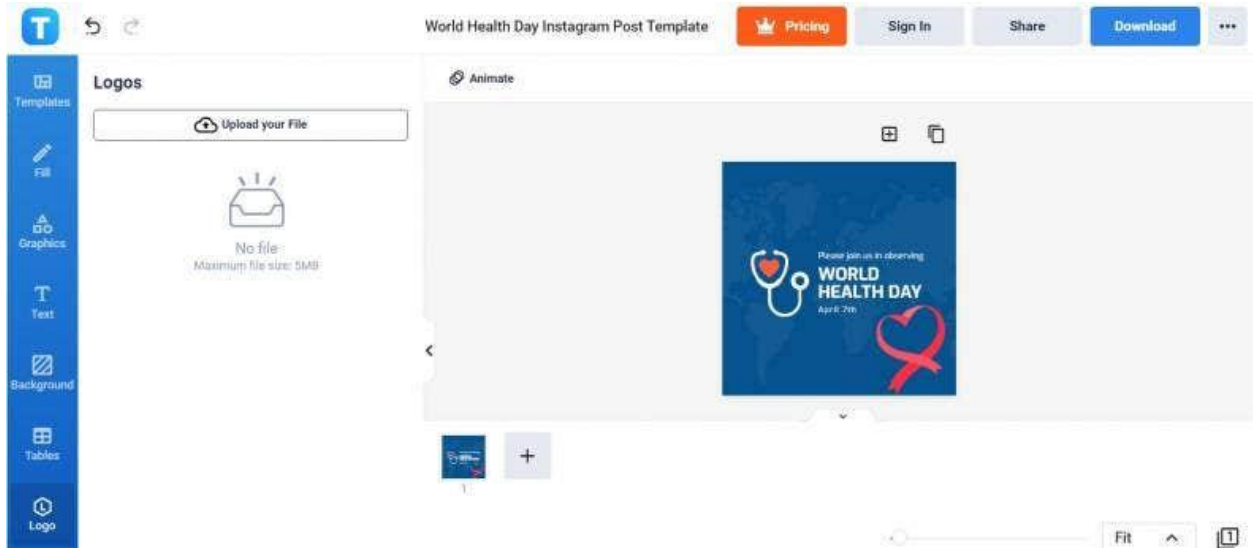
Feel the need to add more art and images to the template? Then simply click on the graphics button located on the side panel. You will find a wide selection of designs and even audio that you can add to your template.

3. Add more details.



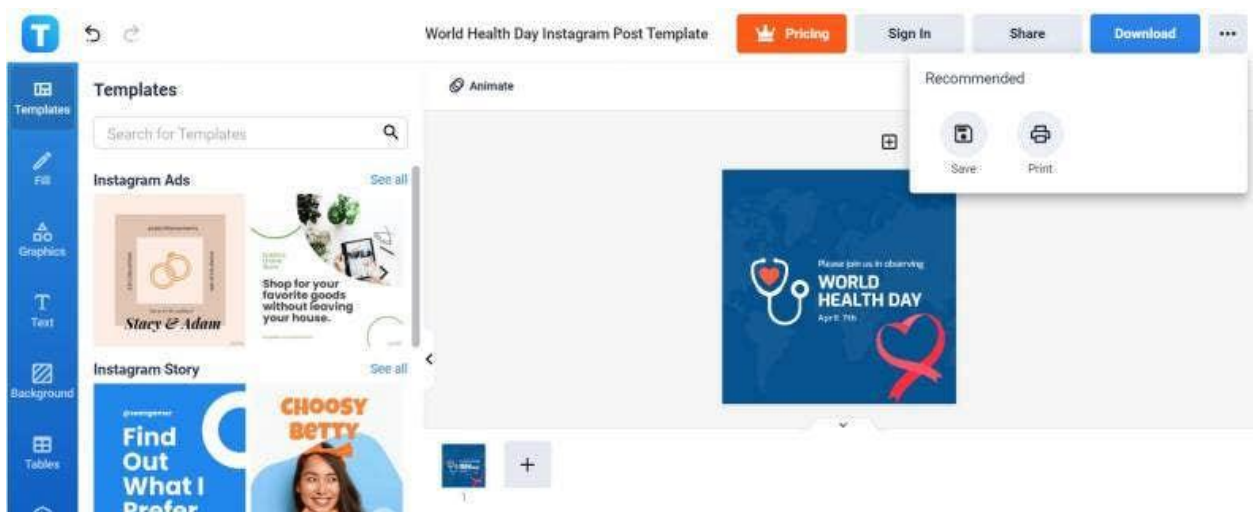
If you want to add a quote to the template click on the Text button. Write down your quote on the Paragraph portion, then adjust the font size so it may fit the template.

4. Add a Logo.



If you are creating a flyer or a poster for a World Health Day event and you wish to post it on Instagram, then make sure to add your organization's logo. To do this, click on the Logo button and you can upload an image from your personal file.

5. Save your template.



Don't forget to save your template once you're done. Just click on the three-dotted button on the upper right side of your screen and then save, it's as easy as that.

Twitter

1. Open a [World Health Day Twitter template](#).



Free World Health Day Twitter Post Template

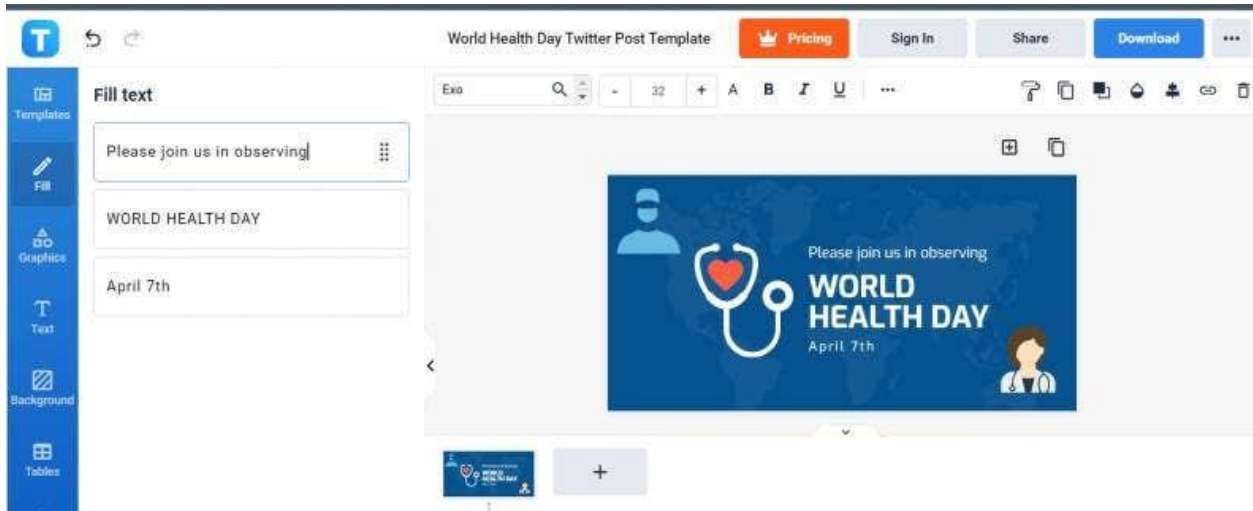
To actively join the World Health campaigns on Twitter, select a template from our website. After which click on the template to start editing.

2. Design your template.



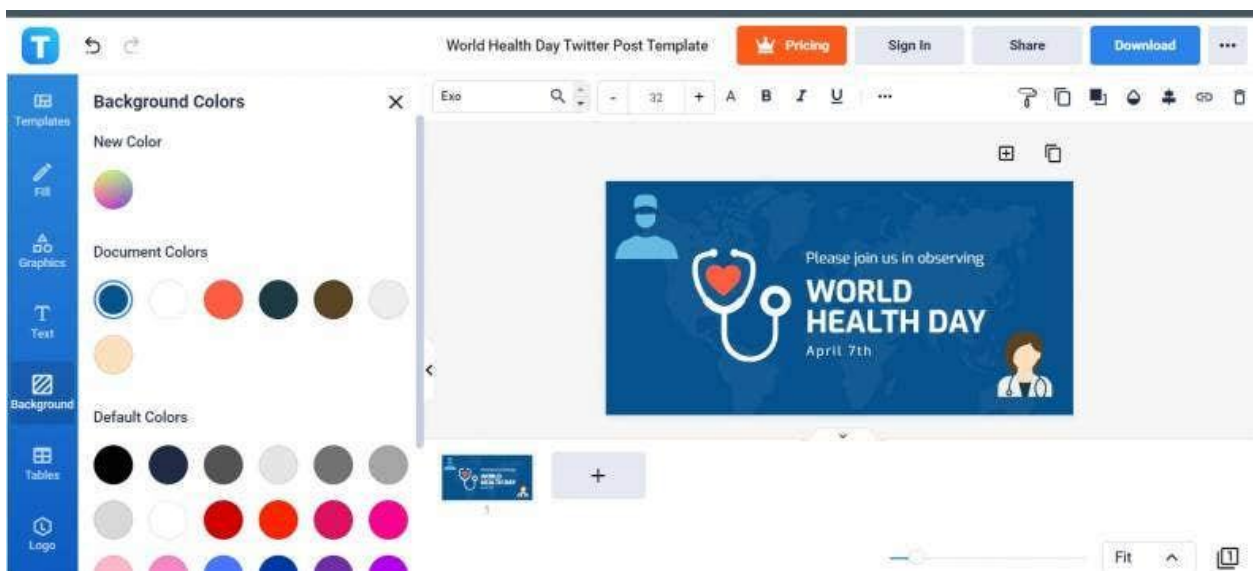
To make the template more appealing add some clipart or symbols that represent World Health Day. Make use of the search button if you have a specific image in mind or you can upload your own if you wish to.

3. Edit the Text.



To add or change the pre-designed text on the template just click on the Fill button on the panel and edit the details.

4. Background image and color.



Click on the Background button to upload your own background image or if the pre-existing color is too dull you can customize this as well. You have the option to choose from a variety of colors or create your own color scheme.

5. Don't forget to save.



Double-check your template and if all is good it's time to save your work. Click on the three-dotted button on the right side of your screen and save.

World Health Day Vs World Hearts Day

World Health Day is an international yearly event that advocates the importance of one's health and it also concerns itself with various environmental issues associated with health-related matters.

World Heart Day on the other hand is a day dedicated to spreading awareness about cardiovascular diseases and how to help nurture one's heart.

World Health Day Facts

World Health Day is an important day to spread advocacy regarding health and well-being. There are certain initiatives one must take to live a healthy lifestyle, so teaching the public what is important could help them achieve their goals. To understand more, here are several fun facts about World Health Day.

- The World Health Organization (WHO) was established on April 7, 1948, which also marks this day as World Health Day.
- Every year a theme is set and chosen by WHO to highlight and address concerns pertaining to that subject.
- The commemoration of World Health Day is not limited to health-related issues but is interwoven with environmental concerns as well.

- World Health Day is celebrated by several countries around the globe and each has its own set of activities and campaigns to support the advocacy of this occasion.
- A unique motto for World Health Day differs every year.

World Health Day Examples

There are various ways to promote World Health Day such as posting on social media platforms, putting up flyers, and handing out pamphlets. To give you an idea we've got several World Health Day examples that can inspire you to create your own material.

1. [World Health Day LinkedIn Post](#)



2. [World Health Day Facebook Post](#)



3. [World Health Day Whatsapp Post](#)



4. [World Health Day Twitter Post](#)



5. [World Health Day Illustration](#)



6. [World Health Day Instagram Story](#)



7. [World Health Instagram Post](#)



FAQs

Why is World Health Day celebrated?

World Health Day is celebrated to help increase awareness of the various global health crisis affecting the world and to celebrate the health workers who are behind it.

Who Started World Health Day?

The World Health Organization (WHO) decided to celebrate World Health Day aligning this event on its anniversary.

What Is the Theme for World Health Day?

The theme for World Health Day varies yearly.

Why April 7 World Health Day?

World Health Day is celebrated every April 7th because this also marks the anniversary of WHO.

What Is the Importance of World Health Day?

The importance of World Health Day is to promote healthy living, address health issues and organize several campaigns to combat health crises.

What Color Represents World Health Day?

There is no specific color that represents the entirety of World Health Day rather when a theme is chosen for the year, color is also selected to match the theme.

What Is the Slogan of World Health Day?

The slogan for World Health Day would depend on the theme of the year.

What Do You Say on World Health Day?

Express words of kindness to those who are facing physical and mental health issues and exchange words of encouragement with everyone.

What Is the Point of World Health Day?

World Health Day is established to promote worldwide attention to the plight of people suffering different kinds of health issues around the world and to raise funds to help those in need.

How Do You Promote World Health Day?

In your own way, you can join fundraising activities and campaigns or be a role model by promoting a healthy environment and lifestyle.

What Is The Message of World Health Day?

Each year a specific health-related topic is established by WHO which means the message it imparts differs per year.

What Activities Can Be Done On World Health Day?

Fundraising activities, seminars, workshops, and actively promoting a healthy lifestyle in various media outlets are some of the activities during World Health Day.

What Is the Symbol for World Health Day?

There is no known symbol for World Health Day since the theme differs yearly, however it is usually associated with WHO's emblem which consists of the United Nations symbol surmounted by a staff with a snake coiling around it.

What Happens on World Health Day?

Various activities, promotions and campaigns are discussed, launched and featured through printed and digital platforms all over the world to commemorate World Health Day.

What Are the Facts About World Health Day?

One notable fact is that World Health Day also marks the anniversary of the WHO and also a health-related theme or topic with its own slogan is selected every year.

What Is the Motto of World Health Day?

There is no singular motto for World Health Day as this changes every year depending on the selected theme or topic.