TuSalud

“Solid Habits, Strong Liver” for World Liver Day 2026

This year’s awareness campaign is a team effort by global liver societies.

April 18, 2026 By Eva Lorenz

This World Liver Day, April 19, 2026, invites people to take control of their liver health with the theme “Solid Habits, Strong Liver,” which promotes four action items: maintaining a balanced diet, staying active, reducing alcohol intake and getting regular liver checkups.

The liver health awareness campaign is a team effort by global liver societies, including the American Association for the Study of Liver Diseases (AASLD), the Latin American the Association for the Study of the Liver (ALEH), the Asian Pacific Association for the Study of the Liver (APASL), the European Association for the Study of the Liver (EASL) and the Society on Liver Disease in Africa (SOLDA).

The second largest organ in the human body after the skin, the liver plays an essential role in the body’s filtration system, removing toxins and waste products from the bloodstream and storing important nutrients, like vitamins and minerals.

Fatty liver disease, metabolic dysfunction-associated steatotic liver disease (MASLD) and its more severe form, metabolic dysfunction-associated steatohepatitis (MASH) are responsible for a growing proportion of advanced liver disease worldwide. Estimates suggest that around a third of people in the United States have MASLD, and about 5% have MASH. Over time, the buildup of fat in the liver can lead to serious complications, including cirrhosis and liver cancer. Fatty liver disease often occurs in people with obesity, type 2 diabetes and other metabolic conditions.

Every year, two million lives are lost to liver disease worldwide, and currently 1.5 billion people are living with chronic liver disease. World Liver Day 2026 reminds everyone that policy and lifestyle changes can reduce these numbers.

As part of the awareness campaign, EASL highlights a new episode from its Talk Liver to Me

podcast, where experts cover everything from prevention to advanced stages of MASLD/MASH and alcohol-related liver disease. Episodes are available on Apple Podcasts and Spotify; you can also click here to access the latest episode.

View this post on Instagram

A post shared by World Liver Day (@worldliverday)

On the World Liver Day Instagram, health care professionals and cooks show how easy the choices for a healthy liver can be made:

> “Your liver works hard for you every day, give it a little care in return
>
> Meet Dr Saliha Mahmood-Ahmed, a British doctor, chef and winner of the BBC’s MasterChef in 2017, as well as a Sunday Times bestselling author.
>
> She shares simple, everyday habits that can support your liver health. From cooking nourishing meals to staying active, cutting back on alcohol and keeping up with regular check ups, small changes really can make a big difference."

View this post on Instagram

A post shared by World Liver Day (@worldliverday)

Download World Liver Day’s campaign tool kit and use #WorldLiverDay and #SolidHabitsStrongLiver on posts to spread the word about liver health and inspire change across social media.

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