



A MINUTE OF HEALTH WITH CDC

Rehab for the Heart

Use of Outpatient Cardiac Rehabilitation Among Heart Attack Survivors – 20 U.S. States and the District of Columbia, 2013 and Four U.S. States, 2015

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Each year, nearly 790,000 adults in the U.S. suffer a heart attack. For a third of these, it's not their first. Cardiac rehabilitation could have prevented many of these. Only one in three heart attack survivors gets help during their recovery period. Cardiac rehab provides education about causes of heart attacks; tools for healthy living, such as regular exercise and a healthy diet; and counseling to reduce stress. Cardiac rehab can reduce a person's chances of dying from a heart attack by more than half. If you have had a heart attack, talk with your health care professional about things you can do to prevent another one.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.