



A MINUTE OF HEALTH WITH CDC

Cardio Health

CDC Grand Rounds: The Million Hearts Initiative

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

Cardiovascular disease is the leading cause of death in the US. Each year, more than two million people suffer a heart attack or stroke and over 800,000 die from these conditions. Survivors are often faced with serious illness or disability.

It's important to know *your* risk factors for cardiovascular disease. Most can be controlled or prevented. They include high blood pressure, high cholesterol, smoking, diabetes, obesity, and a sedentary lifestyle.

You can cut your risk of dying from a heart attack or stroke in half with a healthy diet, physical activity, regular checkups, and treatment, when needed.

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

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