



A MINUTE OF HEALTH WITH CDC

Common Killers

World Heart Day — September 28, 2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

In the wide world of sports, rankings are constantly changing. But in the public health arena, some things never change. Over the past several decades, heart disease and stroke have been the first and third leading causes of death in the United States. Worldwide, over 17 million people die each year from these conditions. Many risk factors are controllable, including high blood pressure and cholesterol, diabetes, obesity, tobacco use, and physical inactivity. A healthy diet, exercise, and regular checkups are important ways to improve your health and avoid becoming another victim of these common diseases.

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, 24/7.