Coronary Heart Disease (CHD) is the leading cause of death in the adult population in the United States. The 2016 Heart Disease and Stroke update of the American Heart Association reported that 15.5 million individuals in the United States have coronary artery disease. Cardiac Rehabilitation Programs, which have existed for over 30 years, have shown to have an improvement in the patients exercise capacity, lipid profile, body mass index, improved quality of life and decrease mortality and morbidity associated with cardiac diseases. There is only one Cardiac Rehabilitation Program in Puerto Rico and pertains to the Veteran Health Administration (VHA) from San Juan, Puerto Rico which was established in 2000 and is accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

This study will help document the importance of Cardiac Rehabilitation Program and the impact it has in the Hispanic Veterans population. It should also reveal improvements in the different outcome measures as well as quality of life in our population; thus providing another tool for patient care that might lead to reduction in re-admissions, improvement in the patient’s functional capacity as well as psycho-emotional health.

We expect that our population of veteran's patients who participated in the San Juan Caribbean Healthcare System Cardiac Rehabilitation Program will experiment improvements during 2007 and 2011 in at least 2 out of 3 domains.

The main purpose of this study is to evaluate improvement of five year outcome data for rest, exercise, and health domains between 2007 and 2011 of the San Juan Caribbean Healthcare System Cardiac Rehabilitation Program.

1. For rest domains we will evaluate if improvement occurred in at least 5 out of the 9 variables between 2007 and 2011.
2. For exercise domain we will evaluate if improvement occurred in at least 5 out of 9 variables between 2007 and 2011.
3. For health domain we will evaluate if improvement in at least 3 out of 8 variables between 2007 and 2011.

Outpatient hospital based cardiac rehabilitation (CR) program of VHA in San Juan, Puerto Rico collects pre and post completion outcome data which is generated using the Scott Care Data Bank System without any patient identifiers for accreditation purposes. For this study, we will use three domains provided in the certification report which include rest, exercise and health domains and are divided in different variables (9 for rest and exercise domains, and 8 for health domain.)

Study Population:
The study population consists of 495 subjects, Hispanic Veterans enrolled in the Cardiac Rehabilitation Program.