NEWS RELEASE

Sabra Health Care REIT, Inc. Receives Investment Grade Ratings From Standard & Poor's and Fitch and a Two Notch Upgrade From Moody's

2017-08-23

IRVINE, Calif., Aug. 23, 2017 (GLOBE NEWSWIRE) -- Sabra Health Care REIT, Inc. (Nasdaq:SBRA), (Nasdaq:SBRAP) announced today that it received an upgrade to its credit ratings by Standard & Poor's Rating Services ("Standard & Poor's"), Fitch Ratings and Moody's Investor Services ("Moody's").

Standard & Poor's

On August 17, 2017, Standard & Poor's raised its corporate credit rating on Sabra to "BB+" from "BB-" with stable outlook. Standard & Poor's also raised its issue-level ratings on Sabra's senior unsecured notes to "BBB-" from "BB" and on the 7.125% Series A Cumulative Redeemable Preferred Stock ("Preferred Stock") to "B+" from "B-".

Fitch Ratings

On August 23, 2017, Fitch raised Sabra's corporate credit rating to an Issuer Default Rating ("IDR") of "BBB-" from "BB+". The Company's operating partnership, Sabra Health Care Limited Partnership (the "Operating Partnership"), was upgraded to an IDR of "BBB-" from an IDR of "BB+" and the Operating Partnership's senior unsecured notes, unsecured revolving credit facility and unsecured term loan were upgraded to "BBB-" from "BB+" . The Company's Preferred Stock was upgraded to "BB" from "BB-".

Moody's

On August 21, 2017, Moody's raised both Sabra's corporate credit rating and senior unsecured notes rating to "Ba1" from "Ba3", with a stable outlook. Moody's also raised its credit rating on Sabra's Preferred Stock to "Ba2" from

"B2".

Commenting on the ratings upgrades, Rick Matros, Sabra's CEO and Chairman said, "We are extremely pleased with the ratings upgrades we received as a result of the transaction with Care Capital Properties, Inc. Achieving investment grade ratings from S&P and Fitch represents the realization of one of our long stated objectives. These ratings upgrades provide an immediate improvement to our cost of debt under our recently completed amended and restated $2.5 billion credit agreement, lowering our spread over LIBOR by 75 basis points on revolver borrowings and 50 basis points on term loan borrowings as compared to our prior credit facility. These ratings upgrades will also provide a significant improvement in future debt costs as we continue to execute on our growth strategy."

About Sabra

Sabra Health Care REIT, Inc. (Nasdaq:SBRA), (Nasdaq:SBRAP), a Maryland corporation, operates as a self-administered, self-managed real estate investment trust (a "REIT") that, through its subsidiaries, owns and invests in real estate serving the healthcare industry. Sabra leases properties to tenants and operators throughout the United States and Canada.

SPECIAL NOTE REGARDING FORWARD-LOOKING STATEMENTS

This release contains "forward-looking" statements as defined in the Private Securities Litigation Reform Act of 1995. These statements may be identified, without limitation, by the use of "expects," "believes," "intends," "should" or comparable terms or the negative thereof. Forward-looking statements in this release include all statements regarding our expectations concerning our future debt costs and growth strategy.

Additional information concerning risks and uncertainties that could affect our business can be found in our filings with the Securities and Exchange Commission (the "SEC"), including Item 1A of our Annual Report on Form 10-K for the year ended December 31, 2016 and Item 1A of our Quarterly Report on Form 10-Q for the quarter ended June 30, 2017. We do not intend, and we undertake no obligation, to update any forward-looking information to reflect events or circumstances after the date of this release or to reflect the occurrence of unanticipated events, unless required by law to do so.

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Source: Sabra Health Care REIT, Inc.