



# CVD and the Construction Industry



## Cardiovascular diseases by the numbers<sup>1,2...</sup>



### 121 million

Americans are living with some form of cardiovascular disease. That's equal to the entire populations of California, Texas, Florida, New York and Pennsylvania combined.



### An average of 2,300

Americans die from cardiovascular diseases every day.



### \$351 billion

is spent every year on direct and indirect expenses on cardiovascular diseases.



### Approx. 211,000

construction workers (1 in 25) have been diagnosed with cardiovascular disease. That's more than double the number of people who attended the Rose Bowl.

## Key risk factors include...<sup>2,3,4,5</sup>



1 out of 4 construction workers are obese

### Obesity

Defined as having a body mass index of 30 or greater



1 out of 4 construction workers use tobacco

### Tobacco Use

Smoking is the leading preventable cause of death in the U.S.



Nearly half of all construction workers don't get enough exercise

### Lack of Activity

A key risk factor for both heart disease and stroke.



1 out of 25 construction workers have diabetes

### Diabetes

Increases a person's risk of cardiovascular diseases.

## The toll taken by cardiac arrest<sup>1</sup>



### Losing Honolulu

About 366,000 people die from cardiac arrest every year in the U.S. Imagine if we lost the entire city of Honolulu every year.



### Vulnerable places

Most cardiac arrests occur outside of a hospital. About 1 in 5 occur in public – such as at work, a job site or a public location. Bystander CPR can double or triple a victim's chance of survival.

## How you can make a healthier workforce:



### Get an AED

An automated external defibrillator measures heart rhythm and delivers an electrical shock that can jolt the heart back into a normal rhythm. It gives audible instructions to the bystander.



### Learn CPR

Anyone can do it! It takes just two minutes to learn, but could double or triple a cardiac arrest victim's chances of survival.

Learn more at [CPR.heart.org/](http://CPR.heart.org/)



### Learn your Heart Score

The American Heart Association has developed My Life Check, so that individuals can evaluate their overall heart score based on seven key risk factors. Visit [mylifecheck.org](http://mylifecheck.org) to get your free heart score.



### Develop a Plan

Through our Workplace Health Solutions program, we have a variety of resources to help you build or expand upon your workplace health plan. Let us know if you're interested in learning about these options (many of which are free)!

<sup>1</sup> AHA Heart and Stroke Statistical Update, 2019 | <sup>2</sup> <https://wwwn.cdc.gov/Niosh-whc/chart/brfss-chronic?OU=CVD&T=O&V=R2>

<sup>3</sup> <https://wwwn.cdc.gov/Niosh-whc/chart/nhis-behavior/behavior?OU=SMOKER&T=I&V=R> | <sup>4</sup> [https://wwwn.cdc.gov/Niosh-whc/chart/nhis-behavior/behavior?OU=SM\\_HP\\_22&T=I&V=R](https://wwwn.cdc.gov/Niosh-whc/chart/nhis-behavior/behavior?OU=SM_HP_22&T=I&V=R)

<sup>5</sup> <https://wwwn.cdc.gov/Niosh-whc/chart/nhis-behavior/behavior?OU=OBESE&T=I&V=R> | <sup>6</sup> <https://newsroom.heart.org/news/nearly-half-of-all-u-s-adults-have-some-form-of-cardiovascular-disease>