

CONSTRUCTION WORKERS and **CARDIOVASCULAR DISEASE**



The Toll Taken by Cardiac Arrest¹

Losing Tampa

Nearly **400,000** people die from cardiac arrest every year in the U.S. Imagine if we lost the entire city of Tampa.

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.

Cardiovascular Diseases by the Numbers^{1,2...}

An average of **2,300 AMERICANS** die from cardiovascular diseases every day.



\$363 BILLION is spent every year on direct and indirect expenses (such as loss of productivity, care-giving, sick time, etc.) 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 attend the Rose Bowl.



127 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.

Key Risk Factors Include...^{2,3,4,5}



1 in 4

Construction workers are obese
(Obesity is a Body Mass Index of 30 or greater.)



1 in 4

Construction workers use tobacco
(Tobacco is the leading preventable cause of death in the U.S.)



NEARLY HALF of all construction workers do not get enough exercise

(Lack of physical activity is a key risk factor in heart attack and stroke.)



1 in 25

Construction workers have diabetes
(Diabetes increases a person's risk of cardiovascular diseases.)

How you can build 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!**



GET YOUR HEART SCORE

The American Heart Association has developed **My Life Check**, so that individuals can evaluate their overall heart score. Visit **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 with your workplace health plan. Let us know if you're interested in learning about these options.

1 AHA Heart and Stroke Statistical Update, 2021 | 2 <https://www.cdc.gov/Niosh-whc/chart/brfss-chronic?OU=CVD&T=O&V=R2>
3 <https://www.cdc.gov/Niosh-whc/chart/nhis-behavior/behavior?OU=SMOKER&T=I&V=R1> | 4 https://www.cdc.gov/Niosh-whc/chart/nhis-behavior/behavior?OU=SM_HP_22&T=I&V=R
5 <https://www.cdc.gov/Niosh-whc/chart/nhis-behavior/behavior?OU=OBESE&T=I&V=R> | 6 <https://newsroom.heart.org/news/nearly-half-of-all-u-s-adults-have-some-form-of-cardiovascular-disease>