CONSTRUCTION WORKERS and CARDIOVASCULAR DISEASE

Cardiovascular Diseases by the Numbers

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.

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.)

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.

Appox. 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.

Key Risk Factors Include...

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The Toll Taken by Cardiac Arrest

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.

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.