CVD and the Construction Industry

Cardiovascular diseases by the numbers...

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...

1 out of 4 construction workers are obese

1 out of 4 construction workers use tobacco

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

1 out of 25 construction workers have diabetes

Obesity
Defined as having a body mass index of 30 or greater

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

Lack of Activity
A key risk factor for both heart disease and stroke.

Diabetes
Increases a person’s risk of cardiovascular diseases.

The toll taken by cardiac arrest

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 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.

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):