



# CONSTRUCTION WORKERS and **CARDIOVASCULAR DISEASE**



## The Toll Taken by Cardiac Arrest<sup>1</sup>

### 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 <sup>1,2...</sup>

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...<sup>2,3,4,5</sup>



### 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](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>