CARDIOVASCULAR HEALTH IN THE WORKPLACE

American Heart Association.

How Cardiovascular Disease Impacts ORGANIZATIONS in the United States

Medicaid Expansion could help!

Each year, cardiovascular disease cost organizations **$168 billion** through lost productivity.

Cardiovascular disease costs an estimated **$422 billion.**

Employees who suffer a heart attack can miss an average of **177 days of work** before returning.*

Employees with uncontrolled high blood pressure may be **more likely to be absent from work.**

* https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5242005/

Cardiovascular Disease

Obesity

WORK STRESSORS SUCH AS HIGH JOB DEMANDS AND LONG HOURS HAVE BEEN LINKED TO...

High Blood Pressure

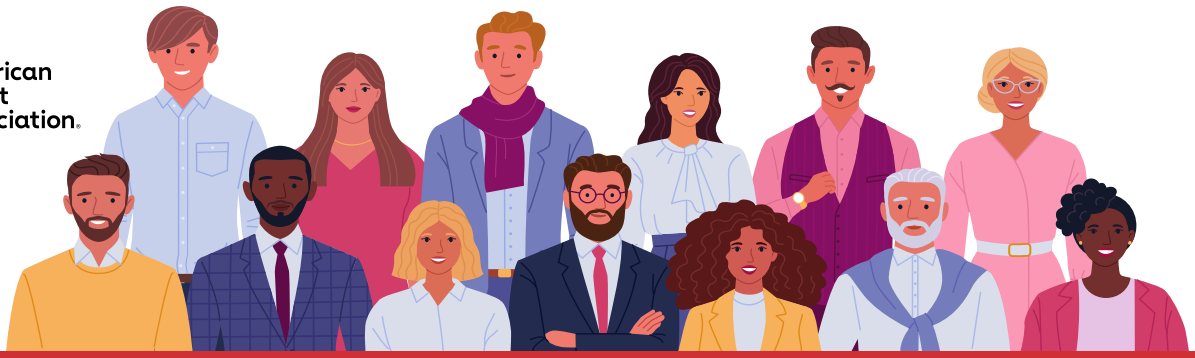
Depression

Diabetes

Expanding Medicaid could help the following occupation groups with HIGHER risk of poor cardiovascular health.

- Personal care and service employees
- Farming, fishing and forestry employees
- First responders, including police officers and firefighters
- Plant and machine operators and assemblers
- Transportation and material moving employees
- Food preparation and service employees

American Heart Association.



How Cardiovascular Disease Impacts **EMPLOYEES** *in the United States*

Approx. every
34 SECONDS
someone dies from cardiovascular disease.

Approx. every
3 MINUTES 14 SECONDS
someone dies from a stroke.

70% of Americans
of Americans feel *helpless* to act during a cardiac emergency.

Work may contribute to
10-20%
of all cardiovascular disease deaths.

Workplace stress is
as harmful
as secondhand smoke.*

*Health Affairs, 34, no.10 (2015):1761-1768

About 80% of jobs
involve mostly sedentary activities, which increases the risk of cardiovascular disease.

RISK FACTORS BY THE NUMBERS

Approx.
2 in 5
adults are obese.

Nearly half
of adults have high blood pressure.

Approx.
1 in 8
men are current smokers.

Approx.
1 in 10
women are current smokers.

Closing the Health Insurance Gap can help improve many of these factors:

- ***Pre-hypertension intervention through primary care***
- ***Increased hypertension treatment rates***
- ***Access to mental health care***
- ***Access to cardiac treatments***
- ***Reduction in coronary heart disease, stroke and CVD-related deaths***
- ***Access to tobacco cessation resources***

Contact Kari.Rinker@heart.org for more information.