



American
Heart
Association.

CONSTRUCTION WORKERS & CARDIOVASCULAR DISEASE IN THE UNITED STATES

CARDIOVASCULAR DISEASE IN THE WORKPLACE



Roughly every
34 seconds
someone dies from
cardiovascular disease.



About every
**3 minutes
& 14 seconds**
someone dies from a stroke.



About half of
adults have some form
of cardiovascular
disease.



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



Employees who suffer a
heart attack can miss
an average of
177 days of work.¹



Cardiovascular disease
costs employers
an estimated
\$422 billion.



On average, employees
with uncontrolled
high blood pressure are
**more likely to be
absent from work.**



Nearly **1 in 5** cardiac
arrests occur in public, such as
at work, a job site or a
public location.

CARDIOVASCULAR DISEASE WITHIN THE CONSTRUCTION INDUSTRY



About **343,000**
construction
workers have
been diagnosed with
cardiovascular disease.²



Exposure to dust,
fumes, chemicals or
secondhand smoke
at work may
increase CVD risk.



Nearly **3 in 10**
construction
workers use
tobacco.



Approx. **1 in 15**
construction
workers have
diabetes.



Close to **1 in 4**
construction
workers are
obese.



Roughly **45%**
of construction
workers do not meet
CDC exercise guidance.

HOW TO BUILD A HEALTHIER WORKFORCE



Form a company
[Heart Walk team.](#)



Offer [volunteerism
opportunities](#) to your
employees.



Share mental health
and well-being [resources](#)
with employees.



Offer [Hands-Only
CPR skills demonstrations](#)
at work.



Participate in
[Well-Being Works
Better™.](#)



Develop a [Cardiac
Emergency Response Plan](#)
for your worksite.

Please speak with your American Heart Association representative for more details on any of these initiatives.

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5242005/>
²2016-2020