



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 a [Hands-Only CPR experience](#) 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