



Heart Disease and Stroke: Construction Industry

THE REALITY

2,050 heart attacks and 2,175 strokes occur each day, nationwide.

By the time the day ends, half of these people will have died. The other half will have long journeys ahead of them.

See how heart disease and stroke affect our industry (in orange).

Cardiovascular Disease

- Nearly 1 in 3 American adults are living with some form of cardiovascular disease (CVD) or after-effects of stroke.
- CVD is the No. 1 killer in America. Every 40 seconds an American dies of CVD.
- Survival rates for sudden cardiac arrest improve with CPR and EMS treatment.
- Stroke causes about 1 in 20 deaths in the U.S. and is a leading cause of long-term disability.

- **Adults in the construction industry have a slightly higher prevalence of CVD compared to all industries.***

High Blood Pressure

- 1 in 3 U.S. adults have hypertension, a major risk factor for stroke.
- It is more prevalent among black men and women.

Overweight & Obesity

- About 69% of U.S. adults are overweight or obese.
- **The construction industry has an obesity prevalence of 26.9%.* (Rate does not include overweight adults)**

*CDC - Behavioral Risk Factor Surveillance System (BRFSS) 2014

High Cholesterol

- Almost 43% of U.S. adults have high cholesterol levels.

Tobacco

- Worldwide, tobacco smoking (including secondhand smoke) was one of the top three leading risk factors for disease.
- Nearly 1/3 of heart disease deaths are caused by smoking and secondhand smoke.
- **Smoking is more prevalent in the construction industry (27.3%) compared to all industries (16.7%).***

Physical Inactivity

- 30% of U.S. adults do not engage in leisure-time physical activity.
- **The construction industry is more likely to get no physical activity outside of work (22.6%) compared to all industries (18.2%).***

Diabetes

- About 21 million U.S. adults have diabetes.
- About 35% of Americans have pre-diabetes, a condition that increases a person's risk for developing type 2 diabetes, heart disease and stroke.

The Financial Toll

The direct and indirect cost of CVD and stroke in the U.S. is an estimated \$316.6 billion annually.

Our 2020 Goal

To improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular diseases and stroke by 20%.

How Healthy Are You?

Let us help you to be healthier with **MyLifeCheck.org**. Learn how we are helping our community at **heart.org**.