



American  
Heart  
Association.

# CARDIOVASCULAR HEALTH IN THE **WORKPLACE**



## 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.\*

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



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



**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



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## 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

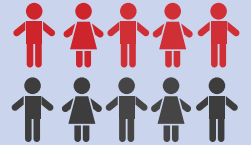


**About 80% of jobs**  
involve mostly sedentary  
activities, which increases  
the risk of cardiovascular  
disease.

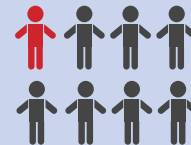
### RISK FACTORS BY THE NUMBERS



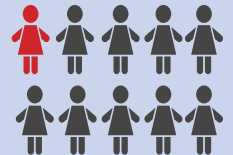
Approx.  
**2 in 5**  
adults are obese.



**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](mailto:Kari.Rinker@heart.org) for more information.