

Driven to Wellness

Physical Wellness Fact Sheet: CARDIOVASCULAR HEALTH

- According to the CDC, heart disease is the leading cause of death for both men and women.
- Complications from cardiovascular disease can cause a driver to lose control of their vehicle without warning and thereby lead to a crash.
- According to the National Institute of Health, an unhealthy or deconditioned heart leads to fatigue.
- The physical and mental demands required to deal with road traffic can be strenuous for those who may be physically unhealthy.
- Those respondents of a survey of over 88,200 drivers who underwent the Commercial Driver Medical Exam (CDME) in 2012, 84 percent were considered overweight, obese or morbidly obese. This survey also found that the health of commercial truck drivers seems to be to be deteriorating over time.
- By 2035, nearly half of the U.S. population will have some form of cardiovascular disease.



- Cardiovascular Disease is prevalent among the working population; 53 percent of those with CVD are less than 60 years of age. Of these, 40 percent had been driving erratically before the crash.
- Cardiovascular disease is a leading cause of death and permanent disability among workers, resulting in an average loss of seven years of life expectancy.
- Cardiovascular disease cost the U.S. more than \$329 Billion each year, more than any other health condition.
- A recent study suggests that coronary heart disease in drivers > 60 plays an important role in road crashes. 86 percent of drivers who died at the wheel had significant coronary heart disease. Of these, 40 percent had been driving erratically before the crash.
- Cardiovascular disease leads to an average yearly cost per employee over a week in absences and \$1,100 more in lost productivity.



"Navigating safe driving through healthy habits and lifestyles".