



HEALTHY WORK

Statistics to Know

We all know that **work** can make you **stressed**.

Work is the
2nd highest-
rated source of
stress in the US
(after money).

- 2015 Stress in America Report, APA

3 of 5 say work is
a significant source
of stress.



- 2017 Stress in America Report, APA

But did you know that **work stress** can make you sick?

HEART CHECK

Have job stress?

About 10 to 20% of all causes
of CVD deaths among the
working age populations can
be attributed to work.

- Tokyo Declaration via *IJOMEH*, Jan 2015

REALITY CHECK

Over **120k deaths/year**
in the U.S. are associated
with how companies
manage workers.



- Goh et al, *Management Science*, February 2016

