# By the Numbers – Workplace Stress



**DID YOU KNOW?**

The workplace was the fifth leading cause of death in the US, responsible for some 120,000 deaths and approximately $190 billion in additional costs each year (Centers for Disease Control and Prevention). Work is one of the leading causes of stress, and the physiological effects of stress on blood chemistry, including cholesterol levels, the immune system, and metabolic functioning have been well-established. This represents 5% to 8% of national health care spending derived primarily from high demands at work (48 billion) lack of insurance (10 billion) and work – family conflict (24 billion)

The Centers for Disease Control and Prevention research:

- From 2000 to 2016, the U.S. suicide rate among adults ages 16 to 64 rose 34 percent, from 12.9 deaths for every 100,000 people in the population to 17.3 per 100,000.
- The highest suicide rate among men was for workers in construction and mining jobs, with 43.6 deaths for every 100,000 workers in 2012 and 53.2 deaths per 100,000 in 2015.
- The highest suicide rate among women was for workers in arts, design, entertainment, sports and media, with 11.7 fatalities for every 100,000 workers in 2012 and 15.6 deaths per 100,000 in 2015.

Here are 15 statistics unearthed by a survey conducted by Harris Poll in August of 2017. Not surprising work and…