

Prioritize your Heart Health: A Vital Message for First Responders



Heart disease
is the leading cause of death in the U.S.

Cardiovascular Risks to First Responders

- **65** is the average age of civilians with first heart attack, **46** for officers (1)
- **79** - life expectancy for civilians, **57** for officers (1)
- **7%** - heart attacks under age 45 for civilians, **45%** for officers (1)

Factors Contributing to Heart Disease Unique to First Responders

- High stress levels
- Irregular shift work
- Physical demands
- Challenging to prioritize health habits

Importance of Early Detection

The research is clear – the risk of cardiovascular disease to first responders is too high to ignore.

- Risk of sudden cardiac death increases by 18 times when first responders reach the age of 45, even higher with hypertension and smoking.(1)
- Over 90% of officers who are at high risk for heart attack are missed by traditional screenings (2)
- 92% of officers tested positive for pre-clinical heart disease – 24% of these were less than 40 years old (2)
- 18 - number of monthly pension payments to an officer upon retirement prior to death(3)

Take the first step towards a healthier heart today – Reduce your risk of heart disease and continue to serve your communities.

- Advocate for your health
- Understand your heart health indicators
- Get early cardiovascular screening

(1) John M. Violanti, Tara A. Hartley, et al., "Life Expectancy in Police Officers: A Comparison with the U.S. General Population," International Journal of Emergency Mental Health 15, no. 4 (2013): 217-28.
(2) Sheinberg et al, "Liposomal Associated Phospholipase A2 is More Effective in Predicting Cardiac Risk in Law Enforcement Than Framingham Risk Score and Coronary Artery Calcium Score Calculation". JOEM, PAP Jan 2, 2024.
(3) 2019 Society of Actuaries