

STRESS FACTS

43% of all adults suffer adverse health effects from stress.

75% to 90% of all doctor's office visits are for stress-related ailments and complaints.

Stress is linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. In terms of lost hours due to absenteeism, reduced productivity and workers' compensation benefits, stress costs American industry more than \$300 billion annually.

The lifetime prevalence of an emotional disorder is more than 50% often due to chronic, untreated stress reactions.

As seen in *In Touch* April 2006

www.UnionSupport.org