

Board 4 - Cardiovascular Risk Factors Among Maine's Logging Workforce

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Sunday, November 6, 2022



4:00 PM - 5:00 PM



BCEC - Exhibit Hall A, PS Area 1

Session: Assorted Topics in Epidemiology Poster Session

Program: Epidemiology

Abstract

Background

Despite technology and mechanization reducing some workplace hazards, logging is still one of the most dangerous civilian occupations in the United States. Less is known about their overall health status as evidence about health has mostly been gathered through surveys and questionnaires.

Objective(s)

This research reports on in-person physical health assessments and self-reported health data collected among Maine logging workers, as part of a larger longitudinal study.

Methods

Health assessments, completed with a sub-cohort from the overall study, were conducted at pop-up clinics in logging locations around the State of Maine in Spring 2019. Data about physical health measures included a physical exam, vitals, cholesterol and glucose testing, audiometry screening, vision, and carbon monoxide screening. In addition, loggers completed a health questionnaire, which included questions about their own health as well as family health history.

Results

The majority of the 75 logging health assessment participants were men (97.1%) with a median age of 46, and a mean BMI of 30.6 kg/m² (SD 4.9). More than 90% of them had elevated blood pressure, with over 30% at stage I hypertension and nearly half at stage II hypertension (45.9%). More than a third (38.4%) presented at least a single joint abnormality. About half of the loggers presented high-frequency hearing loss (left 53.5%, right 42.3%).

Conclusion

Cardiovascular and musculoskeletal risk factors among loggers should be addressed in future research interventions.

Presenter



Cristina Silvia Hansen Ruiz

Northeast Center for Occupational Health and Safety

Authors

Cristina Silvia Hansen Ruiz, PhD, Judy Graham, RN, Kevin Luschen, MA, Liane Hirabayashi, MA, Erika Scott, PhD Northeast Center for Occupational Health and Safety

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