



## Retired Construction Workers Benefit from Medical Exam, Follow-Up

### Impact of Secondary Prevention in an Occupational High-Risk Group

*Laura Welch, John Dement, Knut Ringen, Kim Cranford, and Patricia Quinn. Journal of Occupational and Environmental Medicine, January 2017.*

#### Overview

Researchers examined medical outcomes among 6857 older construction workers participating in a medical screening program. The authors compared body mass index (BMI), smoking habits, diabetes, hypertension, cholesterol, and cardiovascular disease risk at the initial intake exam to those at a follow-up exam at least three years later.

#### Key Findings

- The follow-up exam results indicated statistically significant improvements in all indicators except BMI.
- The study population recorded a 17% smoking cessation rate – whereas 18.4% were smokers at the time of their first exam, only 15.3% were smokers at the time of the follow-up exam.
- While there is some debate about the benefit of annual health examinations in the general public, our findings suggest that targeting a high-risk population for periodic examinations with careful follow-up can achieve favorable health impacts.

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#### Read the abstract:

<https://bit.ly/3n48eJD>

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