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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