Scientific evidence for work stress association with cardiovascular and other chronic diseases

Sustained exposure to job stressors contributes to the development of cardiovascular disease and other chronic diseases through multiple mechanisms, direct and indirect, as outlined in the figure below.

Behaviors
- Poor quality meals
- Smoking
- Too much coffee
- No physical exercise

Physiological indicators
- Changes in appetite patterns
- High cholesterol
- High blood pressure
- Weak immune system
- High blood sugar
- High cortisol

Psychological Distress
- Anxiety
- Depression

Other unknown mechanisms

Obesity
Atherosclerosis
Metabolic syndrome
Diabetes
Arrhythmias
Stroke
Myocardial infarction

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