## Wellness — Taking Care of Your Blood Pressure Stats and Facts



## **FACTS**

- 2. Lack of Awareness: Many individuals are unaware they have high blood pressure, delaying necessary treatment and increasing health risks. □
- 3. **Poor Dietary Habits:** Diets high in sodium and low in nutrients like potassium can elevate blood pressure levels. □
- 4. **Physical Inactivity:** A sedentary lifestyle contributes to weight gain and increased blood pressure. □
- 5. Excessive Alcohol Consumption: Drinking too much alcohol can raise blood pressure and reduce the effectiveness of medications. □
- 6. **Smoking:** Tobacco use damages blood vessels and accelerates the hardening of arteries, leading to higher blood pressure. □
- 7. **Chronic Stress:** Long-term stress may contribute to high blood pressure and unhealthy coping mechanisms like overeating or smoking.

## **STATS**

- About one in three Americans has high blood pressure, and another third have prehypertension. Each year, 410,000 deaths are related to hypertension, costing the country nearly \$47 billion in health care, medication, and missed work.
- Lowering blood pressure reduces the likelihood of heart attack, heart failure, stroke, and death by 30–40%. It also decreases the risk of memory loss and dementia by almost 20%.
- A study involving nearly 34,000 adults found that intensive blood pressure management, including medication and lifestyle coaching, led to a 15% reduction in dementia risk and a 16% decrease in cognitive problems.
- Statistics Canada's 2021 Canadian Community Health Survey found that 17.7% of adults aged 20—79 had diagnosed high blood pressure, with higher prevalence in lower-income groups (+6.1 percentage points vs. highest income).
- Health Canada's 2022 report stated that 62% of Canadian adults exceeded recommended sodium intake, a key contributor to hypertension.
- The Canadian Centre for Occupational Health and Safety (CCOHS) reported in 2023 that workplaces offering blood pressure screenings reduced employee cardiovascular risk by up to 12%.