Wellness – Taking Care of Your Blood Pressure Stats and Facts

FACTS

1. **Uncontrolled Hypertension:** High blood pressure often has no symptoms but can lead to serious health issues like heart disease, stroke, and kidney failure.
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%.