

# HYPERTENSION

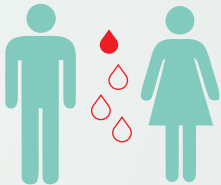
PREVALENCE AND  
LEADING RISK FACTORS

Hypertension is defined as measured **blood pressure** **≥140/90 mm Hg** or reported past-month use of blood pressure medication among adults aged **20 to 79 years**



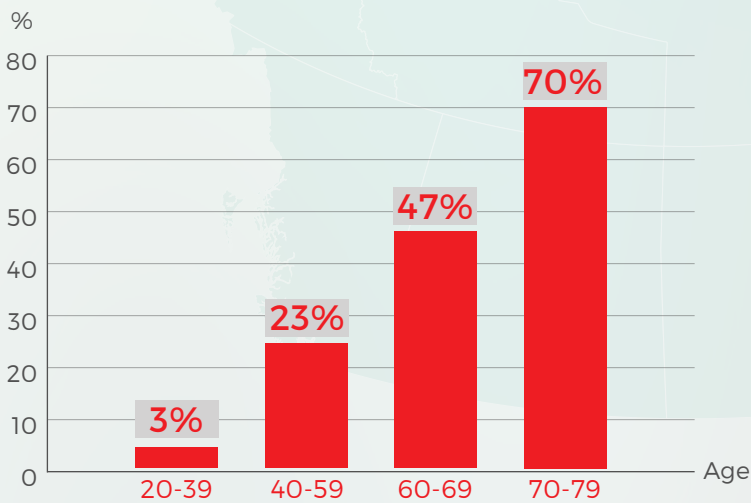
The prevalence of hypertension is **similar**

FOR  
MEN  
24%

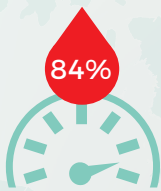


AND  
WOMEN  
23%

Prevalence of hypertension among **Canadian adults** increases with age



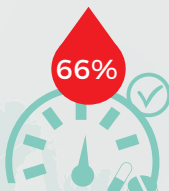
Compared with **other countries**, adults with hypertension in Canada have higher rates of:



awareness of having hypertension



being treated with medication for their hypertension



keeping their blood pressure below 140/90 mm Hg (or "controlled") with medication



However, Canadians with hypertension under the age of 40 are less likely than older people to be aware, treated or keep their condition controlled.

Leading risk factors for hypertension for people **aged 20 to 79**



Being **overweight or obese** increases risk of developing hypertension by:

45% IN MEN 57% IN WOMEN



Eating **fruits and vegetables** fewer than 5 times per day increases risk of developing hypertension by:

18% IN MEN 15% IN WOMEN



Being **less physically active** increases risk of developing hypertension by:

19% IN MEN 26% IN WOMEN



Having **diabetes** increases risk of developing hypertension by:

68% IN MEN 125% IN WOMEN

Regardless of other characteristics, each added risk factor significantly **increases the probability of developing hypertension.**



Sources:  
DeGuire J, Clarke J, Rouleau K, Roy J, Bushnik T. Blood pressure and hypertension. *Health Reports* 2019; 30(2): 14-21.  
Leung AA, Bushnik T, Hennessy D, McAlister FA, Manuel DG. Risk factors for hypertension in Canada. *Health Reports* 2019; 30(2): 3-13.

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