

Health Fact Sheets

High blood pressure, 2014



Statistics
Canada

Statistique
Canada

Canada

How to obtain more information

For information about this product or the wide range of services and data available from Statistics Canada, visit our website, www.statcan.gc.ca.

You can also contact us by

email at STATCAN.infostats-infostats.STATCAN@canada.ca

telephone, from Monday to Friday, 8:30 a.m. to 4:30 p.m., at the following numbers:

- Statistical Information Service 1-800-263-1136
- National telecommunications device for the hearing impaired 1-800-363-7629
- Fax line 1-514-283-9350

Depository Services Program

- Inquiries line 1-800-635-7943
- Fax line 1-800-565-7757

Standards of service to the public

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner. To this end, Statistics Canada has developed standards of service that its employees observe. To obtain a copy of these service standards, please contact Statistics Canada toll-free at 1-800-263-1136. The service standards are also published on www.statcan.gc.ca under “Contact us” > “Standards of service to the public.”

Note of appreciation

Canada owes the success of its statistical system to a long-standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued co-operation and goodwill.

Standard table symbols

The following symbols are used in Statistics Canada publications:

- not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

Published by authority of the Minister responsible for Statistics Canada

© Minister of Industry, 2015

All rights reserved. Use of this publication is governed by the Statistics Canada [Open Licence Agreement](#).

An HTML version is also available.

Cette publication est aussi disponible en français.

High blood pressure, 2014

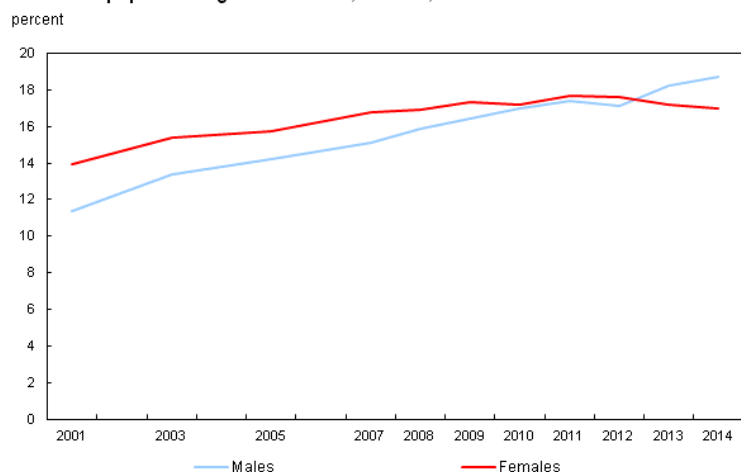
High blood pressure, also known as hypertension, increases the risk of stroke, heart attack and kidney failure. It can narrow and block arteries, as well as strain and weaken the body's organs.¹

The high blood pressure data are based on a question in the Canadian Community Health Survey that asked if respondents had been diagnosed with high blood pressure by a health professional.

In 2014, 17.7% of Canadians aged 12 and older (5.3 million people) reported being diagnosed with high blood pressure. This was not a significant change from 2013, though it has been increasing since 2001 when it was 12.6%.

From 2001 to 2009, females were more likely than males to report that they had been diagnosed with high blood pressure. However, since 2013, the rate of high blood pressure has been higher for males than females. Between 2010 and 2012, there was no difference between the sexes (Chart 1).

Chart 1
Percentage reporting a diagnosis of high blood pressure, by sex, household population aged 12 or older, Canada, 2001 to 2014

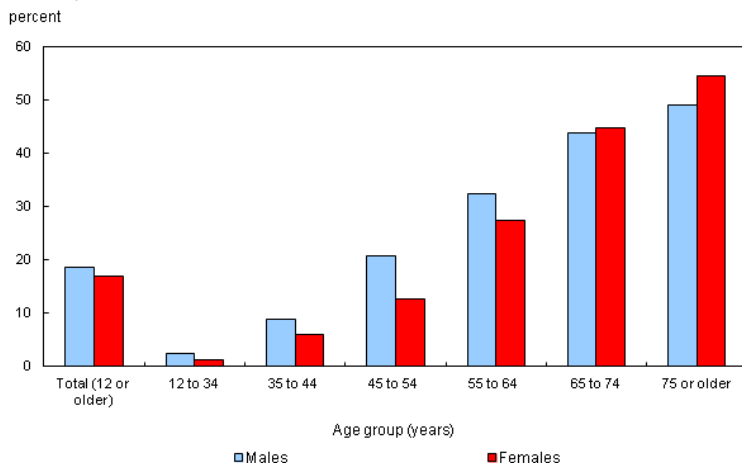


Source: Canadian Community Health Survey, 2001, 2003, 2005, 2007 to 2014.

High blood pressure rates increased with age for both males and females across all age groups. The highest rate of high blood pressure was the 75 and older age group, with 49.0% of males and 54.5% of females reporting the chronic condition.

The rate of high blood pressure was higher for males than females between the ages of 12 and 64, while after age 75 it was higher for females. Between the ages of 65 and 74, the rate was similar between the sexes (Chart 2).

Chart 2
Percentage reporting a diagnosis of high blood pressure, by age group and sex, household population aged 12 or older, Canada, 2014



Source: Canadian Community Health Survey, 2014.

In addition, Canadians aged 18 and over who were obese² were more likely to have high blood pressure than those who were not obese. In 2014, 32.7% of Canadians aged 18 and over who were obese had high blood pressure, compared with 15.4% of those who were not obese.

The proportion of residents who reported high blood pressure was **lower** than the national average (17.7%) in:

- Alberta (15.3%)
- British Columbia (15.5%)
- Northwest Territories (12.3%)
- Nunavut (8.3%)³

The proportion of residents who reported high blood pressure that was **higher** than the national average in:

- Newfoundland and Labrador (24.8%)
- Prince Edward Island (22.0%)
- Nova Scotia (20.6%)
- New Brunswick (23.5%)
- Ontario (18.5%)

Residents of the other provinces and Yukon reported rates that were about the same as the national average.

Because of the strong relationship between age and high blood pressure, provinces and territories with disproportionately younger populations are expected to have high blood pressure rates below the national average. The reverse is true for provinces and territories with older populations. To remove the effect of different age distributions when making provincial comparisons, please refer to the CANSIM table 105-0503 for the age standardized rates.

Notes

-
- ¹ Heart and Stroke Foundation. <http://www.heartandstroke.ca> (accessed May 10, 2010).
 - ² The classification as obese is based on respondent-reported height and weight and Health Canada guidelines on body mass index (BMI). An obese individual is an adult aged 18 or older, not pregnant, with a BMI (Body Mass Index) greater or equal to 30. For the comparison of high blood pressure rates, the 'not obese' category covers all those aged 18 and older and not pregnant, with the BMI (Body Mass Index) of less than 30.
 - ³ Note that the rate of high blood pressure in Nunavut had a coefficient of variation between 16.6% and 33.3%; interpret with caution.
-

References

Garriguet, Didier. 2007. " [Sodium consumption at all ages.](#)" *Health Reports*. Vol. (Volume) 18, no. (number) 2. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 47–52. <http://www.statcan.gc.ca/pub/82-003-x/2006004/article/sodium/9608-eng.pdf>.

[Heart and Stroke Foundation](http://www.heartandstroke.ca). <http://www.heartandstroke.ca> (accessed May 10, 2010).

Johansen, Helen. 1999. " [Living with heart disease—the working—age population.](#)" *Health Reports*. Vol. (Volume) 10, no. (number) 4. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 33-45. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/1999/4508-eng.pdf>.

Johansen, Helen, Nargundkar, Mukund, Nair, Cyril, Taylor, Greg, ElSaadany, Susie. 1997. " [At risk of first or recurring heart disease.](#)" *Health Reports*. Vol. (Volume) 9, no. (number) 4. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 19–29. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/1998/3683-eng.pdf>.

Wilkins, Kathryn, Campbell, Norman R.C., Joffres, Michel R. 2010. " [Blood pressure in Canadian adults.](#)" *Health Reports*. Vol. (Volume) 21, no. (number) 1. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 1-10. <http://www.statcan.gc.ca/pub/82-003-x/2010001/article/11118-eng.pdf>.

Data

Additional data from the Canadian Community Health Survey are available from CANSIM tables [105–0501](#) and [105-0503](#).