

Resource Catalogue- Obesity and the Healthcare Provider

Eating & Moving Well to Prevent & Treat Obesity: Building our Capacity to Support Behavioural Change

Catalogue can be downloaded at:

www.preventstroke.ca

<http://www.strokestrategieseo.ca>

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Children and Family

A Canada Fit for Children

<http://www.hrsdc.gc.ca/en/cs/sp/sdc/socpol/publications/2002-002483/page02.shtml>

- ❖ In May 2002, more than 7,000 people from around the world gathered in New York to take part in the United Nations General Assembly Special Session on Children, the most important international meeting on children to be held in more than ten years.

A Meta-Analytic Review of Obesity Prevention Programs for Children and Adolescents: The Skinny on Interventions that Work

Eric Stice, Heather Shaw, and C. Nathan Marti

<http://www.apa.org/journals/releases/bul1325667.pdf>

- ❖ This meta-analytic review summarizes obesity prevention programs and their effects and investigates participant, intervention, delivery, and design features associated with larger effects.

Best Practices for the Prevention of Overweight and Obesity in Children: A Focus on Immigrants New to Industrialized Countries

<http://www.hc-sc.gc.ca/sr-sr/finance/hprp-prpms/results-resultats/2004-flynn-eng.php>

- ❖ Promoting and protecting the health of children and youth requires everyone's help. Communities, schools and families need assistance to help children and youth practice healthy behaviors.

Canada's Report Card on Physical Activity for Children & Youth – 2009

http://www.activehealthykids.ca/ecms.ashx/ReportCard2009/ParticipationReportCard_FINAL.pdf

- ❖ The 2009 Canada's Report Card on Physical Activity for Children and Youth, conducted by Active Healthy Kids Canada, is the third annual overview of key indicators in relation to the physical activity levels of Canada's young people.

Childhood Obesity and the Role of the Government of Canada

http://www.phac-aspc.gc.ca/ch-se/obesity/pdf/chobesity_e.pdf

- ❖ Childhood obesity is a particular concern because excess weight over time increases the risk of developing chronic health problems.

Eat Right Be Active

- ❖ The Nutrition Resource Centre has recently released two new resources called Eat Right Be Active. Developed as part of Ontario's Action Plan for Healthy Eating and Active Living, these guides aim to assist families, caregivers and professionals to support healthy eating and physical activity in the early years.

The guide for children ages 3-5 is available at:

http://www.nutritionrc.ca/resources/health_erba-3-5-eng_21FE09.pdf

The guide for children ages 6-8 is available at:

http://www.nutritionrc.ca/resources/health_erba-6-8-eng_18MR09.pdf

Effective Dietary Interventions for Overweight and Obese Children

http://www.joannabriggs.edu.au/pdf/BPISEng_11_1.pdf

- ❖ Within the last decade, child obesity has increased dramatically on a global scale. Obesity in young people is associated with complications involving many of the body's systems and these have been comprehensively reviewed.

Family-based behavioural treatment for childhood obesity delivered via internet: a randomized controlled trial.

Goldfield, Dr. Gary S, Children's Hospital of Eastern Ontario, Ottawa

- ❖ Obesity is becoming an epidemic, both in adults and children. Controlling weight early can prevent complications in adulthood and reduce the risk of diabetes and heart disease. 26% of children between the ages of 2 and 17 are overweight or obese. This study is testing the value of using the internet to deliver high quality behavioral counseling to overweight children. If effective, this method of counseling will benefit both children and their families reduce weights, live healthier and longer lives.

Healthy Eating and Physical Activity: Healthy habits that last a lifetime

http://www.rnao.org/Storage/24/1907_childhood_obesity_FactSheet_ENG_-_FINAL.pdf

- ❖ Making wise food choices is important for good health in both children and adults. Healthy eating habits that children learn in their early years will last a lifetime.

Healthy Weights For Healthy Kids Report of the Standing Committee on Health

<http://www.cdpac.ca/media.php?mid=226>

- ❖ Childhood obesity has become an "epidemic" in Canada. Obesity rates are increasing worldwide, but Canada has one of the highest rates of childhood

obesity in the developed world, ranking fifth out of 34 OECD countries. Recent data reveals that 26% of young Canadians aged 2 to 17 years are overweight or obese. Even more distressing is the evidence that about 55% of First Nations children on reserve and 41% of Aboriginal children living off reserve are either overweight or obese.

Heart and Stroke Foundation: Healthy Weight Initiative

<http://www.hsf.ca/research/en/strategic-funding-opportunities/2003-results-from-the-strategic-initiative-in-excel.html>

- ❖ HSFO will play a significant leadership role in promoting healthy weights in Ontario via a focus on public awareness, advocacy and community engagement supported by research. Two specific areas are: (1) physical activity in Elementary Schools and (2) Access to Healthy Food for all staff team of 12 community mission specialists to work with community partners and schools to encourage daily physical activity into the school curriculum.

Menu of Choices

<http://www.menuofchoices.ca>

- ❖ This is an online resource that provides quality information and tools to support school communities in addressing healthy eating. Utilizing a comprehensive school health approach to school nutrition, the resource addresses four action areas – Policies, Curriculum, Healthy Environments and Programs and Services. In the Programs and Services section, Resource Directory, at the following link: http://www.menuofchoices.ca/programs_and_services-resources_directory.cfm there are several specific Lunch resources – Peanut Free Lunches from Haldimand-Norfolk Health Unit and Healthy Lunches for Children Fact Sheet from Toronto Public Health as well as lunch tips are included in many of the other resources.

Motiv8

<http://www.eatwellgetfitlivelife.ca>

- ❖ Motiv8 is an initiative by KFL&A Public Health designed to help individuals, families, and organizations address healthy lifestyle behaviours through specific strategies to improve awareness, enhance motivation, build skills, and provide opportunities that promote and support physical activity and healthy eating in a variety of settings.

RNAO Fact Sheets-Primary Prevention of Childhood Obesity

http://www.rnao.org/Storage/12/620_BPG_childhood_obesity.pdf

- ❖ The purpose of this guide is to provide direction for nurses who work with children and families across diverse practice settings and at population, family,

and/or individual levels.

2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children [summary]

<http://www.cmaj.ca/cgi/content/full/176/8/S1>

- ❖ Obesity is now reaching epidemic proportions in both developed and developing countries and is affecting not only adults but also children and adolescents. Over the last 20 years, obesity has become the most prevalent nutritional problem in the world, eclipsing undernutrition and infectious disease as the most significant contributor to ill health and mortality. It is a key risk factor for many chronic and noncommunicable diseases.

Physical Activity

Fitness For Life-Help Yourself to Health Program

www.fitnessincanada.ca

- ❖ Fitness for Life is a non-profit organization dedicated to supporting Canadians of all ages and in all walks of life on the road to better health through fitness and exercise. Our staff and volunteers can start you on a path towards good health, and we make sure you don't have to do it alone.

Ignite! – Physical Activity Network

http://www.hpechu.on.ca/applications/web_cms/index.php?pageid=302&menuid=1370

- ❖ Ignite! is the physical activity network of Hastings and Prince Edward counties. We are made up of representatives from municipal recreation departments, nongovernmental organizations, and community groups.
- ❖ Our vision: To support the choice to be regularly physically active in the communities we live, work and play in.
- ❖ To help make this happen – we meet once a month to:
 - Share – our ideas, activities, and resources
 - Learn – enjoy educational opportunities
 - Collaborate – work together to promote physical activity in Hastings & Prince Edward counties.
- ❖ If you are interested in promoting physical activity in Hastings & Prince Edward counties – why not join us? Everyone is welcome to attend meetings or take part in our events. For more information or to find out about the next meeting – contact Elizabeth Michael at the Health Unit's Belleville office at 613-966-5513 ext. 296.

Ignite! Physical Activity Cruiser (IPAC)

- ❖ Ignite! Physical Activity Cruiser will be traveling throughout Hastings and Prince Edward counties visiting parks and special events. We offer free opportunities for physical activity participation for all through the use of games and sporting equipment. To book IPAC for your local event, please contact the IPAC Coordinator at 613-392-2841 ext. 4501 or email stevec@city.quintwest.on.ca

Improving the Health of Canadians: Promoting Healthy Weights

<http://cdpac.4poyntzdezign.com/media.php?mid=37>

- ❖ With rates of overweight and obesity on the rise in Canada and abroad, healthy weights is currently a ‘hot topic’ among researchers and policy-makers. Obesity rates among Canadian adults have increased since the late 1970’s.

PACE Canada

<http://www.pace-canada.org>

- ❖ PACE Canada is a comprehensive guide to counseling for healthy active living designed to assist physicians in effectively increasing their patients’ physical activity levels and improving their eating habits.

PARC-Physical Activity Resource Center

<http://www.ophea.net/Ophea/PARC/index.cfm>

- ❖ The Physical Activity Resource Centre (PARC) provides support to Physical Activity Promoters across Ontario through consultation, training, networking, referrals and Information-sharing.

Pedometer: a nifty gift for all walks of life

<http://chiprehab.com/news/pedometer.html>

- ❖ A cheap and simple device may be able to reap enormous benefits through an important lifestyle change

Physical Activity Directory (PAD) -Hastings & Prince Edward Counties Health Unit

http://www.hpechu.on.ca/applications/web_cms/index.php?pageid=694&menuid=1333

- ❖ The PAD is a compilation of many of the physical activity opportunities in Hastings and Prince Edward counties. The directory is divided into 6 areas – Belleville, Quinte West, Prince Edward County, central Hastings, north Hastings and Tyendinaga and Deseronto area. Within each area, the activities are divided by type, i.e. aerobic classes, baseball, hiking, and contact information is included. Hard copies of the PAD are located in each Public Library in Hastings and Prince Edward counties.

To find the directory online:

Go to www.hpechu.on.ca

Click on Chronic Disease & Injury Prevention

Click on “Physical Activity”, then “Physical Activity Directory”

Nutrition and Health Issues

Blood Pressure Canada-POLICY- SODIUM

<http://hypertension.ca/bpc/first-steps-taken-towards-a-national-sodium-reduction-strategy/>

- ❖ The average Canadian consumes more than 3,100 mg of sodium a day, but an adequate daily intake for a healthy adult is 1,200 mg to 1,500 mg. Blood Pressure Canada welcomed an announcement today by federal Minister of Health Tony Clement to establish an expert Sodium Working Group as a first step towards the development of a long-term national strategy to reduce dietary sodium levels

Canada's Food Guide Promotion Posters

<http://www.wehealthunit.org/healthy-living/nutrition/canada-s-food-guide-posters/canada2019s-food-guide-promotion-posters>

- ❖ Increase awareness of the newly revised Canada's Food Guide.

Canada's New Government Calls on Industry to Adopt Limits for Trans Fat

http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/2007/2007_74-eng.php

- ❖ Health Canada is adopting the Trans Fat Task Force's recommendation on trans fats in Canadian foods, by calling on Canada's food industry to limit the total fat content of vegetable oils and soft, spreadable margarines to 2 percent

City of Ottawa Fuel to XCell

http://www.ottawa.ca/residents/health/living/nutrition/school/fuel_xcell_en.html

- ❖ Fuel to XCell is a nutrition program developed by Ottawa Public Health to help consumers make healthier choices from vending machines.

Comparison of the Atkins, Ornish, Weight Watchers, and Zone Diets for Weight Loss and Heart Disease Risk Reduction

<http://jama.ama-assn.org/cgi/reprint/293/1/43>

- ❖ The lack of data addressing the health effects of popular diets is an important public health concern, especially since patients and physicians are interested in using popular diets as individualized eating strategies for disease prevention.

Dietitians of Canada Website

<http://www.dietitians.ca>

- ❖ Dietitians of Canada (DC) are the nation-wide voice of dietitians - the most trusted source of information on food and nutrition for Canadians.

Eat Right Ontario

<http://www.eatrightontario.ca/Doorway.aspx>

- ❖ Eat Right Ontario has been designed to help you improve your health and quality of life through healthy, nutritious eating. This service provides easy-to-use nutrition information to help make healthier food choices easier.

Food & Nutrition Directory - Hastings & Prince Edward Counties Health Unit

http://www.hpechu.on.ca/applications/web_cms/index.php?pageid=691&menuid=1333

- ❖ The Food & Nutrition Directory is a comprehensive list of reliable and credible food and nutrition programs and services for the public in Hastings & Prince Edward counties. As well it can be used to facilitate the referral process for professionals and agencies in the region. Areas covered include: healthy eating throughout the lifecycle, accessing food: a food resource guide, nutrition counseling and information and finally the dietitians' speakers bureau.

To find the directory online:

Go to www.hpechu.on.ca ; Click on Chronic Disease & Injury Prevention

Click on "healthy eating", then "food and nutrition directory"

Hard copy available at the health unit's Healthy Life Line at 613- 966-5513 ext. 610.

Heart and Stroke Foundation Report Ask: What's In Store For Canada's Heart Health?

http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.4969175/k.696F/2009_Report_Card_Whats_in_store_for_Canadas_heart_health.htm

(Français : Le bulletin de santé de la Fondation des Maladies du Coeur demande : À quel type d'alimentation la santé du cœur est-elle confrontée?

<http://www.fmcoeur.on.ca/site/apps/nlnet/content2.aspx?c=pkI0L9MMJpE&b=4879575&ct=6752273>)

- ❖ This report reveals startling discrepancies between the cost and accessibility of basic healthy food within provinces and across the country. Depending on where you live, some Canadians are often paying more than double to almost six times the price for the same basic healthy food.

High Triglycerides, Other Cholesterol Raise Risk of Stroke

<http://www.sciencedaily.com/releases/2007/12/071226225533.htm>

- ❖ Those with high triglycerides and elevated "non-high density lipoprotein cholesterol" were more likely to have a large artery atherosclerotic stroke than those with low levels of these fats in the blood

Household Food Insecurity Is Associated with Poorer Health

Nicholas T. Vozoris and Valerie S. Tarasu

<http://jn.nutrition.org/cgi/content/abstract/133/1/120>

- ❖ Recent research has emerged suggesting a possible relationship between levels of food security and increased levels of overweight and obesity. This review will examine the literature to attempt to determine the relationship between food insecurity and overweight/obesity

KFL&A Public Health Unit

<http://www.kflapublichealth.ca/>

- ❖ Kingston, Frontenac and Lennox & Addington (KFL&A) Public Health works together with our communities to promote and protect the public's health. The underlying goal of these programs and services—from nutrition and food safety, raising healthy babies and children, sexual health, smoking cessation, and many other public health areas—is to promote and protect the health of the more than 180,000 residents of Kingston, Frontenac, and Lennox & Addington.

Living with diabetes. What you should know

http://www.centraleastlhin.on.ca/uploadedFiles/Home_Page/Connected_with_Care/Diabetes_Resource_Guide_-_FINAL.pdf

- ❖ This 28 pages document produced by the Central East LHIN aims to provide you with some introductory information you need to know on eating healthy and being physically active.

Making the Healthy Choice the Easy Choice

<http://www.dailythingscount.ca/makinghealthychoices.pdf>

- ❖ This newsletter will be produced three times a year, and it is one way that we aim to keep you informed and up-to-date about the Community Obesity Strategy

Nutrition Resource Links

<http://www.healthunit.org/nutrition/links.htm#professionals>

- ❖ Offers a variety of nutrition resources for health care professionals, the general public, and teaching professionals

Obesity – a taxing problem?

<http://www.dietitians.ca/resources/resourcesearch.asp?fn=view&contentid=7278>

- ❖ Taxing so called “junk” food to help curb the rise in obesity is receiving increasing interest and consideration, according to Dietitians of Canada. One proposal is to apply a consumption tax on less healthy foods, similar to the strategy for reducing tobacco usage.

Trans Fatty Acids ('Trans Fat') and Heart Disease and Stroke

http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/TransFat_PS_Eng_Feb%202008.pdf

- ❖ The Heart and Stroke Foundation of Canada is a leader in educating the public about the importance of eating a healthy and balanced diet.

The good, the bad and the ugly Trans fat levels coming down, but not everywhere, says Heart and Stroke Foundation

<http://www.heartandstroke.com/site/apps/nlnet/content2.aspx?c=ikIQLcMWJtE&b=3485819&ct=4825413>

- ❖ Health Canada’s first set of trans-fat monitoring data clearly shows that progress is being made by some companies in eliminating trans fats from frequently consumed food products

Trans Fat Monitoring Program

http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tfa-age_tc-tm_e.html

- ❖ The Trans Fat Monitoring Program was established to analyze the trans fat content of foods that were, as indicated by earlier surveys, significant sources of trans fats, i.e. foods with high levels of trans fats or foods with lower levels of trans fats that were consumed in large quantities by a large number of consumers

Cultural Perspectives

Family-based intervention to promote healthy lifestyles in an Aboriginal community in Canada,

Anand S.S., Davis A.D., Ahmed R., Jacobs R., Xie C., Hill A., Sowden J., Atkinson S., Blimkie C., Brouwers M., Morrison K., de Koning L., Gerstein H., Yusuf S. *Canadian Journal of Public Health* 2007;98(6) :447-52.

- ❖ Obesity is a major public health problem in North America; particularly in Aboriginal people. This article try's to determine if a household-based lifestyle intervention is effective at reducing energy intake and increasing physical activity among Aboriginal families after 6 months.

Higher obesity rates found in off-reserve aboriginal people: study

<http://www.cbc.ca/health/story/2008/01/23/obesity-rates.html?ref=rss>

- ❖ Aboriginal people living off-reserve are two and a half times more likely to be overweight than non-aboriginal people, according to Statistics Canada.

Study: Obesity and the eating habits of the Aboriginal population

<http://www.statscan.ca/Daily/English/080123/d080123a.htm>

- ❖ Previous research has shown that off-reserve Aboriginal people are more likely than other Canadians to report chronic health problems, notably conditions such as diabetes, hypertension and arthritis, which have been linked to obesity.

Cost of Obesity in Canada

Cost of Obesity in Alberta

<http://www.gpiatlantic.org/pdf/health/obesity/ab-obesity.pdf>

- ❖ Obesity is linked to heart disease, diabetes, hypertension, osteoarthritis, certain types of cancer, and a wide range of other illnesses. A Statistics Canada analysis found that obese Canadians are four times more likely to have diabetes, 3.3. times more likely to have high blood pressure, and 56% more likely to have heart disease than those with healthy weights.

Cost of Obesity in British Colombia

<http://www.gpiatlantic.org/pdf/health/obesity/bc-obesity.pdf>

- ❖ Rates of overweight conferring a "probable health risk" (BMI = >27) have more than doubled in British Columbia, with 26.4% of the province's adults now overweight up from 11% in 1985.

Cost of Obesity in Ontario

<http://www.gpiatlantic.org/pdf/health/obesity/on-obesity.pdf>

- ❖ Statistics can be powerful and dangerous tools. There are two basic ways in which they are frequently misused, which can help explain both why the epidemic increase in obesity has been largely ignored, and how this serious health risk might be reduced.
- ❖ The purpose of this report is not to make overweight people in Ontario feel bad about themselves. For a start, the obesity epidemic is a global trend, and the dramatic rate of increase in Ontario matches that in the rest of Canada and in the world. Secondly, obesity is both a cause of illness and also a symptom of deeper social trends, including a junk food explosion, a more sedentary lifestyle, higher rates of stress and overwork, poverty, and nutritional illiteracy.

Cost of Obesity in Quebec

<http://www.gpiatlantic.org/pdf/health/obesity/que-obesity.pdf>

- ❖ Rates of overweight conferring a "probable health risk" have more than doubled in Quebec, with 26.5% of the province's adults now overweight compared to just 11.4% in 1985. The dramatic increase is part of what the World Health Organization has called a "global epidemic."

Access to Information on the Web

Blood Pressure Canada News

www.hypertension.ca/bpc/

- ❖ Blood Pressure Canada strives to increase awareness about hypertension (high blood pressure) and reduce the burden of cardiovascular disease in Canada through the prevention and control of hypertension.

The Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention

www.phac.gc.ca/cbpp or <http://cbpp-pcpe.phac-aspc.gc.ca/>

- ❖ The Canadian Best Practices Portal is a virtual front door to an array of online best practices in health promotion and chronic disease prevention. It provides timely, relevant, and evidence-based content to support the needs of decision-makers regarding the development, selection, implementation and evaluation of chronic disease prevention and health promotion interventions.
- ❖ Phase I of the Portal focused on disease-related topics (i.e., cardiovascular disease, cancer, diabetes, and chronic respiratory diseases) and key risk factors (i.e., physical inactivity, unhealthy eating, hypertension, etc).
- ❖ In Phase II, users will find new content in:
 - mental health Mental health covers both mental illness prevention and mental health promotion. (in relation to home, community, school and workplace settings),
 - obesity (in relation to protective and risk factors concerning physical activity, nutrition, tobacco, alcohol) and;
 - newcomers/ immigrant health (as related to general chronic disease).
- ❖ All topics consider at least one or more priority determinants of health, and as an exciting addition, the Canadian Best Practices Portal will now include practices with varying levels of evidence and tools to help build capacity to capture evidence of effectiveness in practice.

Canadian Obesity Network

<http://www.obesitynetwork.ca/>

- ❖ The Canadian Obesity Network (CON) focuses the expertise and dedication of more than 2,000 member researchers, clinicians, allied health care providers and other professionals with an interest in obesity in a unified effort to reduce the mental, physical and economic burden of obesity on Canadians.

Centre for Obesity Research and Education

www.corecanada.net

- ❖ A resource for both allied health professionals and the public, CORE strives to be an education and information leader by advocating healthful nutrition and physical activity as key strategies to prevent and manage obesity and related co-morbid conditions.

Medical Sciences McMaster University

SHARMA, ARYA M., M.D., Ph.D. Professor

<http://www.fhs.mcmaster.ca/grad/medsci/research/faculty/sharma.htm>

- ❖ Sharma Aryam who is a professor at McMaster University is interested in the relationship between excess body weight and ill-health. This includes the aetiology of obesity, genetic factors, the role of adipose tissue in the metabolic and cardiovascular complications of obesity, and the management of medical problems in obese patients.

Additional Resources and Articles

Adiponectin Actions in Autonomic Control Centres of the Brain

Ferguson, Dr. Alastair, Queen's University, Kingston

- ❖ Obesity is associated with the development of insulin resistance, diabetes, cardiovascular disease and hypertension. Adiponectin is released from fat cells that act as an insulin sensitizing hormone. The hormone concentrations are reduced in obesity and related diseases. Understanding the roles of these hormones (aka adipokines) particularly as they interact with control centres in the brain will help identify new strategies for the control and metabolism of food. The focus of this project is to identify at the cellular level the nature of interactions between adipokines with brain sites as it relates to cardiovascular and metabolic control.

Addressing the social determinants of health in Canada: Bridging the gaps between research findings and public policies

Dennis Raphael

<http://www.irpp.org/po/archive/mar03/raphael.pdf>

Foundation's new National Healthy Waists initiative is live!

www.heartandstroke.ca/HealthyWaists French: www.fmcoeur.ca/TourdeTailleSain

- ❖ The purpose of the Healthy Waists website is to help Canadians understand that they may be at increased risk for heart disease and stroke if their waistlines exceed a certain size. The website displays a video as well as written instruction to explain how to measure waists properly.

"Is Your City AO-K?" Report Cards Grade Major Canadian Cities

<http://www.canadanewswire.ca/en/releases/archive/June2007/12/c3484.html>

- ❖ New report cards released today by the Canadian Obesity Network reveal that residents in six major Canadian cities barely make the grade when it comes to making the link between abdominal obesity - excess fat around the midsection - and the increased risk for heart disease and diabetes.

Regulation of preadipocyte differentiation by glucocorticoids in model systems

Hache, Dr. Robert, Ottawa Health Research Institute, Ottawa

- ❖ Studies have shown that Glucocorticoids (a class of steroid hormone, cortisol being the most important human glucocorticoid) contribute to the development of

obesity as well as hypertension. These hormones are also required for the maintenance of metabolic control and immune system function. The aim of the study is to find out (at the molecular level) what these hormones do to promote the survival and differentiation of preadipocytes, the cells that are the precursors to the mature fat cell

Saving the Brain Online

<http://machealth.ca/programs/stroke/network.aspx>

- ❖ Saving the Brain Online was developed to support the Collaborative Stroke Care Network by providing family physicians an evidence-based, interactive, accredited learning experience that can be conveniently accessed any time, any place over the Internet.

2007 Public Recommendations

<http://hypertension.ca/bpc/wp-content/uploads/2007/11/chep2007march-locked.pdf>

- ❖ Blood pressure increases with age and more than nine in ten Canadians will develop hypertension unless they follow a healthy lifestyle.