

HYPERTENSION IN PEI

Hypertension is consistently high blood pressure.

Blood pressure is the pressure created when blood pushes against the walls of blood vessels. The higher the blood pressure, the harder the heart has to work to pump blood throughout the body.

3/10 Islanders are living with hypertension.

The rate of hypertension among Islanders has **DOUBLED** since 2000.

Seniors (age 65+) are **10X** as likely to have hypertension as young adults (age 20-34).

HYPERTENSION AND SOCIAL FACTORS



INCOME
1.5X

Low-income Islanders are 1.5 times as likely to have hypertension as high-income Islanders.



EDUCATION
1.9X

Islanders without a high school diploma are 1.9 times as likely to have hypertension as Islanders with a post-secondary education.



EMPLOYMENT
2.4X

Islanders who were unemployed in the last year are 2.4 times as likely to have hypertension as Islanders who were employed.



MARITAL STATUS
2.1X

Islanders who are widowed are 2.1 times as likely to have hypertension as Islanders who are married.



LIVING ALONE
1.5X

Islanders who live alone are 1.5 times as likely to have hypertension as Islanders who do not live alone.

These social factors play a large role in one's risk of having/living with hypertension.

It will take all levels of government, working together with individuals and communities, to address these social factors and reduce the burden of hypertension in the Island population.

THINGS YOU CAN DO TO REDUCE YOUR RISK

Eat a balanced diet

Exercise regularly

Limit your alcohol intake

Maintain a healthy weight

Monitor your blood pressure



Chief Public Health Office, 2020

Data source: Canadian Community Health Survey (2000-01, 2003, 2005, 2007 to 2014)