



# HEALTHY WEIGHT HEALTHY BLOOD PRESSURE

Check Your Waist



Eat Green



Exercise



Cut Salt



*Initiated by the World  
Hypertension League*

**WORLD**   
**HYPERTENSION**  
 **DAY**

**MAY 17, 2010**

## WHAT IS WORLD HYPERTENSION DAY?

**World Hypertension Day** has been established to highlight the preventable stroke, heart and kidney diseases caused by high blood pressure and to communicate to the public information on prevention, detection and treatment. Each year, **May 17th** is designated World Hypertension Day.

## HIGH BLOOD PRESSURE IS A GLOBAL EPIDEMIC.

Over 1.5 billion people world-wide suffer from high blood pressure (or hypertension).

**Hypertension** is the biggest risk factor for **heart disease, stroke, kidney disease and diabetes.**



## TO AVOID THE PRESSURE... CONTROL IT!

- Measure your blood pressure regularly.
- If it is high, see your health care provider to get an assessment.
- If you are currently on medication, be sure to take your medications regularly, and consult your doctor about losing weight.

## WHAT IS HYPERTENSION?

Hypertension is most commonly known as **High Blood Pressure**. It is a chronic medical condition in which the blood pressure is elevated. Hypertension has no specific symptoms and is called the *"silent killer"*.

## WHY SHOULD I CARE ABOUT HYPERTENSION?

Globally, **7 million die every year** because of high blood pressure!

## WHAT DOES MY WEIGHT HAVE TO DO WITH HYPERTENSION?

**Being overweight can lead to hypertension**, which in turn can lead to stroke, heart failure, aneurysm, type 2 diabetes, certain forms of cancer and kidney failure – all of which can be fatal. So, paying attention to your weight can ultimately create better overall health.

## THE WEIGHT OF THE WORLD

Being overweight is a growing concern around the world. **Globally over 1 Billion adults are overweight, with at least 300 million of them obese.**

## CHILDHOOD OBESITY IS ON THE RISE.

And if that is not enough – **childhood obesity is definitely on the rise**. Globally, one in six children are overweight. And the figure is even higher when you look at the North American population.





## THE WORLD IS GETTING SMALLER AND FATTER.

In certain parts of the world, there is a **rising epidemic of obesity** and it is largely attributed to globalization. As people move out of rural areas and into urban areas the western lifestyle is often adopted. Instead of working in the fields, people are working at desks with jobs that bring long hours and added stress. This leads to busy lives where **people do not move a lot but feel starved for time**. To eat quickly they go to restaurants, pick up fast foods or eat convenient packaged foods that are high in saturated fats, salt and sugar. The **result is an ever-increasing number of over-weight and obese people**.



## HOW DO YOU KNOW IF YOU ARE OVERWEIGHT?

Two good ways to monitor your weight is to regularly keep tabs on your waist circumference and 'Body

Mass Index'. **Recommended healthy waist circumference for the adult male is less than 95cm (38 inches) and for the adult female it is less than 80cm (32 inches).**

## WHAT IS A BODY MASS INDEX OR BMI?

BMI or Body Mass Index is an indicator to determine an average person's weight status. To calculate your Body Mass Index, **take your weight** (in kilograms), **and divide by your height** (in meters squared) ( $\text{kg}/\text{m}^2$ ).

**Less than 18.5 you are underweight**

**From 18.5 – 24.9 you are healthy**

**From 25 – 29.9 you are overweight**

**From 30 – 39.9 you are obese**

**From 40+ you are morbidly obese**

## WHAT ACTION CAN I TAKE?

If you want to keep your weight in check, here are some simple steps.

### FIRST, REMEMBER, IT'S NOT A DIET, IT'S A LIFESTYLE.

- Eat a rainbow of colours. Increase your fruit and vegetable intake.



- Eat fruit and nuts in their natural form as a snack.
- Be physically active. Try walking, biking, or swimming for 30 to 60 minutes on most days.
- Cut down on foods such as cheese, chips, bacon, table sauces, coated chicken, salted nuts and canned meats.
- Eat fewer processed and fast foods like cookies, breakfast cereals, bread, burgers, cakes, pies and pizza.
- Be food label conscious – get to know what you are eating.
- Make at least one vegetarian meal a week.
- Don't skip meals. Eat three adequate meals a day.
- Reducing your portion size and avoiding unnecessary carbohydrates is an easy way to cut back without feeling deprived.
- If you drink, do not have more than two alcoholic drinks a day.
- Quit smoking.



### SALT IT OUT! - EVERY SMALL STEP HELPS.

- Reduce your sodium intake as much as possible.
- Don't add extra salt when cooking and leave the salt shaker off the dinner table.
- Try using fresh herbs and dried spices instead of salt.
- Instead of buying ready made sauces laden with sodium have fun making your own sauce.
- Read food labels on products for sodium content.



### DID YOU KNOW?

- High consumption of sodium in our foods is the major cause of hypertension in about 3 of 10 adults. **Sodium or in other words SALT – can literally be a fatal attraction!**
- Currently, about 80% of the sodium we consume comes from packaged, restaurant and fast foods.

## FOR MORE INFORMATION

[www.worldhypertensionleague.org](http://www.worldhypertensionleague.org)

[www.hypertension.ca](http://www.hypertension.ca)

[www.hypertension.qc.ca](http://www.hypertension.qc.ca)

[www.nathypertension.org](http://www.nathypertension.org)

[www.worldkidneyday.org](http://www.worldkidneyday.org)

[www.worldactiononsalt.com](http://www.worldactiononsalt.com)

[www.idf.org](http://www.idf.org)

[www.ish-world.com](http://www.ish-world.com)

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

[www.sodium101.ca](http://www.sodium101.ca)

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## PARTNERSHIPS

**World Hypertension Day (WHD)** is an official partner with **International Society of Hypertension (ISH)**, **World Kidney Day (WKD)**, **World Action on Salt and Health (WASH)** and **International Diabetes Federation (IDF)**.

All these organizations (WHD, WKD, WASH, IDF) will work together to raise global awareness of high blood pressure as a common cause and complication of all vascular diseases including kidney diseases, obesity and diabetes.



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