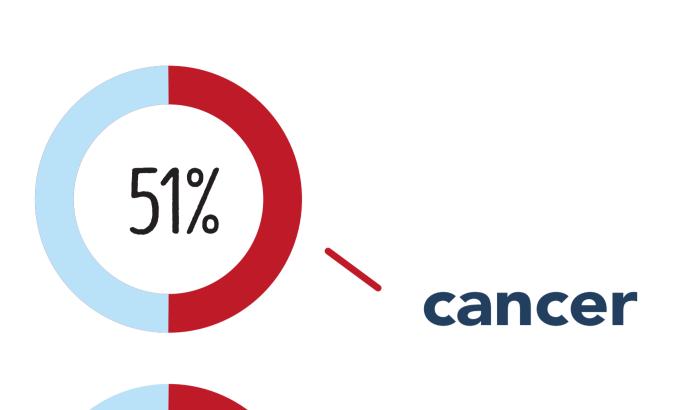
## CANADIANS AND HIGH BLOOD PRESSURE

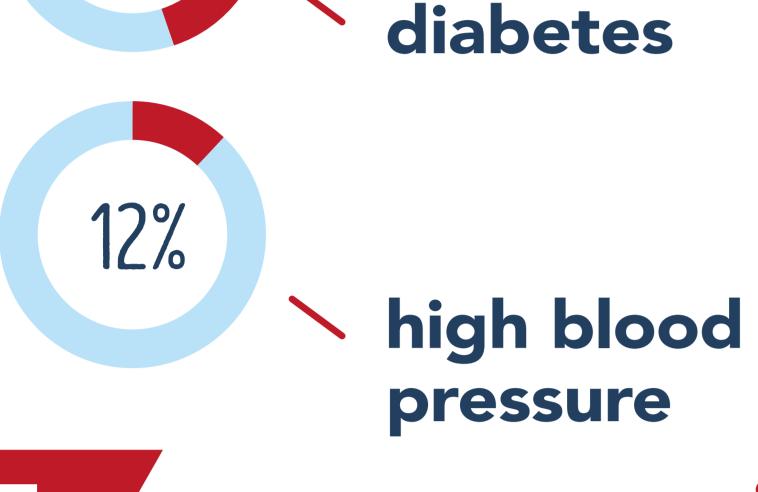
HA RISK FOR STROKE

and a major risk factor for **heart disease**. It can double or even triple your risk.

Canadians have a much higher awareness of cancer and diabetes than of high blood pressure.



45%
diabetes



DISEASE AND STROKE.

FACT

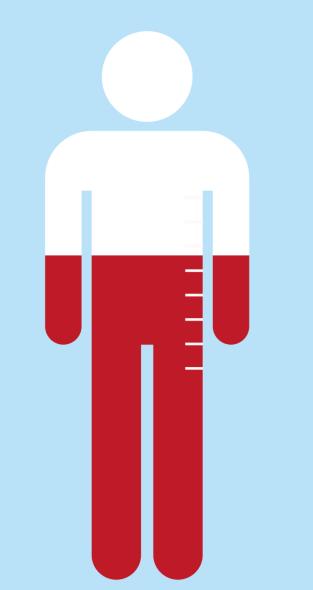
HIGH BLOOD PRESSURE IS A LEADING
RISK FACTOR FOR DEATH DUE TO HEART

The
SILENT
KILLER

AN ESTIMATED 1 IN 6 PEOPLE

ON'T KNOW THEY HAVE
HIGH BLOOD PRESSURE.

6,000,000 CANADIAN adults have high blood pressure.



59% of Canadians are concerned they will develop high blood pressure.

FACT

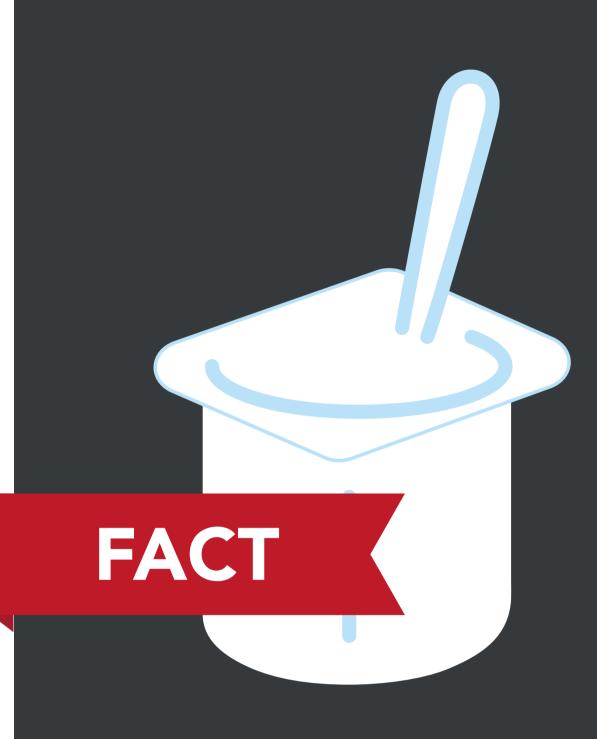
Most Canadians think that high blood pressure is more common in men than in women.



By age 60, high blood pressure is more common among women—with more than half of all women being diagnosed with high blood pressure.

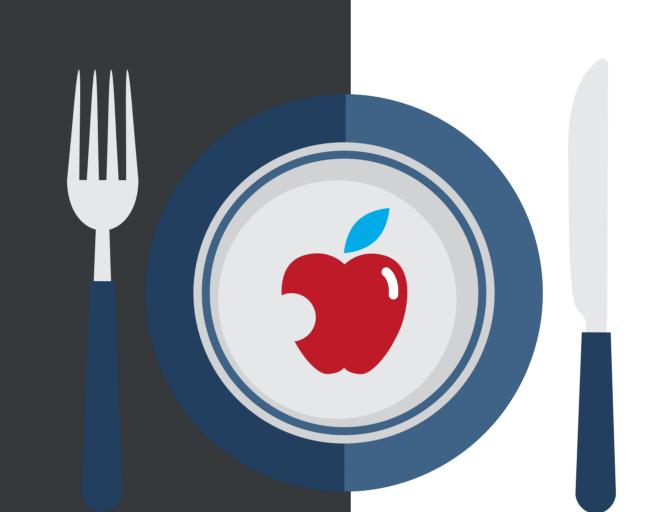


90% of Canadians will develop high blood pressure during their lifetime.

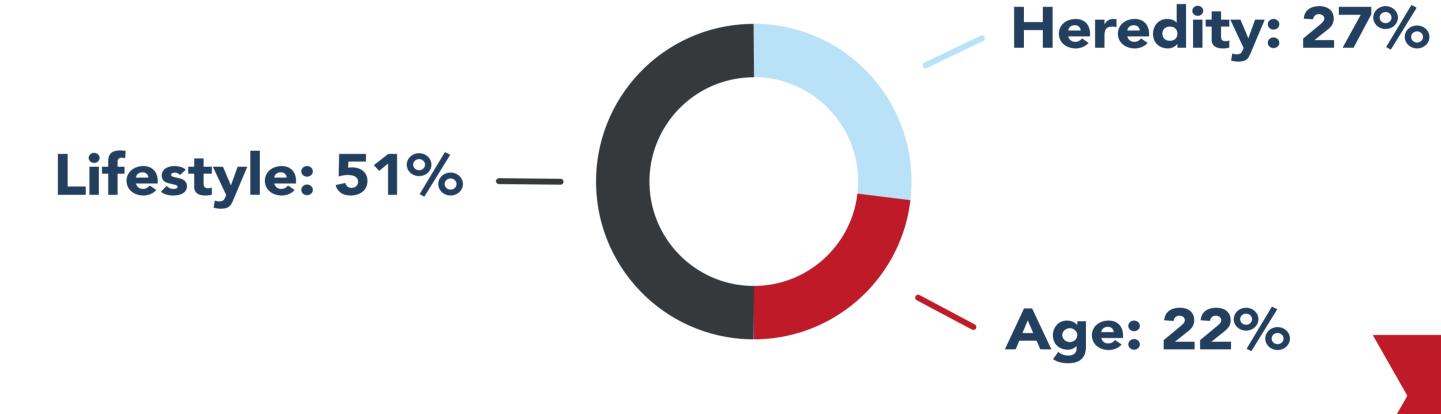


88% of Canadians are aware that vegetables and fruit help decrease the risk of high blood pressure, while 60% attribute the same benefits to milk products.

Milk products are part of a healthy diet to help manage blood pressure and your risk of heart disease and stroke.



Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.



FACT

The risk of high blood pressure increases with age. More than 50% of people over 60 have high blood pressure.

## THESE LIFESTYLE CHANGES CAN REDUCE YOUR RISK.



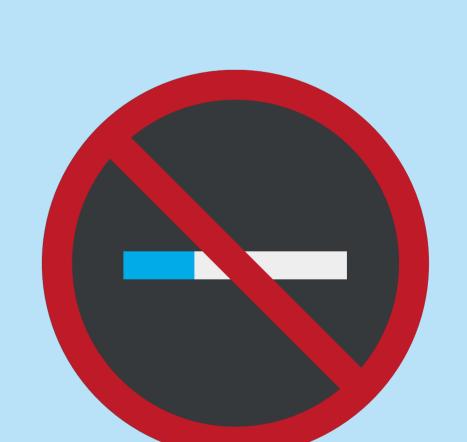
FRUITS AND MAKE SURE YOU GET ENOUGH MILK PRODUCTS.



EXERCISE REGULARLY.



REDUCE SODIUM IN YOUR DIET.



QUIT SMOKING.



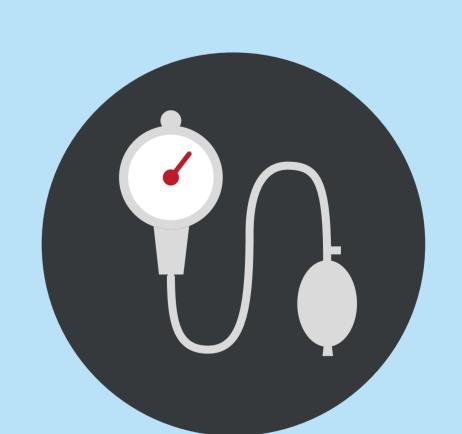
LIMIT YOUR ALCOHOL CONSUMPTION.



MANAGE YOUR WEIGHT.



MANAGE YOUR STRESS.



HAVE YOUR BLOOD PRESSURE
CHECKED AT LEAST
ONCE A YEAR.



USE THE GET ENOUGH HELPER APP.
This app allows you to track
what you eat to make sure you
get enough of what you need.



For every day you use the app, Dairy Farmers of Canada makes a \$1 donation\* to the Heart and Stroke Foundation.

> getenough.ca/app



