

Health Reports: Factors associated with hypertension control among older Canadians, June 2018

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Hypertension affects about 1 in 4 Canadian adults, and becomes more common as people age, resulting in many negative health implications. One of the most serious is damage to blood vessels, increasing the risk of heart attack or stroke—two of the leading causes of hospitalization and death in Canada.

Although many Canadians with hypertension treat their condition with medication, men achieve somewhat better control than women. A new study released today in *Health Reports* looks at factors that may explain some of the differences in hypertension control between women and men aged 60 to 79.

Data from four cycles of the Canadian Health Measures Survey showed that 68% of men treated for hypertension had their hypertension under control, compared with 61% of women.

After taking into account factors including socio-demographic characteristics, health behaviours, and co-morbidities, age and diabetes were each associated with hypertension control among women. Women aged 60 to 69 were 21% more likely to have their hypertension under control compared with women aged 70 to 79, while women with diabetes were 30% less likely than women without diabetes to have their hypertension under control.

For men treated for hypertension, age, ethnicity, diabetes, cardiovascular disease and use of nonsteroidal anti-inflammatory drugs (NSAIDs) were each associated with hypertension control. For example, men aged 60 to 69 were 13% more likely than men aged 70 to 79 to have controlled hypertension. White men were 19% more likely to have controlled hypertension, while men with diabetes were 24% less likely to have controlled hypertension; men who used NSAIDs were 15% less likely.

Note to readers

The data are from four cycles of the Canadian Health Measures Survey: the first (2007 to 2009), second (2009 to 2011), third (2012 to 2013) and fourth (2014 to 2015). The study combined 60- to 79-year-old participants from each cycle for a total of 4,259 respondents.

Systolic and diastolic blood pressure (SBP and DBP) were measured with the BpTRU™ BPM-300 device (BpTRU Medical Devices Ltd., Coquitlam, British Columbia).

Hypertensive respondents without diabetes taking antihypertensive medication were considered controlled if they had mean SBP<140 mmHg and mean DBP<90 mmHg. Those with diabetes were considered controlled if they had mean SBP<130 mmHg and mean DBP<80 mmHg.

Hypertensive respondents without diabetes taking antihypertensive medication were considered uncontrolled if they had mean SBP≥140 mmHg or mean DBP≥90 mmHg. Those with diabetes taking antihypertensive medication were considered uncontrolled if they had mean SBP≥130 mmHg or mean DBP≥80 mmHg.

The Drug Identification Numbers of medications reported to be currently used were captured during household and clinic interviews.



Definitions, data sources and methods: survey number 5071.

"Factors associated with hypertension control among older Canadians" is now available in the June 2018 online issue of *Health Reports*, Vol. 29, no. 6 (82-003-X).

This issue of *Health Reports* also contains the article "Acute care hospitalizations for mental and behavioural disorders among First Nations people."

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; STATCAN.infostats-infostats.STATCAN@canada.ca).

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