

Measured blood pressure among Canadians, 2016 to 2019

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Available today are the findings on the 2016 to 2019 blood pressure of Canadians aged 6 to 79, released in the publication *Health Fact Sheets*.

Results are based on data from direct, automated measures of blood pressure and self-reported use of blood pressure medication in the combined cycles 5 and 6 of the Canadian Health Measures Survey, which were conducted from January 2016 to December 2019. The findings include measured blood pressure, being diagnosed with hypertension by a health-care professional, and taking antihypertensive medication.

Note to readers

Cycles 5 and 6 of the Canadian Health Measures Survey (CHMS) were conducted from January 2016 to December 2017 and from January 2018 to December 2019, respectively. The target population for these fact sheets consists of people aged 6 to 79 living in the 10 provinces. The observed population excludes people living in the three territories; people living on reserves and in other Aboriginal settlements in the provinces; full-time members of the Canadian Forces; the institutionalized population; and residents of certain remote regions. Altogether these exclusions represent approximately 3% of the target population.

For more information on the methods used in Cycles 5 and 6, refer to the CHMS Data User Guides, which are available upon request.

Definitions, data sources and methods: survey number 5071.

The fact sheets for "[Blood pressure of adults, 2016-2019](#)" and "[Blood pressure of children and adolescents, 2016-2019](#)" are now available in the publication *Health Fact Sheets* ([82-625-X](#)).

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) or Media Relations (613-951-4636; STATCAN.mediahotline-ligneinfomedias.STATCAN@canada.ca).

