

Hypertension Canada will mark "World Health Day" with an event on Parliament Hill in Ottawa, April 23rd, 2013

Every year, high dietary sodium intake in Canadians causes hypertension in approximately 125,000 adults, with subsequent stroke, heart attack and heart failure hospitalizations of approximately 40,000 and millions of additional costs to the health care system. Excess dietary sodium currently causes hypertension in 2 million Canadians and 7.5 million Canadians have hypertension with increased blood pressure being the leading risk for premature death.

Recent studies (Lim et al., 2013) have found increased blood pressure as the leading risk for death and disability globally. It is likely due to these facts, that the World Health Organization (WHO) has selected hypertension as the 2013 theme for "World Health Day", celebrating the formation of the WHO and taking place April 7th, <http://www.who.int/world-health-day/en/>

See the link to a commentary written by four CCCN members and Dr. Norm Campbell, the CIHR/HSF and World Health League chair in hypertension and watch for upcoming publications on this topic in both the CJCN and Canadian Nurse journals.

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Lim, S. S., Vos, T., Flaxman, A. D., Danaei, G., Shibuya, K., Adair-Rohani, H. ... Ezzati, M. (2013). A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990-2010: A systematic analysis for the global burden of disease study 2010. *Lancet*, 380, 2224-2260.