



## BPC KEN: Fall/Winter Newsletter 2009

### BPC KEN Program Objectives: Recap

The **Blood Pressure Canada Knowledge Exchange Network (BPC KEN)** was established in 2007 and is led by a partnership of Blood Pressure Canada and the Cardiovascular Health Awareness Program (CHAP). Its objective is to facilitate thematic consultations, evidence accumulation and information exchange between community-based hypertension and cardiovascular health programs across Canada.

BPC KEN aims to:

**Develop a pan-Canadian network of community-based initiatives** for hypertension prevention, treatment and control.

**Facilitate knowledge exchange** to allow healthcare professionals and community leaders to share information to

advance hypertension/ cardiovascular and other chronic disease prevention.

**Establish a national support mechanism** to maximize the impact of community-based hypertension/cardiovascular health promotion and disease prevention programs.

**Activate additional network nodes** for other modifiable cardiovascular risk factors using hypertension as a template.

Since inception, BPC KEN has organized a series of regional workshops, consultations and information sharing events which were held in Ontario and Western Canada. Two more regional meetings (Quebec and Atlantic Canada) are to be held over the next few months.

These workshops assemble organizers of community pro-

grams and provide information about the objectives, content and ways of participating in BPC KEN. As a result, a framework for collecting information, tools and resources from community hypertension and cardiovascular disease prevention programs was developed and populated.

To date, more than 38 programs and initiatives from across Canada have participated in BPC KEN.

A website, including the national database of community-based hypertension and cardiovascular disease programs as well as an accompanying web forum for knowledge and resource-sharing was created at: [www.bpcommunityexchange.net](http://www.bpcommunityexchange.net)

### Issue #2

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### Hypertension: 2009 Public Recommendations

**Hypertension in diabetes**

**2009**  
PUBLIC RECOMMENDATIONS

2009 marks the 10th consecutive year that the Canadian Hypertension Education Program (CHEP) has updated recommendations for the management of hypertension for health professionals and the fourth year that this public version of the recommendations were produced. The 2008 public recommendations and 2009 recommendations for hypertension in diabetes are summarized in this article and are available by clicking "View Recommendations" at: [www.hypertension.ca/](http://www.hypertension.ca/)

#### What Is A Normal Rating for Blood Pressure?

For most healthy people, their blood pressure should be less than 140/90 mmHg. For people with diabetes or kidney disease, their blood pressure should be less than 130/80 mmHg.

#### How Does Salt Content Affect High Blood Pressure?

It is estimated that up to three in 10 Canadians have hypertension because they eat too much salt. Sodium is a big part of salt. High sodium intake can be avoided by reading labels carefully and avoiding restaurant, fast foods and pre-packaged foods which often contain a lot of salt.

#### How Can High Blood Pressure Be Avoided?

There are several things that you can do to prevent hypertension and to keep your blood pressure lower. Blood pressure increases with age and more than nine in 10 Canadians will develop hypertension unless they follow a healthy lifestyle. Also, try the following:

- Be physically active for 30 to 60 minutes on most days of the week.
- Choose to eat more vegetables, fruit, low fat dairy products, whole grains and lean meat, fish and poultry.
- Eat less salt. In general, the more processed the food is, the higher the salt content.

#### PARTNERS:



Public Health Agency of Canada / Agence de la santé publique du Canada

**Bruyère** CONTINUING CARE / INSTITUT DE RECHERCHE ÉLISABETH-BRUYÈRE RESEARCH INSTITUTE (affiliated with the University of Ottawa)



**McMaster University** HEALTH SCIENCES / **Department of Family Medicine**

## Hypertension: 2009 Public Recommendations Continued

### Avoiding High Blood Pressure Cont'd

- If you drink alcohol, limit the amount to one or two drinks per day to a weekly maximum of nine drinks if you are a woman and 14 drinks if you are a man.
- If you are overweight, losing about 10 pounds will lower your blood pressure. Reducing your weight within a healthy range will lower your blood pressure even more.

- It is important to stop smoking if you have high blood pressure as it increases your risk of developing heart problems and other diseases.

### Hypertension and Diabetes

Having diabetes increases your risk of developing high blood pressure and other cardiovascular problems, because diabetes leads to hardening of your arteries.

Finding high blood pressure early, treating and keeping it in the normal range can reduce your risk of developing many complications of diabetes.

For more information, see:  
**[www.hypertension.ca](http://www.hypertension.ca)** and  
**[www.heartandstroke.ca/pb](http://www.heartandstroke.ca/pb)**.

*We gratefully thank Blood Pressure Canada for permission to duplicate this information in our newsletter.*

## BPC KEN Website: A Major Success!

Ongoing access to the BPC KEN website has surpassed our expectations. The website — **[www.bpcommunityexchange.net](http://www.bpcommunityexchange.net)** was launched eight months ago as an information portal for those interested in community cardiovascular/hypertension awareness and prevention.

As of December 1, 2008, there were 2,646 visits to the site which represents an average of 330 visits per month. Visits are considered to be better indicators of site usage than hits as visits represent access to multiple pages on the site. Detailed statistics are outlined in the accompanying diagrams.

The main feature of the Website is the database, which summarizes 39 community-based cardiovascular/hypertension prevention programs across Canada.

In addition, the Website acts as a toolbox, making implementation guides and other resources developed by programs across Canada accessible to everyone.

Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	KBytes	Visits	Pages	Files	Hits
<a href="#">Dec 2008</a>	21	18	11	5	7	590	5	11	18	21
<a href="#">Nov 2008</a>	116	88	31	14	356	88358	449	949	2652	3491
<a href="#">Oct 2008</a>	183	131	30	14	298	64513	450	933	4090	5675
<a href="#">Sep 2008</a>	100	73	17	7	165	51497	236	533	2193	3016
<a href="#">Aug 2008</a>	71	53	20	10	142	49342	310	626	1648	2225
<a href="#">Jul 2008</a>	135	100	26	12	191	73312	401	830	3117	4209
<a href="#">Jun 2008</a>	150	109	28	11	188	54772	338	856	3292	4507
<a href="#">May 2008</a>	439	317	58	11	210	182239	368	1802	9832	13633
<a href="#">Apr 2008</a>	81	42	11	2	61	23883	89	339	1287	2450
<b>Totals</b>						<b>588505</b>	<b>2646</b>	<b>6879</b>	<b>28129</b>	<b>39227</b>

## BP Canada AGM: 2008

The **Blood Pressure Canada Annual General Meeting** was held in Toronto on October 29, 2008.

A total of 19 members participated. Congratulations to the following recipients of the BPC Certificate of Excellence Award and the George Fodor Award for the prevention and control of hypertension:

Dr. Denis Drouin, Dr. Finlay McAlister, Dr. Janusz Kaczoroski, Dr. Kevin Willis, Dr. Sheldon Tobe and Pfizer Canada (Certificates of Excellence) and The Government of Canada (George Fodor Award).



## BPC KEN: 2009 Meetings

In 2009, several meetings will be convened for community cardiovascular program organizers in **Quebec and Eastern Canada** to learn about and begin their participation in BPC KEN. Dr. Renee Lyons, the Canada Research Chair in Health Promotion is organizing a BPC KEN meeting in Halifax this spring. Please contact Dr. Lyons at [Renee.Lyons@DAL.CA](mailto:Renee.Lyons@DAL.CA) for

more information. For other details about these meetings, please contact Larry Chambers or Janusz Kaczoroski.

## Newsletter Contributions

We encourage our readers to submit briefs about topics of interest to BPC KEN participants for our future newsletters. Please send information to Larry Chambers or Janusz Kaczoroski.