



Blood Pressure Fact Sheet

- Uncontrolled high blood pressure is a leading risk factor for cardiovascular disease (CVD) and is associated with a higher risk of heart attack, heart failure and stroke
- High blood pressure is among the most treatable types of cardiovascular disease
- Nearly 1 in 3 adults with high blood pressure do not know that they have high blood pressure
- A study of on-duty cardiovascular deaths in fire fighters showed high blood pressure – presumably uncontrolled – was one of the contributing factors
- Another study showed 74% of fire fighters with high blood pressure do not have it adequately controlled

- High blood pressure is a warning sign that should not be ignored. High blood pressure is defined as blood pressure of 140/90 mmHg or higher

- Check your blood pressure regularly, 120-139/80-89 mmHg indicates prehypertension, indicating a risk of developing high blood pressure

- Uncontrolled blood pressure measured at greater than 140/90 mmHg on at least 2 occasions indicates high blood pressure – talk to your physician about your blood pressure

- During baseline Fitness Assessments Mississauga Fire Peer Fitness Trainers have identified 3 members who had unidentified high blood pressure which is now controlled by their family physician

Contact a Peer Fitness Trainer if you would like more information or want to talk about your Blood Pressure

Source: IAFF, Firefighters and High Blood Pressure presentation, Stop, Drop and Control high blood pressure program, 2008