

Know your numbers

Hypertension

Check your blood pressure. Care for your heart.

140
90



FAST FACTS ON HYPERTENSION

Hypertension and the life course

Hypertension takes its greatest toll on people over age 60. However, earlier behaviors affect the development of hypertension and related risk factors, especially overweight and obesity. Healthy habits – such as eating foods rich in nutrients and low in salt, avoiding alcohol and tobacco, and exercising – should be established at an early age.

- Infants who are breastfed have lower blood pressure, serum cholesterol and risk of type-2 diabetes as adults.
- Breastfeeding helps mothers to lose weight postpartum, particularly during the period of exclusive breastfeeding.
- Most school-age girls and boys (ages 13 to 15) in the Americas do not meet the international guideline of 60 minutes of physical activity per day at least five days per week.
- Rates of overweight and obesity are high and increasing throughout the Americas. In Ecuador, 36% of 13-to-19-year-old girls are overweight and 5% are obese, and among 20-to-24-year-old girls, 42% are overweight and 8% are obese.
- Young people decrease their consumption of unhealthy products such as alcohol, tobacco and sugary drinks when prices increase, as they often cannot afford the higher cost.
- The effects of high blood pressure accumulate with age. In high-income countries, only 7% of deaths caused by hypertension are in people under 60.

LINKS:

PAHO Adolescent and Youth Regional Strategy and Plan of Action

<http://new.paho.org/hq/dmdocuments/2011/Adolescent%20and%20Youth%20Regional%20Strategy%20and%20Plan%20of%20Action.pdf>

Early initiation of breastfeeding: the key to survival and beyond

<http://www2.paho.org/hq/dmdocuments/2010/Technical%20brief.%20Early%20initiation%20of%20breast%20feeding.%20The%20key%20to%20survival%20and%20beyond.pdf>