

Workplace

Factors Affecting Blood Pressure

Recommendations for Employers and Employees

There are many factors that can affect blood pressure. Here are some suggestions for workplaces and tips for employees:

Risk Factors	Workplace Recommendations	Tips for Employees
Factors that Cannot be Controlled: age, family history	<ul style="list-style-type: none"> Encourage employees to go for their annual check-up. Ask your Occupational Health Nurse to check blood pressure. Invite the Porcupine Health Unit or your local Heart & Stroke Foundation in to do a presentation on high blood pressure 	<ul style="list-style-type: none"> Understand your risk factors and learn how to manage them. Have your blood pressure checked at least once a year. If your reading is high, see your health care provider. Know your blood pressure numbers and what is considered “normal” for you.
Stress	<ul style="list-style-type: none"> Implement healthy policies that can reduce stress. Provide stress management resources, presentations or displays. 	<ul style="list-style-type: none"> Try to manage your time more effectively. Take time to rest and relax. Don't be afraid to ask for help.
Physical Activity	<ul style="list-style-type: none"> Develop a physical activity policy. Be a positive role model for staff. Contact the Porcupine Health Unit to book a presentation. Borrow one of our pedometer loan kits. 	<ul style="list-style-type: none"> Accumulate 30-60 minutes of moderate physical activity most days of the week. Get active during your workday.
Diet	<ul style="list-style-type: none"> Offer healthy options in your cafeteria and/or vending machines. Provide healthy eating materials, resources, presentations and or displays to your employees. Be a good example to your staff 	<ul style="list-style-type: none"> Eat according to Canada's Food Guide for Healthy Eating. Lower the amount of salt and fat in your diet.
Tobacco Smoke	<ul style="list-style-type: none"> Create a comprehensive tobacco policy. Find out if your benefits provider covers smoking aids. Contact the Porcupine Health Unit to provide educational materials, workshops and/or displays to help employees reduce or quit smoking. Encourage employees to use smoking cessation services. 	<p>Get the help you need to reduce or quit smoking:</p> <ul style="list-style-type: none"> Porcupine Health Unit Smoker's Helpline - a free telephone-based counselling program The Driven to Quit Challenge - participants are encouraged to quit smoking for a chance to win a great prize.
Alcohol and Substance Use	<ul style="list-style-type: none"> Develop an alcohol & substance use policy. Educate your staff through presentations, and displays. 	<ul style="list-style-type: none"> Avoid exposure to second-hand smoke. Limit alcohol to 1 unit per day for women and 1-2 units per day for men