

Table 2. Advice and resources for patients making key lifestyle changes that can help prevent and control hypertension.

Advice	Resources
<p>Healthy Eating</p> <p><i>Provide patients with tips:</i></p> <ul style="list-style-type: none"> • Be mindful about what and how much you eat and choose wisely from a variety of foods to improve your health and your blood pressure. • Eat more fruits and vegetables every day. • Choose a wide variety of brightly colored fresh or frozen vegetables. • Cook fresh foods from scratch as often as you can—it's easier than you think and tastes great. • Choose foods low in fat, sugar, and salt. • Learn how to read food labels. • Have regular meals and healthy snacks. • Quench your thirst with water. <p><i>Consider adding a virtual dietitian to your team if one is not readily available to your practice.</i></p> <p><i>Encourage your patients to use the HealthLink BC website for self-management.</i></p>	<p>“Eating well with Canada's Food Guide” describes an evidence-based food intake pattern. www.healthcanada.gc.ca/foodguide</p> <p>Health Canada Food and Nutrition provides information about food safety and healthy eating. www.hc-sc.gc.ca/fn-an/index-eng.php</p> <p>Healthy Families BC has healthy eating resources for consumers of all ages. www.healthyfamiliesbc.ca</p> <p>Food Skills for Families is a hands-on program that makes healthy eating, shopping, and cooking easy, quick, and fun. www.foodskillsforfamilies.ca/</p> <p>Better Together is about family, food, and fun. http://bettertogetherbc.ca/</p> <p>HealthLink BC provides information on healthy eating. www.healthlinkbc.ca</p> <p>Dietitian Services at HealthLink BC provides counseling/coaching support to assist patients with lifestyle changes. Doctors can refer patients, or patients can make contact directly. Call 811 and ask to speak to a dietitian (HealthLink BC telephone services are available in over 130 languages).</p>
<p>Sodium reduction</p> <p><i>Provide patients with tips:</i></p> <ul style="list-style-type: none"> • Read nutrition labels. Almost all packaged foods have a Nutrition Facts table, making it easier to see how much sodium and other nutrients are in a food. The daily value (% DV) tells you at a glance if there is a lot (15% DV or more) or a little (5% DV or less) of a nutrient in the stated amount of food. Choose foods with less sodium. • Eat more fresh foods prepared at home. Choose plenty of fresh or frozen fruits and vegetables. • Eat fewer processed foods. Limit packaged and canned foods and meals purchased outside of the home. Watch for the hidden salt in foods such as lunch meat, canned soups, and pasta. • Look for foods with claims such as “salt-free” (less than 5 mg of sodium per serving), “low in sodium” (140 mg of sodium or less per serving), or “reduced in sodium” (at least 25% less than the regular product). • Prepare foods with little or no added salt and resist adding salt to your food. Remember that 5 mL (1 teaspoon) of salt contains 2300 mg of sodium. Try other flavoring agents such as pepper, vinegar, lemon, hot pepper sauce, and herbs. • Ask for nutrition information at restaurants to see how much sodium is in the food served. Many chains now make nutrition information available in restaurants or online. 	<p>Hypertension Canada provides guidance on sodium reduction for both patients and health professionals through its Dietary Sodium Initiative. “Healthy Eating for Your Blood Pressure” is a good patient resource that can be found online or ordered free of charge. www.lowersodium.ca/en/public/tools Send a message to admin@hypertension.ca to order resources.</p> <p>Healthy Families BC provides information on sodium and how to read labels. www.healthyfamiliesbc.ca/home/articles/salt-and-sodium-get-facts</p> <p>Dietitian Services at HealthLink BC can provide specific information about sodium reduction. Doctors can refer patients or patients can make contact directly. Call 811 and ask to speak to a dietitian.</p>
<p>Physical activity</p> <p><i>Provide patients with tips:</i></p> <ul style="list-style-type: none"> • Increase your physical activity and reduce sedentary time. Include activities that you can easily incorporate into a daily routine, such as walking more, taking stairs instead of an elevator, playing with your children or grandchildren, dog walking, and gardening. • Something is better than nothing, and more is better. The more you do, the better your health and the better you feel. <p><i>Consider adding a virtual exercise physiologist to your team if one is not readily available to your practice.</i></p>	<p>HealthLink BC provides information on physical activity and some practical advice under “Fitness and Exercise.” www.healthlinkbc.ca/healthyliving/?WT.svl=TopNav</p> <p>Healthy Families BC provides information on physical activity. www.healthyfamiliesbc.ca/home/articles/physical-activity</p> <p>PAL (Physical Activity Line) provides counseling/coaching support from CSEP-certified exercise physiologists to help patients with health conditions exercise safely. www.physicalactivityline.com Call 604 241-2266 (Lower Mainland) or toll free 1 877 725-1149 or send a message to PAL staff at info@physicalactivityline.com.</p> <p>Exercise Is Medicine provides information for both patients and health professionals. http://exerciseismedicine.org/</p>
<p>Healthy weight</p> <p><i>Provide patients with tips:</i></p> <ul style="list-style-type: none"> • Achieve and maintain a healthy weight through improved eating and physical activity. Be mindful about building healthy eating and living patterns to achieve caloric balance through all stages of life. • Incorporate physical activity into everyday life at home, at work, and at play. • Play actively with your children and friends. • Select an eating pattern that provides enough nutrients at an appropriate calorie level. • Be mindful of all foods and beverages consumed and how they fit within a total healthy eating pattern. • To lose weight, work with professionals to achieve a healthy weight and seek support from “buddies.” For long-term success, set realistic targets and limit weight loss to 0.5 kg (1 lb) per week. • To lose weight, increase the amount of time you are physically active or increase the amount of effort you put into the activity. Moderate physical activity for 150–250 minutes per week (e.g., walking briskly) will help. Being active for more than 250 minutes per week will help you lose even more weight. <p><i>All overweight hypertensive patients should be advised to lose weight. Weight loss strategies should be long-term and employ a multidisciplinary approach that includes education, increased physical activity, and behavioral intervention.</i></p>	<p>The Canadian Obesity Network provides resources for the primary care team, including <i>Best Weight: A Practical Guide to Office-Based Obesity Management</i> by Dr Yoni Freedhoff and Dr Arya M. Sharma, and the <i>5As of Obesity Management</i> toolkit. www.obesitynetwork.ca</p> <p>HealthLink BC provides information on weight management. www.healthlinkbc.ca/kb/content/special/aa122915.html</p> <p>Centre for Healthy Weights: Shapedown BC is a multidisciplinary family-centred program for pediatric weight management with a team that includes a physician, a registered dietitian, a psychologist, and a fitness/activity specialist. www.bcchildrens.ca/Services/SpecializedPediatrics/CentreHealthyWeights/default.htm</p> <p>The Childhood Obesity Foundation provides a simple guide to preventing childhood obesity, “What Every Family Can Do: The 5-2-1-0 Rule.” www.childhoodobesityfoundation.ca/whatFamiliesCanDo</p> <p>Live Right Now is a national initiative designed to inspire Canadians to join together and change the health of this country. The idea is built around the small steps everyone can take to improve health. www.cbc.ca/liverightnow</p> <p>Dietician Services at HealthLink BC provides counseling/coaching support to assist patients with lifestyle changes. Call 811 and ask to speak to a registered dietitian who is a weight-loss coach (a pediatric dietitian is also available to support families with children/youth who have weight management issues). Doctors can refer patients or patients can make contact directly.</p> <p>PAL (Physical Activity Line) provides counseling/coaching support to help patients achieve a healthy weight. Doctors can refer patients or patients can make contact directly. Call 604 241-2266 (Lower Mainland) or toll free 1 877 725-1149 or send a message to PAL staff at info@physicalactivityline.com.</p>
<p>Moderate alcohol consumption</p> <p><i>Offer advice and support to patients who drink more than the guidelines for moderate drinking recommend (two drinks per day for men; one drink per day for women; no alcohol during pregnancy).</i></p>	<p>The Alcohol and Drug Information and Referral Service provides information for people across BC needing help with any kind of substance abuse. Call 604 660-9382 (Lower Mainland) or toll free 1 800 663-1441 for referral to education, prevention, and treatment services, and to contact regulatory agencies.</p>
<p>Stress management</p> <p><i>Offer advice and support to patients struggling with stress or mental health challenges. Recommend resources and make referrals when necessary.</i></p>	<p>Canadian Mental Health Association, BC Division, provides <i>Bounce Back: Reclaim Your Health</i>, a free program designed to help adults experiencing mild to moderate depression, low mood, or stress, with or without anxiety. The program DVDs, available in English, Mandarin, and Cantonese, are supplied to physicians to give to their patients. The guided self-help telephone coaching with skill-building workbooks requires a doctor's referral. Call toll free 1 866 639-0522 or send a message to bounceback@cmha.bc.ca. www.bouncebackbc.ca</p> <p>Canadian Mental Health Association, BC Division, also provides <i>Living Life to the Full</i>, a course to help adults deal with everyday life challenges and stress (material available on the website and 90-minute classes, once a week, for 8 weeks, available in a group format). Call toll free 1 800 555-8222 or send a message to living.life@cmha.bc.ca. www.lttf.ca</p>