

High blood pressure: what can we do to prevent it?

Robert Walton for Evidently Cochrane, 27 May 2022

References

Cormick G, Ciapponi A, Cafferata ML, Cormick MS, Belizán JM. **Calcium supplementation for prevention of primary hypertension.** *Cochrane Database of Systematic Reviews* 2022, Issue 1. Art. No.: CD010037. DOI: 10.1002/14651858.CD010037.pub4

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010037.pub4/full>

Graudal NA, Hubeck-Graudal T, Jurgens G. Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride. *Cochrane Database of Systematic Reviews* 2020, Issue 12. Art. No.: CD004022. DOI: 10.1002/14651858.CD004022.pub5. Accessed 31 March 2022.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004022.pub5/full>

Lee LL, Mulvaney CA, Wong YK, Chan ESY, Watson MC, Lin HH. Walking for hypertension. *Cochrane Database of Systematic Reviews* 2021, Issue 2. Art. No.: CD008823. DOI: 10.1002/14651858.CD008823.pub2. Accessed 31 March 2022.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008823.pub2/full>

NHS. High blood pressure: hypertension. NHS.uk, page last reviewed 23 October 2019. Web. 26 May 2022. <https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>

NHS. Salt: the facts. NHS.uk, page last reviewed 15 March 2021. Web. 26 May 2022

<https://www.nhs.uk/live-well/eat-well/food-types/salt-nutrition/>

Ried K, Fakler P, Stocks NP. Effect of cocoa on blood pressure. *Cochrane Database of Systematic Reviews* 2017, Issue 4. Art. No.: CD008893. DOI: 10.1002/14651858.CD008893.pub3. Accessed 31 March 2022. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008893.pub3/full>

Ryan-Vig S. Cocoa and blood pressure: food for thought. Evidently Cochrane blog, 27 June 2017.

<https://www.evidentlycochrane.net/cocoa-and-blood-pressure/>

Thompson K and Sullivan H. Blood pressure: Are your pipes in good working order? *UK Health Security Agency* blog, 06 September 2021. <https://ukhsa.blog.gov.uk/2021/09/06/blood-pressure-are-your-pipes-in-good-working-order/>

World Health Organization. WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 25 November 2020.

<https://www.who.int/publications/i/item/9789240015128>

Cochrane Clinical Answers:

Gruenebaum D. “Can calcium supplementation help prevent primary hypertension?”
Cochrane Library, Cochrane Clinical Answer, 26 April 2022. Web. 27 May
2022. <https://www.cochranelibrary.com/cca/doi/10.1002/cca.3955/full>

Aung K. “What are the benefits and harms of walking to prevent and control hypertension?”
Cochrane Library, Cochrane Clinical Answer, 16 August 2021. Web. 27 May
2022. <https://www.cochranelibrary.com/cca/doi/10.1002/cca.3679/full>

Burch J, Gruenebaum D. “How does dietary salt reduction affect cardiovascular biomarkers
and hormone levels in healthy normotensive and hypertensive adolescents and adults?”
Cochrane Library, Cochrane Clinical Answer, 9 February 2021. Web. 27 May
2022. <https://www.cochranelibrary.com/cca/doi/10.1002/cca.3542/full>