



24TH SCIENTIFIC MEETING OF
THE INTERNATIONAL SOCIETY
OF HYPERTENSION
30 September – 4 October 2012



MEDIA RELEASE

30 SEPTEMBER 2012

SITTING CAN BE A HEALTH HAZARD IF YOU ARE OVERWEIGHT

Recent research by Professor David Dunstan and his team, from the Baker IDI Heart and Diabetes Institute, has found that for overweight Australians, getting up and walking around after sitting for long periods may assist with helping to lower blood pressure. High blood pressure is a major risk factor in heart attack and stroke. The results of this study will be presented at the International Society of Hypertension Meeting in Sydney this week.

On three separate days over a three week period, overweight participants either sat for seven hours uninterrupted or were able to get up and walk around for two minutes every twenty minutes. Compared to uninterrupted sitting the introduction of short activity breaks lead to a significant reduction in blood pressure.

In Australia we now have over 60% of adults that are overweight or obese, and 1 in 3 Australians have high blood pressure. Getting up and taking a break from your computer or TV can be an easy healthy change to make for everyday Australians. This new research shows that small changes can make a big difference.

Professor Dunstan said, “These findings suggest that regularly breaking up prolonged sitting may reduce blood pressure. As a large part of our workforce is overweight and many sit at a desk in front of a computer all day, these new findings may have to trigger a change in the way we work if we want to live a long and healthy life.”

This new research may also be important in management of those already suffering from high blood pressure. Professor also said “further studies are needed to evaluate population clinical significance of interrupting sitting time in a hypertensive population.”

“Understanding the contributing factors to high blood pressure has the potential to reduce the risk of having a heart attack or stroke that may cause death and disability and make enjoying life that much harder,” he concluded.

At the *International Society of Hypertension* meeting approximately 2000 delegates will hear from 60 invited speakers, including two Nobel Laureates. Themes include the effect of high blood pressure on different population groups, the brain and nervous system, the heart and vascular system, diabetes, the endocrine and renal systems as well as highlighting public health issues including high blood pressure in children, diagnosis and new and emerging treatments.

Hypertension, better known as high blood pressure, affects about one-third of our population. Many don't know they have it, some are managed well with medicines while about 25 per cent don't have the condition under control. High blood pressure is the single biggest contributor to death from a heart attack or stroke.

For further information about the meeting go to <http://www.ish2012.org>

For more information or to arrange an interview please contact Fran Hagon on 0405066022 or franhagon.media@gmail.com.