

## Preface

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The enclosed Heart Health in Canada CD-ROM contains the complete cardiovascular disease risk profiles on 266 variables for a representative sample of 18 689 individuals in the 10 Canadian provinces. The provincial heart health surveys were carried out between 1986 and 1992 as part of the federal-provincial collaboration on the Canadian Heart Health Initiative.

Data on blood pressure, blood lipids, anthropometry and lifestyle behaviours were gathered in each province from a sample of over 2 000 men and women, aged 18-74 years. Information was also collected on knowledge and awareness of the causes and consequences of cardiovascular disease and associated risk factors. The methodology has been described in the literature.

The surveys were co-funded by the provincial departments of health and by Health Canada which also provided technical coordination. Contributions were also made by provincial public health units and by provincial heart and stroke foundations.

The results of the provincial heart health surveys provide a compelling argument for a comprehensive, public health approach to cardiovascular disease prevention. The surveys are a vivid example of how epidemiological research can lead to the implementation of policies to address the main cause of death and one of the main causes of disability in Canada and in other industrialized countries.

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