

You track a lot of things.

 Sleep.

 Screen time.

 Steps.

What about your blood pressure?



Measure More, Miss Less

A Community-Based Blood Pressure Screening Program in Canada



Measure More, Miss Less: A Community-Based Blood Pressure Screening Program in Canada 2026 is a study being conducted by the University of Alberta Researchers. Anyone aged ≥ 13 years and who provides consent can participate. The study involves completion of a short questionnaire and 3 blood pressure measurements taking a total of 15-20 minutes. Principal Investigator: Dr. Ross Tsuyuki. Study Coordinator: Dr. Stephanie Gysel 587-897-2257. Research Ethics Board ID# Pro00161615 v 26 Jan 2026.