

Hypertension Guideline Update

Blood Pressure Categories

Normal	<120/<80 mmHg
Elevated	120-129/<80 mmHg
Stage 1 Hypertension	130-139 or 80-89 mmHg
Stage 2 Hypertension	≥140 or ≥90 mmHg

Start Medications at ≥130/80 mmHg if the individual has:

- Diabetes
- Chronic kidney disease (CKD)
- Clinical cardiovascular disease (CVD)
- ≥7.5% estimated 10-year ASCVD risk

Treatment Approach

Stage 1 Hypertension (130–139/80–89 mmHg)

- Intensive lifestyle modification.
- Consider medication based on ASCVD risk and comorbidities.

Stage 2 Hypertension (≥140/90 mmHg)

- Lifestyle modification PLUS.
- Two first-line antihypertensive agents.
 - Prefer single-pill combinations, when possible, to improve adherence.

Lifestyle Recommendations

- **Sodium:** <2,300 mg/day (ideal target: 1,500 mg/day).
- **Physical Activity:** 75–150 minutes/week of aerobic and/or resistance exercise.
- **Weight Management:** Goal ≥5% weight loss for adults with overweight/obesity.
- **Nutrition:** Recommend the DASH diet eating pattern.
- **Alcohol:** Avoid if possible; if consumed:
 - Men: ≤2 drinks/day
 - Women: ≤1 drink/day
- **Stress Reduction:** Encourage exercise, meditation, yoga, and breathing techniques.



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