HBP GUIDELINE TOOL: UPDATED CLASSIFICATION AND MANAGEMENT OF HIGH BLOOD PRESSURE IN ADULTS

Based on the 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults

Use this figure to identify the changes in blood pressure classification and treatment for adults.

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**Normal BP**
- Systolic BP (SBP) <120 mm Hg
- Diastolic BP (DBP) <80 mm Hg

**Prehypertension**
- SBP 120–139 mm Hg
- or
- DBP 80–89 mm Hg

**Hypertension Stage 1**
- SBP 140–159 mm Hg
- or
- DBP 90–99 mm Hg

**Hypertension Stage 2**
- SBP ≥160 mm Hg
- or
- DBP ≥100 mm Hg

**Management**

**Previous Classification System**
- Normal BP
- Prehypertension
- Hypertension Stage 1
- Hypertension Stage 2

**2017 Updated Classification System**
- Normal BP
- Elevated BP
- Hypertension Stage 1
- Hypertension Stage 2

**Promote optimal lifestyle habits**

**Nonpharmacologic therapy**

**Presence of ASCVD or 10-year CVD risk ≥10%?**

- Yes
- BP-lowering drug therapy not needed

- No
- Add BP-lowering drug therapy

**For all patients:** Appropriate follow-up and ongoing care
- Perform appropriate follow-up based on blood pressure classification and treatment strategy
- Follow medication and lifestyle adherence strategies where necessary

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