



Screening for High Blood Pressure: Clinical Summary of U.S. Preventive Services Task Force Recommendation

Population	Adult General Population¹
Recommendation	Screen for high blood pressure Grade: A

Screening Tests	<p>High blood pressure (hypertension) is usually defined in adults as: systolic blood pressure (SBP) of 140 mm Hg or higher, or diastolic blood pressure (DBP) of 90 mm Hg or higher.</p> <p>Due to variability in individual blood pressure measurements, it is recommended that hypertension be diagnosed only after 2 or more elevated readings are obtained on at least 2 visits over a period of 1 to several weeks.</p>
Screening Intervals	<p>The optimal interval for screening adults for hypertension is not known.</p> <p>The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7) recommends:</p> <ul style="list-style-type: none"> • screening every 2 years with BP < 120/80 • screening every year with SBP of 120-139 mmHg or DBP of 80-90 mmHg
Suggestions for Practice	<p>A variety of pharmacological agents are available to treat hypertension. JNC 7 guidelines for treatment of hypertension can be accessed at www.nhlbi.nih.gov/guidelines/hypertension/incintro.htm.</p> <p>The following non-pharmacological therapies are associated with reductions in blood pressure:</p> <ul style="list-style-type: none"> • reduction of dietary sodium intake • potassium supplementation • increased physical activity, weight loss • stress management • reduction of alcohol intake
Other Relevant Recommendations from the USPSTF	<p>Adults with hypertension should be screened for diabetes.</p> <p>Adults should be screened for hyperlipidemia (depending on age, sex, risk factors) and smoking.</p> <p>Clinicians should discuss aspirin chemoprevention with patients at increased risk for cardiovascular disease.</p> <p>These recommendations and related evidence are available at www.preventiveservices.ahrq.gov.</p>

For the full [recommendation statement](#) and [supporting documents](#) please go to <http://www.uspreventiveservicestaskforce.org>.

¹ This recommendation applies to adults without known hypertension.