

Table 8B. JNC 7 Classification and Management of Blood Pressure for Adults*

BP Classification	SBP* mm Hg	DBP* mm Hg	Lifestyle Modification	Initial Drug Therapy	
				Without Compelling Indications	With Compelling Indications
Normal	<120	And <80	Encourage	N/A	N/A
Prehypertension	120–139	Or 80–89	Yes	No antihypertensive drug indicated.	Drug(s) for compelling indications. [‡]
Stage 1 Hypertension	140–159	Or 90–99	Yes	Thiazide-type diuretics for most. [†] May consider ACEI, ARB, BB, CCB, or combination.	Drug(s) for the compelling indications. [‡] Other antihypertensive drugs (diuretics, ACEI, ARB, BB, CCB) as needed.
Stage 2 Hypertension	≥160	Or ≥100	Yes	Two-drug combination for most (usually thiazide-type diuretic and ACEI or ARB or BB or CCB).	

DBP = diastolic blood pressure; SBP = systolic blood pressure.

Drug abbreviations: ACEI = angiotensin converting enzyme inhibitor; ARB = angiotensin receptor blocker; BB = beta-blocker; CCB = calcium channel blocker.

* Treatment determined by highest BP category.

[†] Initial combined therapy should be used cautiously in those at risk for orthostatic hypotension.

[‡] Treat patients with chronic kidney disease or diabetes to BP goal of <130/80 mmHg.

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. Bethesda, Md: National Institutes of Health, National Heart, Lung, and Blood Institute. 2003; NIH Publication 03-5231.