

# Comparison of Blood Pressure Targets from Key Guidelines

## 2011-2021

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The table below summarizes many of the major hypertension guidelines. Notably, the more recent guidelines generally push for lower blood pressure (BP) targets recognizing the benefit seen with greater blood pressure control on cardiovascular outcomes.

All guidelines mention the need for individualization of the blood pressure target recognizing that a lower blood pressure target may not be appropriate for some people (for example, those with advanced dementia or prior syncope).

### Recent Hypertension Guideline Recommendations

Guideline	Evidence Review Methodology	BP Target in General Adult Population	BP Target in High Cardiovascular Disease Risk Groups	BP Target in Chronic Kidney Disease and Diabetes Mellitus
<b>NICE</b> (2011, amended 2019) <sup>1</sup>	Systematic Review	<b>Age &lt; 80:</b> < 140/90 <b>Age ≥ 80:</b> < 150/90	<b>Age &lt; 80:</b> < 140/90 <b>Age ≥ 80:</b> < 150/90	< 140/90
<b>CHEP</b> (2016) <sup>2</sup>	Consensus (Graded)	<b>Age &lt; 80:</b> SBP < 120 <b>Age ≥ 80:</b> SBP < 150 (if < 120 target inappropriate)	<b>Age &lt; 80:</b> SBP < 120 <b>Age ≥ 80:</b> SBP < 150 (if < 120 target inappropriate)	< 130/80
<b>Australian</b> (2016) <sup>3</sup>	Consensus (Graded)	< 140/90	< 120/80 if thought safe	N/A
<b>ACC/AHA</b> (2017) <sup>4</sup>	Consensus (Graded)	< 130/80	< 130/80	< 130/80
<b>AAFP/ACP</b> (2017) <sup>5</sup>	Consensus	<b>Age &lt; 60:</b> < 140/90 <b>Age ≥ 60:</b> < 150/90	<b>Age &lt; 60:</b> < 140/90 <b>Age ≥ 60:</b> < 150/90	< 140/90
<b>ESC/ESH</b> (2018) <sup>6</sup>	Consensus (Graded)	< 140/90 < 130/80 if tolerated <b>Age ≥ 65:</b> SBP < 130-140	<b>Age &lt; 65:</b> < 130/80 <b>Age ≥ 65:</b> SBP 130-140	<b>CKD:</b> SBP 130-140 <b>DM:</b> <130/80
<b>ADA BP Targets</b> (2018) <sup>7</sup> (diabetic patients)	Consensus	< 140/90	< 130/80	< 130/80
<b>KDIGO</b> (2021) <sup>8</sup>	Consensus			< 120/80 (CKD ± DM)
<b>WHO</b> (2021) <sup>9</sup>	Consensus	< 140/90	< 130/80	< 130/80

Abbreviations used in the above table: NICE (British, National Institute for Health and Clinical Excellence)<sup>1</sup>; CHEP (Hypertension Canada Guidelines)<sup>2</sup>; National Heart Foundation of Australia<sup>3</sup>; ACC (American College of Cardiology)<sup>4</sup>; AHA (American Heart Association)<sup>4</sup>; AAFP (American Academy of Family Physicians), American College of Physicians (ACP)<sup>5</sup>; ESH (European Society of Hypertension), ESC (European Society of Cardiology)<sup>6</sup>; ADA (American Diabetes Association)<sup>7</sup>; KDOQI (National Kidney Foundation-Kidney Disease Outcomes Quality Initiative)<sup>8</sup>; WHO (World Health Organization)<sup>9</sup>.

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