



Management of Adult Hypertension

Lifestyle Modifications

Principles of Lifestyle Modification		
<ul style="list-style-type: none"> • Encourage healthy lifestyles for all individuals. • Prescribe lifestyle modifications for all patients with prehypertension and hypertension. • Components of lifestyle modifications include weight reduction, DASH eating plan, dietary sodium reduction, aerobic physical activity, smoking cessation, and moderation of alcohol consumption. 		
Lifestyle Modification Recommendations		
Modification	Recommendation	AVG. SBP Reduction Range (+)
Weight Reduction	Maintain normal body weight (BMI 18.5 - 24.9 kg/m ²)	5 - 20 mmHg/10 kg
DASH eating plan	Adopt a diet rich in fruits, vegetables, and low fat dairy products with reduced content of saturated and total fat.	8 -14 mmHg
Dietary Sodium Reduction	Reduce dietary sodium intake to <100 mmol per day (2.4 g sodium or 6 g sodium chloride). Decrease consumption processed foods, fast-food and/or restaurant foods.	2 - 8 mmHg
Aerobic physical activity	Regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day, most days of the week.	4 -9 mmHg
Moderation of alcohol consumption	Men: Limit to ≤ 2 drinks * per day. Women and lighter weight persons: limit to < 1 drink * per day.	2 -4 mmHg

(+) Effects are dose and time dependent.

(*) 1 drink = ½ oz or 15 mL ethanol (e.g., 12 oz beer, 5 oz. wine, 1.5 oz 80-proof whiskey).

Adapted from Reference Card from the U.S. Department of Health and Human Services, National Institutes of Health, National Heart Lung and Blood Institute, National High Blood Pressure Education Program, Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC7). With Modifications per AHA Scientific Statement; May 14, 2007, NIH Publication No.03-5231 May 2003.

Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual need.