

# JNC 8 Guideline For Hypertension

Adult aged  $\geq 18$  years with hypertension

Implement lifestyle interventions  
(continue throughout management).

Set blood pressure goal and initiate blood pressure lowering medications  
based on age, diabetes, and chronic kidney (CKD) disease.

Ages  $\geq 60$  years

Ages  $< 60$  years

All ages  
Diabetes present  
No CKD

All ages  
CKD present with or  
without diabetes

Blood pressure goal  
SBP  $< 150$  mm Hg  
DBP  $< 90$  mm Hg

Blood pressure goal  
SBP  $< 140$  mm Hg  
DBP  $< 90$  mm Hg

Blood pressure goal  
SBP  $< 140$  mm Hg  
DBP  $< 90$  mm Hg

Blood pressure goal  
SBP  $< 140$  mm Hg  
DBP  $< 90$  mm Hg

Non-black

Black

All Races

Initiate thiazide-type diuretic  
or ACEI or ARB or CCB, alone or  
in combination.

Initiate thiazide-type diuretic or  
CCB, alone or in combination.

Initiate ACEI or ARB, alone or in  
combination with other drug  
class.

Select a drug treatment titration strategy

- A. Maximize first medication before adding second OR
- B. Add second medication before reaching the maximum dose of first medication OR
- C. Start with 2 medication classes separately or as fixed dose-combination.

## Jnc 8 Reference Card

**JR Anderson**



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