



**Thresholds and targets**

**Hypertension**

- Persistent raised blood pressure:
- measured at the past two visits and
  - systolic or diastolic pressure or both are above 140/90 mmHg.

**Threshold for offering drug treatment**

- Offer treatment to people with:
- blood pressure of more than 160/100 mmHg or
  - isolated systolic hypertension (systolic blood pressure of more than 160 mmHg) or
  - blood pressure of more than 140/90 mmHg and:
    - 10-year cardiovascular disease risk of at least 20% or
    - existing cardiovascular disease or target organ damage.

**Treatment targets**

The aim of treatment is to reduce blood pressure to 140/90 mmHg or below.