

# Hypertension and Diabetes Guidelines

## Hypertension Guidelines

<b>Normal Blood Pressure</b>	< 120/80 mmHg
<b>Elevated BP</b>	120-129/>80 mmHg
<b>Definition of HTN</b>	>130/80 mmHg
<b>Stage 1 HTN</b>	130-139/80-89 mmHg
<b>Stage 2 HTN</b>	>140/90 mmHg
<b>Blood Pressure Goal, &lt;65 years of age</b>	<130/80 mmHg*
<b>Blood Pressure Goal, &gt;65 years of age</b>	<130/80 mmHg*

**Source:** 2019 ACC/AHA HTN Guidelines

\*Corazon Clinic prefers BP goal of  $\leq 130/85$

## Diabetes Guidelines

<b>Normal Blood Glucose, fasting*</b>	70-99 mg/dL or $\leq 5.6\%$ (HbA1c)
<b>Normal Blood Glucose, non-fasting</b>	140-199 mg/dL
<b>Elevated Fasting BG (Pre-Diabetes)</b>	100-125 mg/dL or 5.7-6.4% (HbA1c)
<b>Diagnosis of Diabetes (fasting*)</b>	$\geq 126$ mg/dL or $\geq 6.5\%$ (HbA1c)
<b>Diagnosis of Diabetes (random)</b>	$\geq 200$ mg/dL, with SSx
<b>Diagnosis of Diabetes (OGTT)</b>	$\geq 200$ mg/dL
<b>Blood Glucose Goal, fasting*</b>	80-130 mg/dL or $\leq 7\%$ (HbA1c)
<b>Blood Glucose Goal, non-fasting</b>	$\leq 180$ mg/dL

\*Fasting is defined as no caloric intake for at least 8 hours. Water is okay.

Diagnosis of diabetes can be made with HbA1c, fasting blood glucose, random non-fasting blood glucose with SSx, OR oral glucose tolerance test (OGTT).

Diagnosis using fasting glucose requires at least 2 increased fasting glucose values, measured on at least two separate occasions.

Diagnosis using random non-fasting blood glucose testing requires at least 2 increased non-fasting glucose values WITH SSx, measured on at least two separate occasions.

**Source:** ADA Standards of Medical Care in Diabetes 2019