

VANDEBURGH COUNTY HEALTH DEPARTMENT CHRONIC DISEASE PROGRAM

Recommendations for Initial Blood Pressure Measurement for Adults Over Age 18

INITIAL BLOOD PRESSURE

<u>SYSTOLIC</u>	<u>DIASTOLIC</u>	<u>RECOMMENDATIONS</u>
< 120	< 80	Lifestyle Modifications Recheck 1 Year
120 – 139	80 – 89	Lifestyle Modifications Recheck 6 Months
140 – 159	90 – 99	Refer to Primary Care Lifestyle Modifications Recheck in 1 Month
160-179	≥100-109	Refer to Primary Care Lifestyle Modifications Recheck in 2 weeks
≥180	≥110	Refer to a source of care immediately Lifestyle Modifications Recheck or Follow-up in 3-5 days
