What is the on-treatment target for blood pressure?

<130/80 mmHg if it can be safely attained

Lifestyle Intervention
For people with blood pressure >120/80 mmHg, counsel people with diabetes on:

Weight loss
Consider Dietary Approaches to Stop Hypertension (DASH) diet to reduce sodium and increase potassium intake.

Moderation of alcohol intake

Increased physical activity

Pharmacologic Interventions

Recommendations for the Treatment of Confirmed Hypertension in People with Diabetes

Initial BP ≥130/80 and <160/100 mmHg
Start one agent: ACEi or ARB, CCB, diuretic

Start: ACEi or ARB

Start drug from 2 of 3 options: ACEi or ARB, CCB, diuretic

Assess BP Control and Adverse Effects

Treatment tolerated and target achieved

Continue therapy

Not meeting target

Add agent from complimentary drug class: ACEi or ARB, CCB, diuretic

Adverse effects
Consider change to alternative medication: ACEi or ARB, CCB, diuretic

Not meeting target or adverse effects using a drug from each of three classes

Consider addition of mineralocorticoid receptor antagonist; refer to specialist with expertise in BP management

Initial BP ≥160/100 mmHg

Lifestyle management

Yes

Start: ACEi or ARB

No

Start two agents: ACEi or ARB, and CCB or diuretic

No

Albuminuria or CAD

Yes

Albuminuria or CAD

BP = Blood pressure
CAD = Coronary artery disease
ACEi = Angiotensin-converting enzyme inhibitor
ARB = Angiotensin II receptor blockers
CCB = Calcium channel blockers

Learn more at KnowDiabetesbyHeart.org

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