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**

<table>
<thead>
<tr>
<th>Initial BP</th>
<th>Lifestyle management</th>
<th>Albuminuria or CAD</th>
<th>Start one agent</th>
<th>No</th>
<th>Start one drug: ACEi or ARB, CCB, diuretic</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥130/80 and &lt;150/90 mmHg</td>
<td></td>
<td></td>
<td>Start ACEi or ARB</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>≥150/90 mmHg</td>
<td></td>
<td></td>
<td>Start drug from 2 of 3 options: ACEi or ARB, CCB, diuretic</td>
<td>No</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Albuminuria or CAD</th>
<th>Start two agents</th>
<th>No</th>
<th>Start: ACEi or ARB, and CCB or diuretic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td></td>
<td></td>
<td>Consider change to alternative medication: ACEi or ARB, CCB, diuretic</td>
</tr>
</tbody>
</table>

Assess BP Control and Adverse Effects

- Treatment tolerated and target achieved
- Not meeting target
  - Add agent from complimentary drug class: ACEi or ARB, CCB, diuretic
  - 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

Learn more at KnowDiabetesbyHeart.org

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

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