What does the USPSTF recommend?

Screen adults for hypertension.

To whom does this recommendation apply?

Adults 18 years or older without known hypertension.

What’s new?

This recommendation is consistent with the 2015 USPSTF recommendation. The USPSTF continues to recommend screening for hypertension in adults 18 years or older.

How to implement this recommendation?

1. **Screen:** Measure blood pressure with an office blood pressure measurement.
2. **Confirm:** Take blood pressure measurements outside of the clinical setting to confirm a hypertension diagnosis before starting treatment.

Ways to measure blood pressure outside of the clinical setting include:

- **Ambulatory blood pressure monitoring:** patients wear a programmed portable device that automatically takes blood pressure measurements, typically in 20- to 30-minute intervals over 12 to 24 hours while patients go about their normal activities or are sleeping.
- **Home blood pressure monitoring:** patients measure their own blood pressure at home with an automated device. Measurements are taken much less frequently than with ambulatory blood pressure monitoring (eg, 1 to 2 times a day or week, although they can be spread out over more time).
- Blood pressure measurements should be taken at the brachial artery (upper arm) with a validated and accurate device in a seated position after 5 minutes of rest.

How often?

Although evidence on optimal screening intervals is limited, reasonable options include:

- Screening for hypertension every year in adults 40 years or older and in adults at increased risk for hypertension (such as Black persons, persons with high-normal blood pressure, or persons who are overweight or obese).
- Screening less frequently (ie, every 3 to 5 years) as appropriate for adults aged 18 to 39 years not at increased risk for hypertension and with a prior normal blood pressure reading.

The USPSTF recognizes that clinical decisions involve more considerations than evidence alone. Clinicians should understand the evidence but individualize decision making to the specific patient or situation.
What are other relevant USPSTF recommendations?

The USPSTF has several recommendations addressing cardiovascular health:

• Risk assessment for cardiovascular disease with nontraditional risk factors
• Screening for atrial fibrillation with electrocardiography
• Behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention in adults with cardiovascular risk factors
• Behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention in adults without known cardiovascular risk factors
• Statin use for the primary prevention of cardiovascular disease in adults
• Aspirin use to prevent cardiovascular disease and colorectal cancer
• Screening for high blood pressure in children and adolescents

Where to read the full recommendation statement?

Visit the USPSTF website to read the full recommendation statement. This includes more details on the rationale of the recommendation, including benefits and harms, supporting evidence, and recommendations of others.