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Best proven nonpharmacologic interventions for prevention and treatment of hypertension*

	Nonpharmacologic intervention	Dose	Approximate impact on SBP		
			Hypertension	Normotension	Reference
Weight loss	Weight/body fat	<ul style="list-style-type: none"> Best goal is ideal body weight, but aim for at least a 1 kg reduction in body weight for most adults who are overweight. Expect about 1 mmHg for every 1 kg reduction in body weight. 	-5 mmHg	-3 mmHg	[1]
Healthy diet	DASH dietary pattern	<ul style="list-style-type: none"> Consume a diet rich in fruits, vegetables, whole grains, and low-fat dairy products, with reduced content of saturated and total fat. 	-11 mmHg	-3 mmHg	[2,3]
Reduced intake of dietary sodium	Dietary sodium	<ul style="list-style-type: none"> Optimal goal is <1500 mg/day, but aim for at least a 1000 mg/day 	-5 to -6 mmHg	-2 to -3 mmHg	[4,5]

		reduction in most adults.			
Enhanced intake of dietary potassium	Dietary potassium	<ul style="list-style-type: none"> ▪ Aim for 3500 to 5000 mg/day, preferably by consumption of a diet rich in potassium. 	-4 mmHg	-2 mmHg	[6]
Physical activity	Aerobic	<ul style="list-style-type: none"> ▪ 90 to 150 minutes/week. ▪ 65 to 75% heart rate reserve. 	-5 to -8 mmHg	-2 to -4 mmHg	[7,8]
	Dynamic resistance	<ul style="list-style-type: none"> ▪ 90 to 150 minutes/week. ▪ 50 to 80% of maximum 1 repetition weight. ▪ 6 exercises, 3 sets/exercise, 10 repetitions/set. 	-4 mmHg	-2 mmHg	[7]
	Isometric resistance	<ul style="list-style-type: none"> ▪ 4 × 2 minutes (hand grip), 1 minute rest between exercises, 30 to 40% maximum voluntary contraction, 3 sessions/week. ▪ 8 to 10 weeks. 	-5 mmHg	-4 mmHg	[9,10]
Moderation in alcohol intake	Alcohol consumption	<ul style="list-style-type: none"> ▪ In individuals who drink alcohol, reduce alcohol to:[¶] <ul style="list-style-type: none"> • Men: ≤2 drinks daily. 	-4 mmHg	-3 mmHg	[11-13]

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|--|--|--|--|--|
| | <ul style="list-style-type: none"> • Women:
≤1 drink
daily. | | | |
|--|--|--|--|--|

DASH: Dietary Approaches to Stop Hypertension; SBP: systolic blood pressure.

* Type, dose, and expected impact on BP in adults with a normal BP and with hypertension.

¶ In the United States, one "standard" drink contains roughly 14 g of pure alcohol, which is typically found in 12 oz of regular beer (usually about 5% alcohol), 5 oz of wine (usually about 12% alcohol), and 1.5 oz of distilled spirits (usually about 40% alcohol).^[14]

Resources:

- *Your Guide to Lowering Your Blood Pressure With DASH*. National Heart, Lung, and Blood Institute. https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf (Accessed on August 16, 2019).
- *DASH eating plan*. National Heart, Lung, and Blood Institute. <https://www.nhlbi.nih.gov/education/dash-eating-plan> (Accessed on November 15, 2023).

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