

Table 1 Classification of hypertension according to different guidelines

	National Hypertension Guidelines, 2019 (8)	ESC/ESH 2018 (9)	ACC/AHA 2017 (10)	JNC8 2014 (6)
	SBP/DBP, mmHg	SBP/DBP, mmHg	SBP/DBP, mmHg	SBP/DBP, mmHg
Optimal	—	<120 and <80	—	—
Normal BP	<140 and/or <90	120–129 and/or 80–84	<120 and <80	<120 and <80
HNBP (prehypertension ^a)	—	130–139 and/or 85–89	120–129 & <80	120–139 or 80–89
Grade 1 (Mild hypertension ^b)	140–159 and/or 90–99	140–159 and/or 90–99	130–139 or 80–89	140–159 or 90–99
Grade 2 (moderate hypertension ^b)	160–179 and/or 100–109	160–179 and/or 100–109	≥140 or ≥90	≥160 or ≥100
Grade 3 (severe hypertension ^b)	≥180 and/or ≥110	≥180 and/or ≥110	—	—
Isolated systolic hypertension	≥160 and < 90	≥140 and < 90	—	—

^aJNC guidelines used the terms normal, prehypertension, stage 1, and stage 2.

^bThe National guidelines used the terms normal, mild, moderate, and severe hypertension.

ESC/ESH = European Society of Cardiology/European Society of Hypertension;

ACC/AHA = American College of Cardiology/American Heart Association;

JNC = Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure;

SBP = systolic blood pressure;

DBP = diastolic blood pressure.