

Average DBP:
84.1 mm Hg
Average DBP reduction:
-17 mm Hg

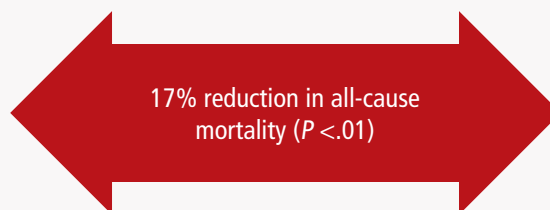


Methods: Divided into 3 groups by baseline DBP levels, participants received either usual community physician care or stepped care targeting DBP <90 mm Hg.

Results: After 5 years, two-thirds of those receiving stepped care reached a normotensive range, compared with half of those receiving usual care. Stepped care also resulted in a significantly reduced rate of all-cause mortality, and a follow-up analysis identified a significantly reduced rate of stroke.



Average DBP:
89.1 mm Hg
Average DBP reduction:
-12.1 mm Hg



References: 1. HDFP Study Group. Five-year findings of the hypertension detection and follow-up program. I. Reduction in mortality of persons with high blood pressure, including mild hypertension. Hypertension Detection and Follow-up Program Cooperative Group. *JAMA*. 1979;242(23):2562-2571. <http://jamanetwork.com/DocumentLibrary/JNC8/1979.pdf>. 2. HDFP. Five-year findings of the hypertension detection and follow-up program. III. Reduction in stroke incidence among persons with high blood pressure. Hypertension Detection and Follow-up Program Cooperative Group. *JAMA*. 1982;247(5):633-638. <http://jama.jamanetwork.com/article.aspx?articleid=367377>.