



2025 High Blood Pressure Guideline Plain Language Summary

Heart disease and stroke are the top two causes of death in the world. That means more people die from these conditions than from anything else. One important way to reduce the risk of heart disease and stroke is to check your blood pressure regularly and take action if it's too high. That's why it's important to have a clear guideline that shows people how to measure their blood pressure the right way, what the numbers mean, and when to get help.

The 2025 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults replaces the 2017 version. It was created after reviewing clinical studies, reviews and other evidence of human subjects published from 2015 to 2023. The guideline updates current knowledge about high blood pressure for health care professionals who treat patients with high blood pressure.