

Joint Risk Factor Control to Reduce Premature Mortality in Hypertension

Blood Pressure

Controlled if systolic < 140 mmHg and diastolic < 90 mmHg

Body Mass Index (BMI)

Controlled if BMI is 18.5 to <25 kg/m²

Waist Circumference

Controlled if ≤ 88 cm (35 in) for women, ≤ 102 cm (40 in) for men

LDL Cholesterol

Controlled if LDL-C < 3.6 mmol/L (~139 mg/dL)

HbA1c (Blood Sugar)

Controlled if HbA1c < 48 mmol/mol (<6.5%)

Albuminuria (Kidney Function)

Controlled if uACR < 3 mg/mmol

Smoking Status

Controlled if not currently smoking (never or past smoker)

Physical Activity

Controlled if >150 min moderate or >75 min vigorous activity/week

*Source: Zhou J et al., Precision Clinical Medicine, 2025 |
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