

Impact of Non-pharmacological Interventions

Intervention	Method	Dose	Impact on SBP	
			Hypertension	Normotension
Weight loss	Weight/body fat	Best goal is ideal body weight. Aim for at least a 1-kg reduction in body weight for most adults who are overweight. Expect about 1 mm Hg for every 1-kg reduction in body weight.	-5 mm Hg	-2/3 mm Hg
Healthy diet	DASH dietary pattern	Consume a diet rich in fruits, vegetables, whole grains, and low-fat dairy products, with reduced content of saturated and total fat.	-11 mm Hg	-3 mm Hg
Reduced intake of dietary sodium	Dietary sodium	Optimal goal is <1500 mg/d, but aim for at least a 1000-mg/d reduction in most adults.	-5/6 mm Hg	-2/3 mm Hg
Enhanced intake of dietary potassium	Dietary potassium	Aim for 3500–5000 mg/d, preferably by consumption of a diet rich in potassium.	-4/5 mm Hg	-2 mm Hg

Available at: <https://www.nhlbi.nih.gov/health/resources/heart/hbp-dash-how-to> or http://dashdiet.org/dash_diet_tips.asp



MCD Public Health Training and Technical Assistance

Insight Innovation Impact



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Physical activity	Aerobic	<ul style="list-style-type: none"> • 90–150 min/wk • 65%–75% heart rate reserve 	-5/8 mm Hg	-2/4 mm Hg
	Dynamic resistance	<ul style="list-style-type: none"> • 90–150 min/wk • 50%–80% 1 rep maximum • 6 exercises, 3 sets/exercise, 10 repetitions/set 	-4 mm Hg	-2 mm Hg
	Isometric resistance	<ul style="list-style-type: none"> • 4 × 2 min (hand grip), 1 min rest between exercises, 30%–40% maximum voluntary contraction, 3 sessions/wk • 8–10 wk 	-5 mm Hg	-4 mm Hg
Moderation in alcohol intake	Alcohol consumption	In individuals who drink alcohol, reduce alcohol† to: <ul style="list-style-type: none"> • Men: ≤2 drinks daily • Women: ≤1 drink daily 	-4 mm Hg	-3 mm

