

706 **Table II: Guidelines for Hypertension Screening⁹⁴**

Target Population	Screening Recommendation	Level of Evidence
18-39 year old and blood pressure < 130/85 mmHg without any risk factors*	Screen every 3-5 years	IB
Yes to any of the following: <ul style="list-style-type: none"> • ≥ 40 years old • At increased risk for hypertension* 	Screen annually	IB

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708 *Risk factors: systolic blood pressure > 130-139; diastolic blood pressure > 85-89; overweight
 709 or obese; African American

710 Level of evidence definitions: IA, evidence from meta-analysis of randomized controlled trials;

711 IB, evidence from at least one randomized controlled trial; IIA, evidence from at least one

712 controlled study without randomization; IIB, evidence from at least one other type of

713 experimental study; III, evidence from nonexperimental descriptive studies, such as comparative

714 studies, correlation studies, and case-control studies; IV, evidence from expert committee reports

715 or opinions or clinical experience of respected authorities, or both.