

2006 AHA Guidelines: Blood Pressure and Weight

- Some guidelines are unchanged.
 - Blood pressure still should be no more than 140/90 for most patients, and less than 130/80 for people with diabetes or chronic kidney disease.
 - As for weight, the recommended BMI is between 18.5 to 24.8, with waist circumference less than 40 inches for men and less than 35 inches for women.

