

# Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	LESS THAN 120	and	LESS THAN 80
<b>ELEVATED</b>	120 – 129	and	LESS THAN 80
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	130 – 139	or	80 – 89
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	140 OR HIGHER	or	90 OR HIGHER
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120