

# Blood Pressure Range



| <b>BLOOD PRESSURE CATEGORY</b>                                  | <b>SYSTOLIC mm Hg<br/>(upper number)</b> |               | <b>DIASTOLIC mm Hg<br/>(lower number)</b> |
|---|--|---------------|---|
| <b>NORMAL</b>   | <b>Less Than 120</b>                     | <b>and</b>    | <b>Less Than 80</b>                       |
| <b>ELEVATED</b>   | <b>120–129</b>                           | <b>and</b>    | <b>Less Than 80</b>                       |
| <b>HIGH BLOOD PRESSURE</b><br>(Hypertension) Stage 1            | <b>130–139</b>                           | <b>or</b>     | <b>80–89</b>                              |
| <b>HIGH BLOOD PRESSURE</b><br>(Hypertension) Stage 2            | <b>140 or Higher</b>                     | <b>or</b>     | <b>90 or Higher</b>                       |
| <b>HYPERTENSIVE CRISIS</b><br>(consult your doctor immediately) | <b>Higher Than 180</b>                   | <b>and/or</b> | <b>Higher Than 120</b>                    |