

Blood Pressure Categories



Department of Health

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (top number)		DIASTOLIC MM HG (bottom number)	
NORMAL	LESS THAN 120	and	LESS THAN 80	
ELEVATED	120-129	and	LESS THAN 80	
STAGE 1 HYPERTENSION (High Blood Pressure)	130-139	or	80-89	
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER	
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/ or	HIGHER THAN 120	
HYPERTENSION EMERGENCY (If you have symptoms*, call 911)	HIGHER THAN 180	and/ or	HIGHER THAN 120	

**symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking*

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Reference: American Heart Association. (n.d.). *Understanding Blood Pressure Readings*. heart.org/bplevels