## **Blood Pressure Reading Chart**

BLOOD PRESSURE CATEGORY       SYSTOLIC mm Hg (upper number)       DIASTOLIC mm Hg (lower number)         NORMAL       LESS THAN 120       and       LESS THAN 80         ELEVATED       120 - 129       and       LESS THAN 80         HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1       130 - 139       or       80 - 89         HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2       140 OR HIGHER       or       90 OR HIGHER         HYPERTENSIVE CRISIS (consult your doctor immediately)       HIGHER THAN 180       and/or       HIGHER THAN 120	BLOOD PRESSURE CATEGORY         SYSTOLIC mm Hg (upper number)         DIASTOLIC mm Hg (lower number)           NORMAL         LESS THAN 120         and         LESS THAN 80           ELEVATED         120 - 129         and         LESS THAN 80           HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1         130 - 139         or         80 - 89           HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2         140 OR HIGHER         or         90 OR HIGHER           HYPERTENSION STAGE 2         140 OR HIGHER         or         90 OR HIGHER           HYPERTENSION (STAGE 2         140 OR HIGHER         or         90 OR HIGHER           HYPERTENSION (STAGE 2         140 OR HIGHER         or         90 OR HIGHER           HYPERTENSION (STAGE 2         140 OR HIGHER         or         90 OR HIGHER           American Heart Association. (2023, May 30). Understanding blood pressure / American Heart Association. https://www.heart.org/en/health-topics/high-t pressure/understanding-blood-pressure-readings           ndings         ecommendations         State 1         State 1	lame		Da	ate	
BLOOD PRESSURE CATEGORY         (upper number)         (lower number)           NORMAL         LESS THAN 120         and         LESS THAN 80           ELEVATED         120 - 129         and         LESS THAN 80           HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1         130 - 139         or         80 - 89           HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2         140 OR HIGHER         or         90 OR HIGHER           MIGH BLOOD PRESSURE (Consult your doctor immediately)         HIGHER THAN 180         and/or         HIGHER THAN 120           American Heart Association. (2023, May 30). Understanding blood pressure American Heart Association. <u>https://www.heart.org/en/health-topics/high- pressure/understanding-blood-pressure-readings</u> Findings	BLOOD PRESSURE CATEGORY         (upper number)         (dower number)           NORMAL         LESS THAN 120         and         LESS THAN 80           ELEVATED         120 - 129         and         LESS THAN 80           HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1         130 - 139         or         80 - 89           HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2         140 OR HIGHER         or         90 OR HIGHER           HYPERTENSION) STAGE 2         140 OR HIGHER         or         90 OR HIGHER           MORE Consult your doctor immediately)         HIGHER THAN 180         and/or         HIGHER THAN 120           American Heart Association. (2023, May 30). Understanding blood pressure 1 American Heart Association. https://www.heart.org/en/health-topics/high-b pressure/understanding-blood-pressure-readings           ndings         ecommendations         State 1         State 2		<b>Blood Pressur</b>	e Categori	ies	Heart Stroke
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Image: Consult your doctor immediately)         HIGHER THAN 180         or         90 OR HIGHER           HYPERTENSIVE CRISIS (consult your doctor immediately)         HIGHER THAN 180         and/or         HIGHER THAN 120	(HYPERTENSION) STAGE 2         140 OR HIGHER         or         30 OR HIGHER           HYPERTENSIVE CRISIS (consult your doctor immediately)         HIGHER THAN 180         and/or         HIGHER THAN 120   American Heart Association. (2023, May 30). Understanding blood pressure of American Heart Association. <u>https://www.heart.org/en/health-topics/high-b</u> pressure/understanding-blood-pressure-readings   ndings ecommendations			130 – 139	or	80 - 89
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