

# Blood Pressure Chart

<b>Blood Pressure Category</b>	<b>Systolic mm Hg</b> (upper number)		<b>Diastolic mm Hg</b> (lower number)
<b>NORMAL</b>	<b>Less than 120</b>	<b>and</b>	<b>Less than 80</b>
<b>ELEVATED</b>	<b>Between 120 - 129</b>	<b>and</b>	<b>Less than 80</b>
<b>HIGH BLOOD PRESSURE STAGE 1</b> (Hypertension)	<b>Between 130 - 139</b>	<b>and</b>	<b>Between 80 - 89</b>
<b>HIGH BLOOD PRESSURE STAGE 2</b> (Hypertension)	<b>140 or higher</b>	<b>or</b>	<b>90 or higher</b>
<b>HYPERTENSIVE CRISIS</b> (consult your doctor immediately)	<b>Higher than 180</b>	<b>and/or</b>	<b>Higher than 120</b>