

Healthy and Unhealthy Blood Pressure Ranges

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	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

*A hypertensive crisis is when blood pressure rises quickly and severely with readings of 180/120 mm Hg or greater.