

Know Your Blood Pressure Numbers

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top number)	and/or	DIASTOLIC mm Hg (bottom number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
Hypertension Stage 1	130-139	or	80-89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis SEEK MEDICAL CARE IMMEDIATELY!	Higher than 180	and/or	Higher than 120

What Is Blood Pressure?

- Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.
- Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure, also known as *hypertension*.
- Blood pressure is measured using two numbers: *systolic* blood pressure—the first or “top” number—and *diastolic* blood pressure—the second or “bottom” number.

Systolic Blood Pressure

- When your heart beats, it contracts and pushes blood through your arteries to the rest of your body. This force creates pressure on those blood vessels, and that is your systolic blood pressure.
- How to understand your systolic blood pressure number:
 - Normal:** Less than 120
 - Elevated:** 120-129
 - Stage 1 Hypertension:** 130-139
 - Stage 2 Hypertension:** 140 or higher
 - Hypertensive Crisis:** 180 or higher— **Seek medical care immediately!**

Diastolic Blood Pressure

- This is the pressure in the arteries when the heart rests between beats. This is the time when the heart fills with blood and gets oxygen.
- How to understand your diastolic blood pressure number:
 - Normal:** Less than 80
 - Stage 1 Hypertension:** 80-89
 - Stage 2 Hypertension:** 90 or higher
 - Hypertensive Crisis:** 120 or higher— **Seek medical care immediately!**

Blood pressure screening is an important part of your routine health care. Consult your healthcare provider about how often you should have your blood pressure measured.

Total health