



Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<b><u>Hypertensive Crisis</u></b> <b>(Emergency care needed)</b>	<b>Higher than 180</b>	<b>or</b>	<b>Higher than 110</b>