

Blood Pressure

Blood pressure is the pressure that occurs when blood pushes against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure is recorded as two numbers:

Systolic blood pressure (TOP NUMBER) measures the pressure your blood is pushing against your artery walls when the heart beats.

Diastolic blood pressure (BOTTOM NUMBER) measures the pressure your blood is pushing against your artery walls while the heart muscle rests between beats.



Blood Pressure Category	Systolic mmHg (TOP number)	and/or	Diastolic mmHg (BOTTOM number)
Normal	Less than 120	and	Less than 80
Elevated	120 -129	and	Less than 80
Stage 1 Hypertension (High blood pressure)	130-139	or	80-89
Stage 2 Hypertension (High blood pressure)	140 or higher	or	90 or higher
Severe Hypertension (If you don't have symptoms*, call your provider)	Higher than 180	and/or	Higher than 120
Hypertensive Emergency (If you have any symptoms*, call 911)	Higher than 180	and/or	Higher than 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

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American Heart Association

