

There are several categories of blood pressure, including:

- **Normal:** Less than 120/80
- **Prehypertension:** 120-139/80-89
- **Stage 1 hypertension:** 140-159/90-99
- **Stage 2 hypertension:** 160 and above/100 and above

People whose blood pressure is above the normal range should consult their doctor about methods for lowering it.

Pressure	Normal BP	Prehypertension	Stage I Hypertension	Stage II Hypertension
<u>Systolic</u>	≤ 120	120-139	140 -159	≥ 160
<u>Diastolic</u>	≤ 80	80-89	90 - 99	≥ 100

\leq means equal to less than

\geq means equal to or more than

AHA Recommendation

High blood pressure, or hypertension, is defined in an adult as a systolic pressure of 140 mm Hg or higher and/or a diastolic pressure of 90 mm Hg or higher. Blood pressure is measured in millimeters of mercury (mm Hg).

Blood pressure (mm Hg)	Normal	Prehypertension	Hypertension
Systolic (top number)	less than 120	120–139	140 or higher
Diastolic (bottom number)	less than 80	80–89	90 or higher

mm Hg = millimeters of mercury

High blood pressure directly increases the risk of coronary heart disease (which leads to heart attack) and stroke, especially along with other risk factors.

High blood pressure can occur in children or adults. It's particularly prevalent in African Americans, middle-aged and elderly people, obese people and heavy drinkers. People with diabetes mellitus, gout or kidney disease have hypertension more often.

High blood pressure usually has no symptoms. It's truly a "silent killer." But a simple, quick, painless test can detect it.