

## Blood Pressure Chart

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