

BLOOD PRESSURE GUIDELINES

Understand what your blood pressure readings mean for your health based on the guidelines from the American College of Cardiology and American Heart Association.



BLOOD PRESSURE CATEGORY	SYSTOLIC BLOOD PRESSURE		DIASTOLIC BLOOD PRESSURE
Normal	Less than 120 mm Hg	AND	Less than 80 mm Hg
Elevated	120-129 mm Hg	AND	Less than 80 mm Hg



HIGH BLOOD PRESSURE / HYPERTENSION

Stage 1 hypertension	130-139 mm Hg	OR	80-89 mm Hg
Stage 2 hypertension	140 mm Hg or higher	OR	90 mm Hg or higher



OhioHealth

Visit [OhioHealth.com/Blog](https://www.ohiohealth.com/Blog) for more tips to stay healthy!