

Blood Pressure Classifications for Adults Age 18 Years and Older

Category	Systolic (mm Hg)	Diastolic (mm Hg)
Normal*	Less than 120	Less than 80
Prehypertension	120-139	80-89
Hypertension Stage 1	140-159	90-99
Hypertension Stage 2	160 or higher	100 or higher

Blood pressure is measured in millimeters of mercury (mm Hg). The classifications in the table above are for people who are not taking antihypertensive (blood pressure-lowering) drugs and are not acutely ill. When a person's systolic and diastolic pressures fall into different categories, the higher category is used to classify the blood pressure status. Diagnosing high blood pressure is based on the average of two or more readings taken at each of two or more visits after an initial screening.

- Unusually low readings should be evaluated for clinical significance.

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