

Classification of blood pressure for adults

| Blood pressure classification | Systolic BP | Diastolic BP |
|-------------------------------|-----------------|------------------------|
| Normal | less than 120 | and less than 80 |
| Prehypertension/Elevated | 120-129 | and less than 80 |
| Stage 1 Hypertension | 130-139 | or 80-89 |
| Stage 2 Hypertension | 140 or higher | or 90 or higher |
| Hypertensive Crisis | Higher than 180 | and/or higher than 120 |

Source: 2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines

Hypertension Teaching Guide

Ensheng Dong



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