

# 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

**Ian Pickup**



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