

Resting Blood Pressure for Adults
values from “normal” to “stage 2 high blood pressure”
(measured in millimeters of mercury, or mmHg)

Category	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	<i>And</i>	Less than 80
Prehypertension	120–139	<i>Or</i>	80–89
High blood pressure			
Stage 1	140–159	<i>Or</i>	90–99
Stage 2	160 or higher	<i>Or</i>	100 or higher