

KNOW YOUR NUMBERS

What do your blood pressure numbers mean?

The only way to know if you have high blood pressure, also known as hypertension, is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure.

Your blood pressure is recorded as two numbers:

Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart contracts.

Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.





Hypertensive Crisis

Higher than 180

Higher than 120

High blood pressure

Hypertension (Stage 2)

140 or higher

90 or higher

High blood pressure

Hypertension (Stage 1)

130-139

80-89

Elevated

120-129

Less than 80

Normal

Systolic mmHg (upper number)

Diastolic mmHg (lower number) Less than 120

Less than 80

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