

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Seek Emergency Care)	higher than 180	and/or	higher than 120

Source: American Heart Association

Age(Yrs)	Systolic BP	Diastolic BP
3-6	116	76
7-10	122	78
11-13	126	82
14-16	136	86
17-19	120	85
20-24	120	79
25-29	121	80
30-34	122	81
35-39	123	82
40-44	125	83
45-49	127	84
50-54	129	85
55-59	131	86
60+	134	87

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