

## What Blood Pressure Numbers Mean

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. Hypertension, also called high blood pressure, is blood pressure that is higher than normal.

Blood pressure is measured using two numbers. The first number, called systolic blood pressure, represents the pressure in your blood vessels when your heart beats. The second number, called diastolic blood pressure, represents the pressure in your blood vessels when your heart rests between beats. Blood pressure is measured in millimeters of mercury (mmHg). The chart below shows normal, at-risk, and high blood pressure levels.

Blood Pressure Category	Systolic Blood Pressure		Diastolic Blood Pressure
Normal	<120 mm Hg	and	<80 mm Hg
Elevated	120-129 mm Hg	and	<80 mm Hg
<b>Hypertension</b>			
Stage 1	130-139 mm Hg	or	80-89 mm Hg
Stage 2	≥140 mm Hg	or	≥90 mm Hg

If you are in the prehypertension or high range, please seek advice from your healthcare provider or a medical professional. High blood pressure can damage your heart and cause health problems. Visit <https://www.cdc.gov/bloodpressure/> for more information.