

What Blood Pressure Numbers Mean

Having high blood pressure puts you at risk for heart disease and stroke, which are leading causes of death in the United States

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. A blood pressure less than 120/80 mmHg is normal. A blood pressure of 140/90 mmHg or more is too high. People with levels from 120/80 mmHg to 139/89 mmHg have a condition called prehypertension, which means they are at high risk for high blood pressure. If you are in the at risk range, please see your healthcare provider.

Blood Pressure Levels

Normal	systolic: less than 120 mmHg diastolic: less than 80mmHg
At risk (prehypertension)	systolic: 120–139 mmHg diastolic: 80–89 mmHg
High	systolic: 140 mmHg or higher diastolic: 90 mmHg or higher

If you are in the prehypertension or high range, please seek advice from your healthcare provider or medical professional. High blood pressure can damage your heart and cause health problems.

https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm