

Blood Pressure

Body & health

What the two numbers mean, and the categories they fall into.

General adult categories. Diagnosis needs repeated readings, not a single one.

Category	Systolic	Diastolic
Low	< 90	< 60
Normal	90–120	60–80
Elevated	120–139	80–89
High (stage 1)	140–159	90–99
High (stage 2)	160+	100+
Crisis	180+	120+

Educational reference, not diagnosis. A reading of 180/120 or above with symptoms needs emergency care.