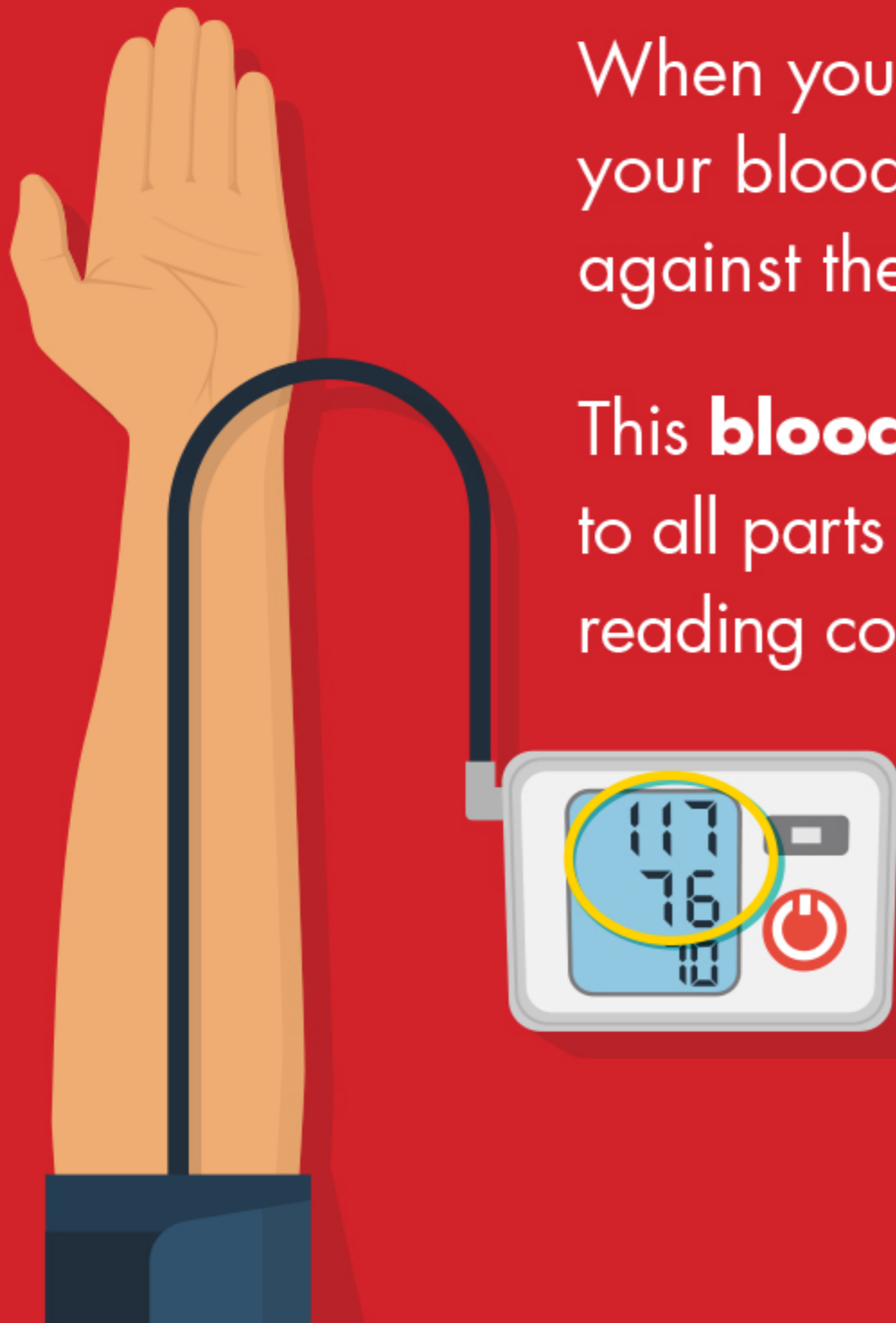




What Is Blood Pressure?

When your heart beats, it pumps blood into your blood vessels. This creates pressure against the blood vessel walls.

This **blood pressure** causes your blood to flow to all parts of your body. A blood pressure (BP) reading consists of **two numbers**.



Systolic BP = Larger (first) number

Diastolic BP = Smaller (second) number

What Does It Mean to Have High Blood Pressure?

High blood pressure (HBP) is when your blood pressure is consistently too high.

Normal blood pressure is below 120/80 mm Hg.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
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 (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120