

# Know Your Blood Pressure Numbers

## Know your BLOOD PRESSURE numbers and write them down!

- ◆ Ask your doctor or nurse what your blood pressure numbers are.
- ◆ **Write them down.**
- ◆ Your numbers will improve as you work with your doctor and make positive lifestyle changes.

### What the numbers mean:

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b> <b>Excellent!</b> This is right where it needs to be as a normal blood pressure.	<b>LESS THAN 120</b>	and	<b>LESS THAN 80</b>
<b>ELEVATED</b> This is getting up there. Begin lifestyle changes that keep your blood pressure from developing into or becoming hypertension.	<b>120–129</b>	and	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b> Your blood pressure is high. You need to see your medical provider.	<b>130–139</b>	or	<b>80–89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b> Your blood pressure is very high. Seek medical care now.	<b>140 OR HIGHER</b>	or	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (Emergency Care Needed)</b> Your blood pressure is dangerously high. Call 911 now.*	<b>HIGHER THAN 180</b>	and/or	<b>HIGHER THAN 120</b>

Adapted from the American Heart Association. Created by the Heart Disease, Stroke and Diabetes Prevention Program, Washington State Department of Health

\* Health advice from the Heart Disease, Stroke and Diabetes Prevention Program, Washington State Department of Health