1 in 3 Americans has high blood pressure. Many don’t even know they have it.

How To Understand Blood Pressure Readings and Levels

You can better manage blood pressure by understanding the meaning behind the levels.

FIND OUT WHAT IS CONSIDERED:

NORMAL | PREHYPERTENSION | HYPERTENSION | HYPERTENSIVE CRISIS

Blood pressure is typically recorded as two numbers, written in a ratio.

117 / 76

SYSTOLIC: 117 over 76 millimeters of mercury

DIASTOLIC:

SYSTOLIC
The top number (the higher of the two numbers) measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC
The bottom number (the lower of the two numbers) measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

STAY IN THE GREEN ZONE

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic (Normal)</th>
<th>Diastolic (Normal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>or 80-89</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>140-159</td>
<td>or 90-99</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>160 or &gt;</td>
<td>or 100 or &gt;</td>
</tr>
<tr>
<td>Hypertensive Crisis (Emergency Care Needed)</td>
<td>&gt;180</td>
<td>or &gt;110</td>
</tr>
</tbody>
</table>

WHAT CAN YOU DO?

Get Active
Control Cholesterol
Eat Better
Lose Weight
Reduce Blood Sugar
Stop Smoking

Cardiovascular Center
801-585-7676 | heart.uofuhealth.org