Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	**less than 80**	or	**less than 60**
Normal	**80-120**	and	**60-80**
Prehypertension	**120-139**	or	**80-89**
High Blood Pressure (Hypertension Stage 1)	**140-159**	or	**90-99**
High Blood Pressure (Hypertension Stage 2)	**160 or higher**	or	**100 or higher**
High Blood Pressure Crisis (Seek Emergency Care)	**higher than 180**	or	**higher than 110**

Source: American Heart Association