

KNOW YOUR NUMBERS – SAVE YOUR LIFE!

New Blood Pressure Guidelines

The American Heart Association updated the blood pressure guidelines for adults in 2017. Knowing your blood pressure can help you stay on top of your health and avoid potentially serious complications.

Blood Pressure Category	Systolic (top number)		Diastolic (bottom number)
Normal	<120 mmHg	and	<80 mmHg
Elevated	120–129 mmHg	and	<80 mmHg
Hypertension Stage 1	130–139 mmHg	or	80–89 mmHg
Hypertension Stage 2	≥140 mmHg	or	≥90 mmHg
Hypertensive Crisis - Consult your doctor immediately!	>180 mmHg	and/or	>120 mmHg

Blood pressure categories in the new guideline are:

- Normal: Top number (systolic) less than **120** and bottom number (diastolic) less than **80** mmHg;
- Elevated: Systolic between **120-129** and diastolic less than **80** mmHg;
- Stage 1: Systolic between **130-139** or diastolic between **80-89** mmHg;
- Stage 2: Systolic at least **140** or diastolic at least **90** mmHg;
- Hypertensive crisis: Top number over **180** and/or bottom number over **120** mmHg, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.



Developed by Mountain-Pacific Quality Health, the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Montana, Wyoming, Alaska, Hawaii and the U.S. Pacific Territories of Guam and American Samoa and the Commonwealth of the Northern Mariana Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11SOW-MPQHF-AS-B1-17-13

Did You Know the Blood Pressure Guidelines Have Changed?

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