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)
Normal Excellent! This is right where it needs to be as a normal blood pressure.*	Less than **120**	AND	Less than **80**
Prehypertension This is getting up there. Begin lifestyle changes that keep your blood pressure from developing into or becoming hypertension.*	**120 – 139**	OR	**80 – 89**
High Blood Pressure (Hypertension) Stage 1 Your blood pressure is high. You need to see your medical provider.*	**140 – 159**	OR	**90 – 99**
High Blood Pressure (Hypertension) Stage 2 Your blood pressure is very high. Seek medical care now.*	**160** or higher	OR	**100** or higher
Hypertensive Crisis (Emergency care needed) Your blood pressure is dangerously high. Call 911 now.*	Higher than **180**	OR	Higher than **110**

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

Washington State Department of Health
DOH 340-268 October 2015

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To submit a request, please call 1-800-525-0127 (TTY/TDD 711).

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PRINTING SPECIFICATIONS

Title:	**Know Your Blood Pressure Numbers** (poster)
Size:	8.5 x 11" and 11 x 17"
Paper stock:	80# Cover, white, smooth
Ink color:	4-color process/0, no bleeds
Special instructions:	Laminate, matte finish, rounded and sealed 1/4" corners
DOH Pub #:	340-268