

HYPERTENSION

Blood Pressure Categories



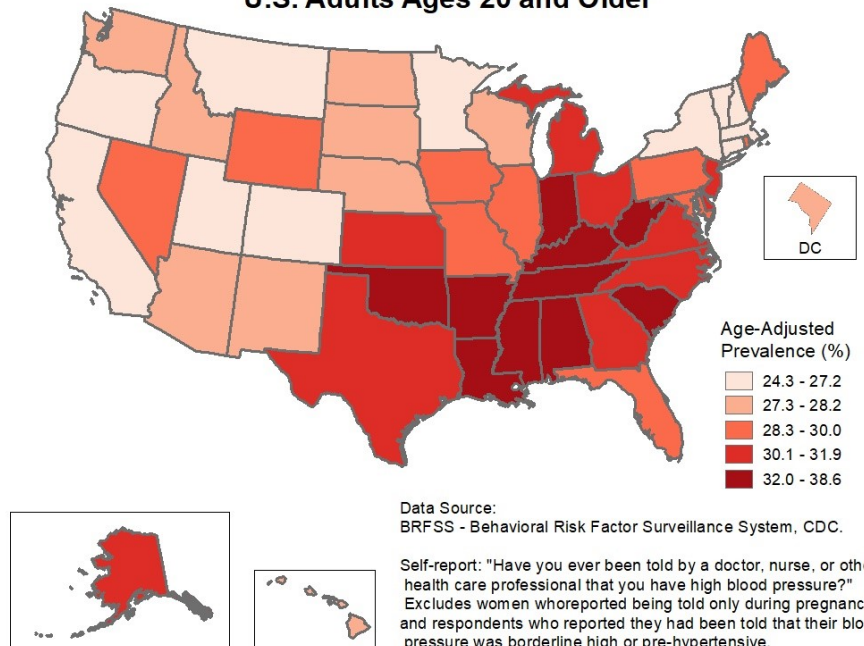
Hypertension, also called high blood pressure, is blood pressure that is higher than normal. Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time.

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|--|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| ELEVATED | 120 - 129 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130 - 139 | or | 80 - 89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | or | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |

FACTS ABOUT HYPERTENSION

1. Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.
2. Nearly half of adults in the United States (108 million, or 45%) have hypertension defined as a systolic blood pressure \geq 130 mm Hg or a diastolic blood pressure \geq 80 mm Hg or are taking medication for hypertension.
3. Only about 1 in 4 adults (24%) with hypertension have their condition under control.
4. About half of adults (45%) with uncontrolled hypertension have a blood pressure of 140/90 mm Hg or higher. This includes 37 million U.S. adults.
5. Half of adults (30 million) with blood pressure \geq 140/90 mm Hg who should be taking medication to control their blood pressure aren't prescribed or aren't taking medication.

**Prevalence of Hypertension, 2017
U.S. Adults Ages 20 and Older**



Information from:
Center for Disease Control and Prevention
<https://www.cdc.gov/bloodpressure/facts.htm>

TALK WITH YOUR HEALTHCARE PROVIDER IF YOU THINK YOU HAVE HIGH BLOOD PRESSURE OR IF YOU'VE BEEN TOLD YOU HAVE HIGH BLOOD PRESSURE BUT NEED HELP CONTROLLING IT!