Blood pressure categories for adults

AHA/ACC 2025 · ESC 2024

Use the **higher** category when the top and bottom numbers fall in different rows. Categories are for information. Only a health care professional can diagnose high blood pressure.

American Heart Association / American College of Cardiology (2025)

Category	Top number (systolic)		Bottom number (diastolic)
Normal	Less than 120	and	Less than 80
Elevated	120 to 129	and	Less than 80
Stage 1 hypertension	130 to 139	or	80 to 89
Stage 2 hypertension	140 or higher	or	90 or higher

European Society of Cardiology (2024), office readings

Category	Top number (systolic)		Bottom number (diastolic)
Non-elevated	Less than 120	and	Less than 70
Elevated	120 to 139	or	70 to 89
Hypertension	140 or higher	or	90 or higher

Above 180/120? The American Heart Association advises waiting at least 1 minute and taking it again. If it stays this high and you have chest pain, shortness of breath, back pain, numbness, weakness, vision changes or difficulty speaking, call your local emergency number now. Without these symptoms, contact your health care professional.

Sources: 2025 AHA/ACC High Blood Pressure Guideline (doi.org/10.1161/CIR.0000000000001356); 2024 ESC Guidelines for the management of elevated blood pressure and hypertension (academic.oup.com/eurheartj/article/45/38/3912/7741010); American Heart Association, “Monitoring your blood pressure at home” (heart.org).

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