

Tables for Reference

Categorization of Blood Pressure

Category	Systolic BP (mmHg)	Diastolic BP (mmHg)
Normal BP	< 120	<80
Prehypertension	120-139	80- 89
Grade 1 hypertension	140-159	90-99
Grade 2 hypertension	≥160	≥100
Isolated Systolic hypertension	≥140	<90