

## Blood Pressure Classification for Adults

	Systolic (mm Hg)		Diastolic (mm Hg)
<b>Normal</b>	less than 120	and	less than 80
<b>Prehypertension</b>	120–139	or	80–89
<b>Stage 1 Hypertension</b>	140–159	or	90–99
<b>Stage 2 Hypertension</b>	160 or higher	or	100 or higher

Adapted from U.S. Department of Health and Human Services; National Institutes of Health; National Heart, Lung, and Blood Pressure Institute; National High Blood Pressure Education Program.

mm Hg: Millimeters of mercury

For current information on oral and systemic health, see our Provider Toolkit at [www.nedelta.com/Providers/Tools-Resources/Medical-Dental-Integration-Tool-Kit](http://www.nedelta.com/Providers/Tools-Resources/Medical-Dental-Integration-Tool-Kit)