



New Blood Pressure Guidelines

According to the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH), high blood pressure for adults is defined as:

140 mm Hg or greater systolic pressure

and

90 mm Hg or greater diastolic pressure

In an update of NHLBI guidelines for hypertension in 2003, a new blood pressure category was added called prehypertension:

120 mm Hg – 139 mm Hg systolic pressure

and

80 mm Hg – 89 mm Hg diastolic pressure

The new NHLBI guidelines now define normal blood pressure as follows:

Less than 120 mm Hg systolic pressure

and

Less than 80 mm Hg diastolic pressure