



Blood Pressure Chart

Category	Systolic		Diastolic
Optimal	<120	and	<80
Normal	120-129	and/or	80-84
High normal	130-139	and/or	85-89
Grade 1 hypertension	140-159	and/or	90-99
Grade 2 hypertension	160-179	and/or	100-109
Grade 3 hypertension	>180	and/or	>110
Isolated systolic hypertension	>140	and	>90

Management	Category	Systolic		Diastolic	Additional Management
Lifestyle changes	Optimal	<120	and	<80	
	Normal	120-129	and/or	80-84	
	High normal	130-139	and/or	85-89	
Lifestyle changes for several months, then medication. Blood pressure target is under 140/90	Grade 1 hypertension	140-159	and/or	90-99	If you have risk factors such as cardiovascular, kidney disease, organ damage, or diabetes, medication will usually be introduced earlier if not immediately.
Lifestyle changes for several weeks, then medication. Blood pressure target is under 140/90	Grade 2 hypertension	160-179	and/or	100-109	If you have more than 3 risk factors plus any of the conditions mentioned above medication will usually be introduced immediately alongside lifestyle changes.
Lifestyle changes with immediate implementation of medication. Blood pressure target is under 140/90	Grade 3 hypertension	>180	and/or	>110	
Lifestyle changes with implementation of medication to be assessed. If grade 3 >180 immediate medication. Blood pressure target is under 140/90	Isolated systolic hypertension	>140	and	>90	

What Does Lifestyle Changes Mean?

Lifestyle changes could mean a variety of different factors including:

- No smoking
- Losing weight (if overweight)
- Doing regular exercise
- Eating a low sodium/high potassium diet
- If you eat processed foods always choose low salt options
- Make sure you have a high fruit and vegetable intake, particularly vegetables as they are high in potassium
- Cut down on alcohol intake
- Manage stress better

If you can evaluate your lifestyle and improve any or all of these lifestyle factors, there's a good chance you can avoid taking medications.

More Resources

Here are some more articles on blood pressure that may be helpful.

[What causes high blood pressure?](#)

[What is heart disease?](#)

[What causes heart disease?](#)

[What is inflammation?](#)

[Acute & chronic inflammation](#)

Need more help with your nutrition?

Be sure to visit [Good Food Eating.com](http://GoodFoodEating.com) for valuable health and nutrition updates

Want something more personal?

[Find out more about getting some personal nutrition help](#)

References:

2013 ESH/ESC Guidelines for the management of arterial hypertension: The Task Force for the management of arterial hypertension of the European Society of Hypertension (ESH) and of the European Society of Cardiology (ESC). J Hypertens. 2013 Jul;31(7):1281-357.