

Table 8A. JNC 7 Classification of Blood Pressure for Adults ≥18 Years Old*

Category		Systolic Blood Pressure (mm Hg)		Diastolic Blood Pressure (mm Hg)
Normal		<120	and	<80
Prehypertension		120–139	or	80–89
Hypertension [†]	Stage I	140–159	or	90–99
	Stage II	≥160	or	≥100

* These apply to persons not taking antihypertensive drugs and not acutely ill. When systolic and diastolic pressures fall into different categories, the higher category should be selected to classify the individual's BP status.

[†] Based on the average ≥2 readings taken at ≥2 visits after an initial screening.

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