

# What defines high blood pressure?

| Classification              | Systolic (mm Hg) | Diastolic (mm Hg) |
|-----------------------------|------------------|-------------------|
| <b>SINGAPORE GUIDELINES</b> |                  |                   |
| Normal                      | < 130            | < 80              |
| Pre-hypertensive            | 130-139          | 80-89             |
| Hypertensive                | ≥ 140            | ≥ 90              |
| <b>US GUIDELINES</b>        |                  |                   |
| Normal                      | < 120            | < 80              |
| Elevated                    | 120-129          | < 80              |
| Stage 1 hypertension        | 130-139          | 80-89             |
| Stage 2 hypertension        | ≥ 140            | ≥ 90              |
| Hypertensive crisis*        | > 180            | >120              |

NOTE: \* Consult your doctor immediately

Sources:  
SINGAPORE HEART  
FOUNDATION,  
AMERICAN HEART  
ASSOCIATION

STRAITS TIMES GRAPHICS