

# BLOOD PRESSURE CATEGORIES

Blood Pressure Category	Systolic mm Hg (upper number)	Diastolic mm Hg (lower number)
Normal	Less than 120	Less than 80
Elevated	120 – 129	Less than 80
High Blood Pressure (Hypertension) Stage 1	130 – 139	80 – 89
High Blood Pressure (Hypertension) Stage 2	140 or higher	90 or higher
Hypertensive Crisis (CONSULT YOUR DOCTOR IMMEDIATELY)	Higher than 180	Higher than 120

# KNOW YOUR NUMBERS: 5-DAY BLOOD PRESSURE CHALLENGE FOR BLACK MEN

## BLOOD PRESSURE LOG

4BMH **HEALTH  
HUB**////

DATE	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	HEART RATE
	AM — PM			
	AM — PM			
	AM — PM			
	AM — PM			
	AM — PM			

For Black Men Health Inc. is a nonprofit organization that empowers Black men to Get Healthy—for themselves, their families, and their communities. We offer Monthly wellness events, trusted health resources, authentic community, and 7 programs that promote awareness, prevention, and healing.

HEALTH ALERTS & ADVISORIES: WHILE WE'RE NOT THE CDC OR NIH, WE RECOGNIZE THE NEED TO OCCASIONALLY SHARE TRUSTED, EVIDENCE-BASED HEALTH GUIDANCE—ESPECIALLY IN TIMES OF WIDESPREAD MISINFORMATION.

LEGAL DISCLAIMER: ALL CONTENT ON THIS SITE, AND OUR SOCIAL MEDIA, AND LINKED RESOURCES ARE FOR EDUCATIONAL PURPOSES ONLY AND DOES NOT REPLACE MEDICAL ADVICE FROM A LICENSED HEALTHCARE PROVIDER.

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