

British Hypertension Society Classification of Blood Pressure Levels

Category	Systolic blood pressure (mmHg)	Diastolic blood pressure (mmHg)
Optimal blood pressure	<120	<80
Normal blood pressure	<130	<85
High-normal blood pressure	130-139	85-89
Grade 1 hypertension (mild)	140-159	90-99
Grade 2 hypertension (moderate)	160-179	100-109
Grade 3 hypertension (severe)	≥ 180	≥ 110
Isolated systolic hypertension (Grade 1)	140-159	<90
Isolated systolic hypertension (Grade 2)	≥ 160	<90

This classification equates with that of the European Society of Hypertension (ESH) and that of World Health Organization/ International Society of Hypertension (WHO/ISH), and is based on clinic blood pressure values. If systolic blood pressure and diastolic blood pressure fall into different categories, the higher value should be taken for classification.

<http://www.medicalcriteria.com/criteria/hypertensionclassif.htm>