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REVISED European society of hypertension and European society of cardiology (ESH/ESC) guidelines for classification of hypertension

Classification of office blood pressure^a and definitions of hypertension grade^b

Category	Systolic (mmHg)		Diastolic (mmHg)
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 ^b	≥140	and	<90



BP = blood pressure; SBP = systolic blood pressure.



a BP category is defined according to seated clinic BP and by the highest level of BP, whether systolic or diastolic.

b Isolated systolic hypertension is graded 1, 2, or 3 according to SBP values in the ranges indicated.

The same classification is used for all ages from 16 years.