

# Blood Pressure Ranges

## for Use in Diagnosing Hypertension

<b>BLOOD PRESSURE (BP) CATEGORY</b>	<b>SYSTOLIC mm Hg (SBP)</b> (UPPER NUMBER)		<b>DIASTOLIC mm Hg (DBP)</b> (LOWER NUMBER)
Normal BP	Less than 120	and	Less than 80
Elevated BP	120–129	and	Less than 80
High BP (Hypertension Stage 1)	130–139	or	80–89
High BP (Hypertension Stage 2)	140 or higher	or	90 or higher
Hypertension Crisis	Higher than 180	and/or	Higher than 120

# U.S. Medical Eligibility Criteria for Contraceptive Use (U.S. MEC)

Categories Based on Blood Pressure\*



## U.S. MEC in Women with Hypertension

Condition	Cu-IUD	LNG-IUS	Implant	DMPA	POP	CHC
Adequately controlled hypertension	1	1	1	2	1	3
SBP 140–159 or DBP 90–99	1	1	1	2	1	3
SBP ≥ 160 or DBP ≥ 100	1	2	2	3	2	4
Vascular disease	1	2	2	3	2	4

1 - No restrictions (method can be used); 2 - Advantages generally outweigh theoretical or proven risks; 3 - Theoretical or proven risks usually outweigh the advantages; 4 - Unacceptable health risk (method should not be used).

\*For all hypertension, risk for cardiovascular (CV) disease can increase substantially when multiple CV risk factors exist. Clients must be evaluated for all CV risk factors, not just BP.

Source: U.S. Medical Eligibility Criteria for Contraceptive Use, 2024.  
Supported by the Office on Women's Health (Grant ASTWH2000-90-01-00).