'Know Your Numbers' (Blood Pressure) Campaign 2014 – XXXXX Plot of Systolic and Dyastolic Blood Pressure **Know Your Numbers 2014 Blood Pressure - Systolic** Plot of Systolic and Dyastolic Blood Pressure (on Medication) 110 29, 34% 100 00 52, 61% BP (Sys) Normal 100-140 90 BP (Sys) High 140-160 ■BP (Sys) Very High >160 80 **Blood Pressure - Diastolic** 70 4,5% 22, 26% 60 BP (Dia) Normal 60-90 59, 69% Very High High Ideal Normal Extreme Low BP (Dia) High 90-100 50 BP (Dia) Very High >100 80 90 100 110 120 130 140 150 160 170 180 190 200 Female, 7, 8% Age Heart Rate (Pulse) Newhouse, 41, 48% Male, 78, 92% Chepstow, 20, n=85

Blood Pressure is measured in mmHg, and has 2 numbers Systolic (the top number) / Diastolic (the bottom number) e.g. 130/80. The main chart above plots these 2 measures together, in their interpretation quadrants. For more details on blood pressure please visit: http://www.bloodpressureuk.org/Home