

BLOOD PRESSURE CHART BY AGE

AGE	MINIUM	NORMAL	MAXIMUM
14-19	105/73	117/77	120/81
20-24	108/75	120/79	132/83
25-29	109/76	121/80	133/84
30-34	110/77	123/82	134/85
35-39	111/78	124/83	135/86
40-44	112/79	125/83	137/87
45-49	115/80	127/84	139/88
50-54	116/81	128/85	142/89
55-59	118/82	129/87	144/90
60+	121/83	133/88	147/91

READING BLOOD PRESSURE VALUES

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Source: American Heart Association