

Blood Pressure Chart

This easy to follow chart which displays various blood pressure ranges, including normal child blood pressure, normal teens, and normal adult, will help your doctor and you keep check on you and your family's health.

A blood pressure chart can be used with a simple blood pressure reading scale, along with the equipment that best suits your needs.

Blood Pressure Reading Chart			
Pressure	Age	Systolic BP mmHg	Diastolic BP mmHg
Normal	Child 3-5 yrs	116	76
Normal	Child 6-9 yrs	122	78
Normal	Child 10-12 yrs	126	82
Normal	Teen 13-15 yrs	136	86
Optimal	Adult	under 120	under 80
Normal	Adult 20-40 yrs	under 130	under 85
High/Norm	Adult	130-139	85-89
Stage 1 Mild hypertension		140-159	90-99
Stage 2 Moderate Hypertension		● 160-179	100-109
Stage 3 Severe Hypertension		● 180 +	110+
Stage 4 Very Severe		● 210+	120+

● Attention!