

Men's Blood Pressure Chart

Mean systolic blood pressure (mm Hg) among men aged 18 and over

Characteristic	Hypertension status			
	Total	Normal	Treated	Untreated
All races and ethnicities				
18 years and over, age-adjusted	124	119	139	145
18-39 years old	119	117	127	149
40-59 years old	124	119	129	145
60 years and over	133	121	135	154
Non-Hispanic white				
18 years and over, age-adjusted	123	118	128	144
18-39 years old	118	117	126	140
40-59 years old	124	119	128	144
60 years and over	132	121	134	153
Non-Hispanic black				
18 years and over, age-adjusted	128	120	128	144
18-39 years old	121	119	126	139
40-59 years old	129	120	128	144
60 years and over	137	121	134	153
Mexican American				
18 years and over, age-adjusted	124	119	133	146
18-39 years old	118	117	133	141
40-59 years old	123	119	130	147
60 years and over	135	122	138	155

Mean diastolic blood pressure (mm Hg) among men aged 18 and over

Characteristics	Hypertension status			
	Total	Normal	Treated	Untreated
All races and ethnicities				
18 years and over, age-adjusted	72	70	77	85
18-39 years old	70	68	79	87
40-59 years old	69	67	69	76
60 years and over				
Non-Hispanic white				
18 years and over, age-adjusted	72	70	76	85
18-39 years old	70	69	78	88
40-59 years old	76	74	78	88
60 years and over	69	67	69	76
Non-Hispanic black				
18 years and over, age-adjusted	74	70	79	86
18-39 years old	71	68	82	86
40-59 years old	79	74	82	91
60 years and over	71	67	71	77
Mexican American				
18 years and over, age-adjusted	71	69	76	83
18-39 years old	78	67	79	85
40-59 years old	75	73	76	89
60 years and over	69	68	69	73

Additional notes

Wright, J. D., Hughes, J. P., Ostchega, Y., Yoon, S. S., & Nwankwo, T. (2011). Mean systolic and diastolic blood pressure in adults aged 18 and over in the United States, 2001-2008. *National Health Statistics Reports*, 35, 1–22, 24. <https://pubmed.ncbi.nlm.nih.gov/21485611/>