

Normal Blood Pressure Chart

Patient's name: _____ Date: _____

Sex: _____ Age: _____

Normal blood pressure for children		
	Systolic	Diastolic
Newborns up to 1 month	60–90 mm Hg	20–60 mm Hg
Infant	87–105 mm Hg	53–66 mm Hg
Toddler	95–105 mm Hg	53–66 mm Hg
Preschooler	95–110 mm Hg	56–70 mm Hg
School-aged child	97–112 mm Hg	57–71 mm Hg
Adolescent	112–128 mm Hg	66–80 mm Hg

50th percentile systolic blood pressure = 90 mmHg + (2 x age in years)

Normal blood pressure for men and women		
	Men	Women
18-39 years	119/70 mm Hg	110/68 mm Hg
40-59 years	124/77 mm Hg	122/74 mm Hg
60+ years	133/69 mm Hg	139/68 mm Hg

Date/time	Systolic	Diastolic	Notes

Additional notes

References

University of Iowa Health Care. (n.d.). *Pediatric critical care reference guide (PICU charts): PICU handbook*. University of Iowa Stead Family Children's Hospital. <https://uihc.org/childrens/educational-resources/pediatric-critical-care-reference-guide-picu-charts-picu-handbook>

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/>