

# Normal Blood Pressure Chart

Patient's name: \_\_\_\_\_ Date: \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Normal blood pressure for children		
	Systolic	Diastolic
<b>Newborns up to 1 month</b>	60–90 mm Hg	20–60 mm Hg
<b>Infant</b>	87–105 mm Hg	53–66 mm Hg
<b>Toddler</b>	95–105 mm Hg	53–66 mm Hg
<b>Preschooler</b>	95–110 mm Hg	56–70 mm Hg
<b>School-aged child</b>	97–112 mm Hg	57–71 mm Hg
<b>Adolescent</b>	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
<b>18-39 years</b>	119/70 mm Hg	110/68 mm Hg
<b>40-59 years</b>	124/77 mm Hg	122/74 mm Hg
<b>60+ years</b>	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>

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