

Blood Pressure Chart

Tracking your blood pressure can be a vital step in gaining control over your health. The charts below are a quick reference for adults 18 and older. Since normal blood pressure levels can vary with age, weight and many other factors, so you should consult your doctor or caregiver to determine your appropriate target blood pressure. The data used in these charts come from the “Seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure” <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0024199/>

CLASSIFICATION	SYSTOLIC BLOOD PRESSURE (SBP)		DIASTOLIC BLOOD PRESSURE (DBP)
LOW**	<90	or	<60
NORMAL	<120	and	<80
PREHYPERTENSION	120 – 139	or	80 – 89
HIGH: STAGE 1 HYPERTENSION	140 – 159	or	90 – 99
HIGH: STAGE 2 HYPERTENSION	≥160	or	≥100

** In general, having lower than normal (120/80) blood pressure is a good thing, but you should consult your doctor or caregiver if you feel your blood pressure is too low and/or you are experiencing symptoms of hypertension.

