

# Normal blood pressure chart for Men and Women by age

## Average blood pressure by age (mm Hg)

| Age groups             | Systolic | Diastolic |
|------------------------|----------|-----------|
| Newborns up to 1 month | 60-90    | 20-60     |
| Infant                 | 87-105   | 53-66     |
| Toddler                | 95-105   | 53-66     |
| Child                  | 97-112   | 56-70     |
| Adolescent             | 112-128  | 66-80     |
| Adults                 | 122-124  | 74-77     |
| Above 60 years         | 133-139  | 68-69     |

## Normal blood pressure chart for Men and Women by gender

### Average blood pressure by gender above 18 years (mm Hg)

| Age groups | Systolic | Diastolic |
|------------|----------|-----------|
| Men        | 119-133  | 69-70     |
| Women      | 110-139  | 68        |

# Age Is In

**Yicheng Fang**



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