

## ADULTS

Blood pressure is measured as Systolic pressure over Diastolic pressure in mmHg, for example 120/80mmHg.

- ▶ **Low to normal blood pressure:**  
generally less than 90/60mmHg
- ▶ **Normal blood pressure:**  
generally between 90/60mmHg and 120/80mmHg
- ▶ **Normal to high blood pressure:**  
generally between 120/80mmHg and 140/90 mmHg
- ▶ **High blood pressure:**  
generally 140/90mmHg or higher

A reading of 180/110mmHg or higher is in the **very high** blood pressure range. You should consult your doctor in the next few days for professional medical advice.

### Please note

Blood pressure in children tends to be in the lower ranges, while older people will often have blood pressure in the higher ranges.

# Australian Health Survey



Your measurements

