

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 140/90mmHg
- ▶ **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

Some people will have blood pressure results outside the normal range, but this may not mean you have a health problem.

NATIONAL Aboriginal and Torres Strait Islander HEALTH SURVEY



Good health, our future



Dear Participant,

As part of today's National Aboriginal and Torres Strait Islander Health Survey (NATSIHS) interview, we have taken some physical measurements. These included your height, weight, waist measurement, blood pressure and a hearing test measure.

These measures are a guide only and are not a substitute for medical advice.

On the back of this card is a table to compare your blood pressure measurement with expected ranges.

The hearing test is an **indicator only**. It is not intended to meet the requirements of a clinical diagnosis.

Please note: If you have any concerns about your blood pressure or hearing test results, please discuss them with your usual health care provider (e.g. doctor, nurse, health care worker).

Thank you for your participation.

NAME

DATE

BLOOD PRESSURE

(Systolic/Diastolic)

____ / ____ mmHg

HEARING LOSS

Pass

See your GP or health service

Left side:

☐☐

Right side:

☐☐

WEIGHT (kg)

HEIGHT (cm)

WAIST (cm)

