

**Table 2**  
**Distribution of the household population by the average resting systolic blood pressure, by age and sex,**  
**Canada, 2007 to 2009**

	Average resting systolic blood pressure											
	Mean			5 <sup>th</sup> percentile			10 <sup>th</sup> percentile			25 <sup>th</sup> percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres of mercury												
<b>Both sexes</b>												
Age 6 to 11	93	92	94	82	80	84	84	83	85	88	87	89
Age 12 to 19	99	98	101	86	84	88	89	88	90	93	91	95
Age 20 to 39	106	104	107	90	89	91	93	92	94	98	96	100
Age 40 to 59	114	112	116	95	94	96	99	97	101	105	104	106
Age 60 to 79	125	124	126	102	100	104	105	104	106	113	112	114
<b>Age 6 to 79</b>	<b>110</b>	<b>109</b>	<b>111</b>	<b>89</b>	<b>88</b>	<b>90</b>	<b>92</b>	<b>91</b>	<b>93</b>	<b>99</b>	<b>98</b>	<b>100</b>
<b>Males</b>												
Age 6 to 11	93	92	94	81	78	84	84	82	86	88	87	89
Age 12 to 19	101	99	103	87	86	88	89	88	90	94	92	96
Age 20 to 39	110	108	112	93	91	95	98	96	100	103	101	105
Age 40 to 59	116	115	118	99	98	100	102	101	103	108	106	110
Age 60 to 79	122	121	124	100	98	102	104	102	106	113	111	115
<b>Age 6 to 79</b>	<b>112</b>	<b>111</b>	<b>113</b>	<b>90</b>	<b>89</b>	<b>91</b>	<b>94</b>	<b>93</b>	<b>95</b>	<b>102</b>	<b>101</b>	<b>103</b>
<b>Females</b>												
Age 6 to 11	93	93	94	82	80	84	84	82	86	88	87	89
Age 12 to 19	98	96	99	86	84	88	89	87	91	92	90	94
Age 20 to 39	101	100	103	87	85	89	91	90	92	94	92	96
Age 40 to 59	112	110	114	93	92	94	96	94	98	102	101	103
Age 60 to 79	127	125	129	103	101	105	105	103	107	115	113	117
<b>Age 6 to 79</b>	<b>108</b>	<b>107</b>	<b>110</b>	<b>88</b>	<b>87</b>	<b>89</b>	<b>91</b>	<b>90</b>	<b>92</b>	<b>97</b>	<b>96</b>	<b>98</b>

	Average resting systolic blood pressure											
	50 <sup>th</sup> percentile			75 <sup>th</sup> percentile			90 <sup>th</sup> percentile			95 <sup>th</sup> percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millimetres of mercury												
<b>Both sexes</b>												
Age 6 to 11	93	92	94	98	96	100	103	102	104	106	104	108
Age 12 to 19	98	96	100	105	103	107	111	108	114	115	113	117
Age 20 to 39	105	103	107	113	111	115	119	117	121	125	122	128
Age 40 to 59	113	111	115	121	118	124	131	127	135	138	135	141
Age 60 to 79	123	121	125	134	132	136	146	143	149	156	151	161
<b>Age 6 to 79</b>	<b>108</b>	<b>106</b>	<b>110</b>	<b>118</b>	<b>117</b>	<b>119</b>	<b>129</b>	<b>127</b>	<b>131</b>	<b>138</b>	<b>136</b>	<b>140</b>
<b>Males</b>												
Age 6 to 11	92	91	93	97	95	99	102	100	104	105	102	108
Age 12 to 19	101	99	103	106	104	108	113	110	116	116	113	119
Age 20 to 39	110	108	112	117	115	119	122	119	125	127	124	130
Age 40 to 59	116	114	118	123	121	125	131	126	136	138	132	144
Age 60 to 79	121	119	123	132	129	135	142	140	144	146	143	149
<b>Age 6 to 79</b>	<b>111</b>	<b>110</b>	<b>112</b>	<b>119</b>	<b>117</b>	<b>121</b>	<b>129</b>	<b>128</b>	<b>130</b>	<b>137</b>	<b>135</b>	<b>139</b>
<b>Females</b>												
Age 6 to 11	93	92	94	99	98	100	104	103	105	107	105	109
Age 12 to 19	97	96	98	102	101	103	109	107	111	112	109	115
Age 20 to 39	100	98	102	107	104	110	115	113	117	119	115	123
Age 40 to 59	110	108	112	119	116	122	130	125	135	138	134	142
Age 60 to 79	125	123	127	136	133	139	152	146	158	163	154	172
<b>Age 6 to 79</b>	<b>105</b>	<b>104</b>	<b>106</b>	<b>117</b>	<b>115</b>	<b>119</b>	<b>129</b>	<b>126</b>	<b>132</b>	<b>139</b>	<b>136</b>	<b>142</b>

**Note(s):** Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

**Source(s):** Canadian Health Measures Survey, Cycle 1.