

Screening for Hypertension in Children



Please refer to the chart below to interpret blood pressure (BP) in children and adolescents. BP percentile tables can be found in the Clinical Practice Guideline.*

CATEGORY	CHILDREN (1-13 YEARS)	ADOLESCENTS	FOLLOW-UP
Normal	< 90th%	< 120/80	Re-check annually
Elevated BP (pre-HTN)	≥ 90th% to < 95th%	120/<80 to 129/<80	Re-check in 6 months
Stage I HTN	≥ 95th% to <95th% + 12 mmHg	130/80 to 139/89	Re-check in 1–2 weeks or sooner if symptomatic. If BP is still high twice, evaluate or refer in 1 mo.
Stage II HTN	≥ 95th% + 12 mmHg	≥ 140/90	Evaluate or refer within 1 week or immediately if symptomatic

SCREENING BP VALUES REQUIRING FURTHER EVALUATION

AGE (Years)	BOYS		GIRLS	
	SBP (mmHg)	DBP (mmHg)	SBP (mmHg)	DBP (mmHg)
1	98	52	98	54
2	100	55	101	58
3	101	58	102	60
4	102	60	103	62
5	103	63	104	64
6	105	66	105	67
7	106	68	106	68
8	107	69	107	69
9	107	70	108	71
10	108	72	109	72
11	110	74	111	74
12	113	75	114	75
≥ 13	120	80	120	80

Refer your patient to the Cincinnati Children's Hypertension Clinic for:

- Evaluation of secondary hypertension including laboratory and imaging studies.
- Ambulatory BP monitoring assessment to rule out white coat hypertension.
- Evaluation of their nutritional needs and assistance with dietary modifications.
- Initiation and management of BP medication.

For clinical questions, email lipid_htn@cchmc.org or call 513-636-4287.

For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link at 1-888-987-7997.

* Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents

Published in *Pediatrics* (2017) 140 (3)
<https://doi.org/10.1542/peds.2017-1904>