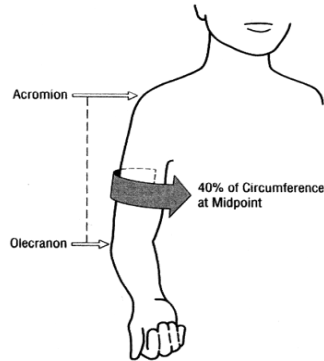


Goals for Blood Pressure Management in Childhood and Adolescence

- Encourage appropriate diet and physical activity
- Use appropriate techniques for measurement of blood pressure in children
- Learn to interpret blood pressure levels in children and adolescents with the use of tables based on age, sex, and height
- Measure blood pressure after age 3 at all routine healthcare visits
- Identify children with persistent blood pressure elevation
- Institute nonpharmacological treatment with sodium restriction and weight reduction when appropriate
- Refer Children with severe blood pressure elevations to a hypertension specialist



Recommended Dimensions for BP Cuff Bladders

Age Range	Width (cm)	Length (cm)	Max. Arm Circumference (cm*)
Newborn	4	8	10
Infant	6	12	15
Child	9	18	22
Small adult	10	24	26
Adult	13	30	34
Large adult	16	38	44
Thigh	20	42	52

* Calculated so that the largest arm would still allow the bladder to encircle arm by at least 80%.

Classification of Hypertension in Children and Adolescents

	SDP or DBP Percentile*	Frequency of BP measurement	Therapeutic Lifestyle Change (TLC)	Pharmacologic Therapy
Normal	<90 th	Annually for children older than 3 years	Encourage healthy diet, sleep, and physical activity	—
Pre-hypertension	90 th to < 95 th or if BP exceeds 120/80 even if <90 th up to < 95 th percentile**	Recheck in 6 mo	Weight-management counseling if OW; introduce physical activity and diet management***	None unless compelling indications such as chronic kidney disease, diabetes mellitus, heart failure, or LVH exist
Stage 1 hypertension	95 th – 99 th plus 5 mmHg	Recheck in 1-2 wk or sooner if symptomatic; if persistently elevated on 2 additional occasions, evaluate or refer to source of care within 1 mo	Weight-management counseling if OW; introduce physical activity and diet management***	Initiate therapy based on indications or if compelling indications exist
Stage 2 hypertension	>99 th plus 5 mmHg	Evaluate or refer to source of care within 1 wk or immediately if symptomatic	Weight-management counseling if OW; introduce physical activity and diet management***	Initiate therapy****

*For gender, age and height measured on at least 3 separate occasions; if SBP and DBP categories are different, categorize by the higher value.

** This occurs typically at 12 years old for SBP and at 16 years old for DBP.

***Parents and children trying to modify the eating plan to the DASH eating plan could benefit from consultation with a nutritionist.

****More than one drug may be required.