

## Female SBP by age and height (Normal SBP is < prehypertensive result)

### Age BP classification

Age	Height (cm)	148	151	155	159	164	168	170
13	Prehypertension	117	118	119	120	120	120	120
	Stage 1 HTN	121	122	123	124	126	127	128
	Stage 2 HTN	133	134	135	137	138	139	140
14	Prehypertension	119	120	120	120	120	120	120
	Stage 1 HTN	123	123	125	126	127	129	129
	Stage 2 HTN	135	136	137	138	140	141	141
15	Prehypertension	120	120	120	120	120	120	120
	Stage 1 HTN	124	125	126	127	129	130	131
	Stage 2 HTN	136	137	138	139	141	142	143
16	Prehypertension	120	120	120	120	120	120	120
	Stage 1 HTN	125	126	127	128	130	131	132
	Stage 2 HTN	137	138	139	140	142	143	144
17	Prehypertension	120	120	120	120	120	120	120
	Stage 1 HTN	125	126	127	129	130	131	132
	Stage 2 HTN	138	138	139	141	142	143	144

## Male SBP by age and height (Normal SBP is < prehypertensive result)

### Age BP classification

Age	Height (cm)	147	150	155	160	166	171	173
13	Prehypertension	117	118	120	120	120	120	120
	Stage 1 HTN	121	122	124	126	128	129	130
	Stage 2 HTN	133	135	136	138	140	141	142
14	Prehypertension	120	120	120	120	120	120	120
	Stage 1 HTN	124	125	127	128	130	132	132
	Stage 2 HTN	136	137	139	141	143	144	145
15	Prehypertension	120	120	120	120	120	120	120
	Stage 1 HTN	126	127	129	131	133	134	135
	Stage 2 HTN	139	140	141	143	145	147	147
16	Prehypertension	120	120	120	120	120	120	120
	Stage 1 HTN	129	130	132	134	135	137	137
	Stage 2 HTN	141	142	144	146	148	149	150
17	Prehypertension	120	120	120	120	120	120	120
	Stage 1 HTN	131	132	134	136	138	139	140
	Stage 2 HTN	144	145	146	148	150	151	152

\*National High Blood Pressure Education Program (NHBPEP) Working Group on High Blood Pressure in Children and Adolescents

# Patient referral for pediatric hypertension

## A physician's quick guide

Children's Physician Group provides comprehensive care to patients from birth to age 21 with hypertension. Our specialized, multidisciplinary approach makes our Hypertension Program unique in the Southeast. We offer:

- Evaluations
- Consultations
- Nutritional evaluation and intervention
- 24-hour ambulatory blood pressure monitoring
- Home blood pressure monitoring

## Referring a patient

If a child has a single elevated blood pressure reading, two additional readings should be taken at different times before diagnosing hypertension. Children's also recommends using automated devices and manual readings to confirm high blood pressure.

Initiate a referral for:

- Prehypertension
  - Systolic blood pressure (SBP) or diastolic blood pressure (DBP)  $\geq$  90<sup>th</sup> to 95<sup>th</sup> percentile or blood pressure (BP) > 120/80 mmHg.
  - If reading is still elevated in six months, refer patient.
- Stage 1 hypertension
  - SBP and/or DBP  $\geq$  95<sup>th</sup> to 99<sup>th</sup> percentile.
  - If reading is still elevated in one to two weeks, refer patient.
- Stage 2 hypertension
  - SBP and/or DBP > 99<sup>th</sup> percentile plus 5 mmHg.
  - If reading is still elevated in one week, refer patient immediately.



**Call 404-785-DOCS (3627) to make a referral.**



**Fax 404-785-9111**



**Children's  
Physician Group**

## Systolic Blood Pressure Percentile Tables\*

Female SBP by age and height  
(Normal SBP is < prehypertensive result)

### Age BP classification

<b>3</b>	<b>Height (cm)</b>	<b>91</b>	<b>92</b>	<b>95</b>	<b>98</b>	<b>100</b>	<b>103</b>	<b>105</b>
	Prehypertension	100	100	102	103	104	106	106
	Stage 1 HTN	104	104	105	107	108	109	110
	Stage 2 HTN	116	116	118	119	120	121	122
<b>4</b>	<b>Height (cm)</b>	<b>97</b>	<b>99</b>	<b>101</b>	<b>104</b>	<b>108</b>	<b>110</b>	<b>112</b>
	Prehypertension	101	102	103	104	106	107	108
	Stage 1 HTN	105	106	107	108	110	111	112
	Stage 2 HTN	117	118	119	120	122	123	124
<b>5</b>	<b>Height (cm)</b>	<b>104</b>	<b>105</b>	<b>108</b>	<b>111</b>	<b>115</b>	<b>118</b>	<b>120</b>
	Prehypertension	103	103	105	106	107	109	109
	Stage 1 HTN	107	107	108	110	111	112	113
	Stage 2 HTN	119	119	121	122	123	125	125
<b>6</b>	<b>Height (cm)</b>	<b>110</b>	<b>112</b>	<b>115</b>	<b>118</b>	<b>122</b>	<b>126</b>	<b>128</b>
	Prehypertension	104	105	106	108	109	110	111
	Stage 1 HTN	108	109	110	111	113	114	115
	Stage 2 HTN	120	121	122	124	125	126	127
<b>7</b>	<b>Height (cm)</b>	<b>116</b>	<b>118</b>	<b>121</b>	<b>125</b>	<b>129</b>	<b>132</b>	<b>135</b>
	Prehypertension	106	107	108	109	111	112	113
	Stage 1 HTN	110	111	112	113	115	116	116
	Stage 2 HTN	122	123	124	125	127	128	129
<b>8</b>	<b>Height (cm)</b>	<b>121</b>	<b>123</b>	<b>127</b>	<b>131</b>	<b>135</b>	<b>139</b>	<b>141</b>
	Prehypertension	108	109	110	111	113	114	114
	Stage 1 HTN	112	112	114	115	116	118	118
	Stage 2 HTN	124	125	126	127	128	130	130
<b>9</b>	<b>Height (cm)</b>	<b>125</b>	<b>128</b>	<b>131</b>	<b>136</b>	<b>140</b>	<b>144</b>	<b>147</b>
	Prehypertension	110	110	112	113	114	116	116
	Stage 1 HTN	114	114	115	117	118	119	120
	Stage 2 HTN	126	126	128	129	130	132	132
<b>10</b>	<b>Height (cm)</b>	<b>130</b>	<b>132</b>	<b>136</b>	<b>141</b>	<b>146</b>	<b>150</b>	<b>153</b>
	Prehypertension	112	112	114	115	116	118	118
	Stage 1 HTN	116	116	117	119	120	121	122
	Stage 2 HTN	128	128	130	131	132	134	134
<b>11</b>	<b>Height (cm)</b>	<b>136</b>	<b>138</b>	<b>143</b>	<b>148</b>	<b>153</b>	<b>157</b>	<b>160</b>
	Prehypertension	114	114	116	117	118	119	120
	Stage 1 HTN	118	118	119	121	122	123	124
	Stage 2 HTN	130	130	131	133	134	135	136
<b>12</b>	<b>Height (cm)</b>	<b>143</b>	<b>146</b>	<b>150</b>	<b>155</b>	<b>160</b>	<b>164</b>	<b>166</b>
	Prehypertension	116	116	117	119	120	120	120
	Stage 1 HTN	119	120	121	123	124	125	126
	Stage 2 HTN	132	132	133	135	136	137	138

Male SBP by age and height  
(Normal SBP is < prehypertensive result)

### Age BP classification

<b>3</b>	<b>Height (cm)</b>	<b>92</b>	<b>94</b>	<b>96</b>	<b>99</b>	<b>102</b>	<b>104</b>	<b>106</b>
	Prehypertension	100	101	103	105	107	108	109
	Stage 1 HTN	104	105	107	109	110	112	113
	Stage 2 HTN	116	117	119	121	123	124	125
<b>4</b>	<b>Height (cm)</b>	<b>99</b>	<b>100</b>	<b>103</b>	<b>106</b>	<b>109</b>	<b>112</b>	<b>113</b>
	Prehypertension	102	103	105	107	109	110	111
	Stage 1 HTN	106	107	109	111	112	114	115
	Stage 2 HTN	118	119	121	123	125	126	127
<b>5</b>	<b>Height (cm)</b>	<b>104</b>	<b>106</b>	<b>109</b>	<b>112</b>	<b>116</b>	<b>119</b>	<b>120</b>
	Prehypertension	104	105	106	108	110	111	112
	Stage 1 HTN	108	109	110	112	114	115	116
	Stage 2 HTN	120	121	123	125	126	128	128
<b>6</b>	<b>Height (cm)</b>	<b>110</b>	<b>112</b>	<b>115</b>	<b>119</b>	<b>122</b>	<b>126</b>	<b>127</b>
	Prehypertension	105	106	108	110	111	113	113
	Stage 1 HTN	109	110	112	114	115	117	117
	Stage 2 HTN	121	122	124	126	128	129	130
<b>7</b>	<b>Height (cm)</b>	<b>116</b>	<b>118</b>	<b>121</b>	<b>125</b>	<b>129</b>	<b>132</b>	<b>134</b>
	Prehypertension	106	107	109	111	113	114	115
	Stage 1 HTN	110	111	113	115	117	118	119
	Stage 2 HTN	122	123	125	127	129	130	131
<b>8</b>	<b>Height (cm)</b>	<b>121</b>	<b>123</b>	<b>127</b>	<b>131</b>	<b>135</b>	<b>139</b>	<b>141</b>
	Prehypertension	107	109	110	112	114	115	116
	Stage 1 HTN	111	112	114	116	118	119	120
	Stage 2 HTN	124	125	127	128	130	132	132
<b>9</b>	<b>Height (cm)</b>	<b>126</b>	<b>128</b>	<b>132</b>	<b>136</b>	<b>141</b>	<b>145</b>	<b>147</b>
	Prehypertension	109	110	112	114	115	117	118
	Stage 1 HTN	113	114	116	118	119	121	121
	Stage 2 HTN	125	126	128	130	132	133	134
<b>10</b>	<b>Height (cm)</b>	<b>130</b>	<b>133</b>	<b>137</b>	<b>141</b>	<b>146</b>	<b>150</b>	<b>153</b>
	Prehypertension	111	112	114	115	117	119	119
	Stage 1 HTN	115	116	117	119	121	122	123
	Stage 2 HTN	127	128	130	132	133	135	135
<b>11</b>	<b>Height (cm)</b>	<b>135</b>	<b>137</b>	<b>142</b>	<b>146</b>	<b>151</b>	<b>156</b>	<b>159</b>
	Prehypertension	113	114	115	117	119	120	120
	Stage 1 HTN	117	118	119	121	123	124	125
	Stage 2 HTN	129	130	132	134	135	137	137
<b>12</b>	<b>Height (cm)</b>	<b>140</b>	<b>143</b>	<b>148</b>	<b>153</b>	<b>158</b>	<b>163</b>	<b>166</b>
	Prehypertension	115	116	118	120	120	120	120
	Stage 1 HTN	119	120	122	123	125	127	127
	Stage 2 HTN	131	132	134	136	138	139	140