

PREVENTIVE CARE RECOMMENDATIONS

CHILD AND ADOLESCENT AGES 1-17

BP Levels for Girls by Age and Height Percentile

Age = 1 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	29.7		30.2		30.9		31.8		32.7		33.4		33.9	
Ht (cm)	75.4		76.6		78.6		80.8		83		84.9		86.1	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	84	41	85	42	86	42	86	43	87	44	88	45	88	46
90 th	98	54	99	55	99	56	100	56	101	57	102	58	102	58
95 th	101	59	102	59	102	60	103	60	104	61	105	62	105	62
95 th +12mmHg	113	71	114	71	114	72	115	72	116	73	117	74	117	74

Age = 2 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	33.4		34		34.9		35.9		36.9		37.8		38.4	
Ht (cm)	84.9		86.3		88.6		91.1		93.7		96		97.4	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	87	45	87	46	88	47	89	48	90	49	91	50	91	51
90 th	101	58	101	58	102	59	103	60	104	61	105	62	106	62
95 th	104	62	105	63	106	63	106	64	107	65	108	66	109	66
95 th +12mmHg	116	74	117	75	118	75	118	76	119	77	120	78	121	78

Age = 3 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	35.8		36.4		37.3		38.4		39.6		40.6		41.2	
Ht (cm)	91		92.4		94.9		97.6		100.5		103.1		104.6	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	88	48	89	48	89	49	90	50	91	51	92	53	93	53
90 th	102	60	103	61	104	61	104	62	105	63	106	64	107	65
95 th	106	64	106	65	107	65	108	66	109	67	110	68	110	69
95 th +12mmHg	118	76	118	77	119	77	120	78	121	79	122	80	122	81

Age = 4 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	38.3		38.9		39.9		41.1		42.4		43.5		44.2	
Ht (cm)	97.2		98.8		101.4		104.5		107.6		110.5		112.2	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	89	50	90	51	91	51	92	53	93	54	94	55	94	55
90 th	103	62	104	63	105	64	106	65	107	66	108	67	108	67
95 th	107	66	108	67	109	68	109	69	110	70	111	70	112	71
95 th +12mmHg	119	78	120	79	121	80	121	81	122	82	123	82	124	83

Table adapted from "Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents" in *Pediatrics*, September 2017, Volume 140 / Issue 3

PREVENTIVE CARE RECOMMENDATIONS

CHILD AND ADOLESCENT AGES 1-17

BP Levels for Girls by Age and Height Percentile

Age = 5 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	40.8		41.5		42.6		43.9		45.2		46.5		47.3	
Ht (cm)	103.6		105.3		108.2		111.5		114.9		118.1		120	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	90	52	91	52	92	53	93	55	94	56	95	57	96	57
90 th	104	64	105	65	106	66	107	67	108	68	109	69	110	70
95 th	108	68	109	69	109	70	110	71	111	72	112	73	113	73
95 th +12mmHg	120	80	121	81	121	82	122	83	123	84	124	85	125	85

Age = 6 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	43.3		44		45.2		46.6		48.1		49.4		50.3	
Ht (cm)	110		111.8		114.9		118.4		122.1		125.6		127.7	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	92	54	92	54	93	55	94	56	96	57	97	58	97	59
90 th	105	67	106	67	107	68	108	69	109	70	110	71	111	71
95 th	109	70	109	71	110	72	111	72	112	73	113	74	114	74
95 th +12mmHg	121	82	121	83	122	84	123	84	124	85	125	86	126	86

Age = 7 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	45.6		46.4		47.7		49.2		50.7		52.1		53	
Ht (cm)	115.9		117.8		121.1		125.9		128.8		132.5		134.7	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	92	55	93	55	94	56	95	57	97	58	98	59	99	60
90 th	106	68	106	68	107	69	109	70	110	71	111	72	112	72
95 th	109	72	110	72	111	73	112	73	113	74	114	74	115	75
95 th +12mmHg	121	84	122	84	123	85	124	85	125	86	126	86	127	87

Age = 8 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	47.6		48.4		49.8		51.4		53		54.5		55.5	
Ht (cm)	121		123		126.5		130.6		134.7		138.5		140.9	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	93	56	94	59	95	57	97	59	98	60	99	61	100	61
90 th	107	69	107	70	108	71	110	72	111	72	112	73	113	73
95 th	110	72	111	73	112	74	103	74	115	75	116	75	117	75
95 th +12mmHg	122	84	123	85	124	86	125	86	127	87	128	87	129	87

Table adapted from "Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents" in *Pediatrics*, September 2017, Volume 140 / Issue 3

PREVENTIVE CARE RECOMMENDATIONS

CHILD AND ADOLESCENT AGES 1-17

BP Levels for Girls by Age and Height Percentile

Age = 9 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	49.3		50.2		51.7		53.4		55.1		56.7		57.7	
Ht (cm)	125.3		127.6		131.3		135.6		140.1		144.1		146.6	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	95	57	95	58	97	59	98	60	99	60	100	61	101	61
90 th	108	71	108	71	109	72	111	73	112	73	113	73	114	73
95 th	112	74	112	74	113	75	114	75	116	75	117	75	118	75
95 th +12mmHg	124	86	124	86	125	87	126	87	128	87	129	87	130	87

Age = 10 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	51.1		52		53.7		55.5		57.4		59.1		60.2	
Ht (cm)	129.7		132.2		136.3		141		145.8		150.2		152.8	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	96	58	97	59	98	59	99	60	101	61	102	61	103	62
90 th	109	72	110	73	111	73	112	73	113	73	115	73	116	73
95 th	113	75	114	75	114	76	116	76	117	76	119	76	120	76
95 th +12mmHg	125	87	126	87	126	88	128	88	129	88	131	88	132	88

Age = 11 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	53.4		54.5		56.2		58.2		60.2		61.9		63	
Ht (cm)	135.6		138.3		142.8		147.8		152.8		157.3		160	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	98	60	99	60	101	60	102	61	104	62	105	63	106	64
90 th	111	74	112	74	113	74	114	74	116	74	118	75	120	75
95 th	115	76	116	77	117	77	118	77	120	77	123	77	124	77
95 th +12mmHg	127	88	128	89	129	89	130	89	132	89	135	89	136	89

Age = 12 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	56.2		57.3		59		60.9		62.8		64.5		65.5	
Ht (cm)	142.8		145.5		149.9		154.8		159.6		163.8		166.4	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	102	61	102	61	104	61	105	62	107	64	108	65	108	65
90 th	114	75	115	75	116	75	118	75	120	76	122	76	122	76
95 th	118	78	119	78	120	78	122	78	124	79	125	79	126	79
95 th +12mmHg	130	90	131	90	132	90	134	90	136	91	137	91	138	91

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PREVENTIVE CARE RECOMMENDATIONS

CHILD AND ADOLESCENT AGES 1-17

BP Levels for Girls by Age and Height Percentile

Age = 13 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	58.3		59.3		60.9		62.7		64.5		66.1		67	
Ht (cm)	148.1		150.6		154.7		159.2		163.7		167.8		170.2	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	104	62	105	62	106	63	107	64	108	65	108	65	109	66
90 th	116	75	117	75	119	75	121	76	122	76	123	76	123	76
95 th	121	79	122	79	123	79	124	79	126	80	126	80	127	81
95 th +12mmHg	133	91	134	91	135	91	136	91	138	92	138	92	139	93

Age = 14 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	59.3		60.2		61.8		63.5		65.2		66.8		67.7	
Ht (cm)	150.6		153		156.9		161.3		165.7		169.7		172.1	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	105	63	106	63	107	64	108	65	109	66	109	66	109	66
90 th	118	76	118	76	120	76	122	76	123	77	123	77	123	77
95 th	123	80	123	80	124	80	125	80	126	81	127	81	127	82
95 th +12mmHg	135	92	135	92	136	92	137	92	138	93	139	93	139	94

Age = 15 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	59.7		60.6		62.2		63.9		65.6		67.2		68.1	
Ht (cm)	151.7		154		157.9		162.3		166.7		170.6		173	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	105	64	106	64	107	64	108	65	109	66	109	67	109	67
90 th	118	76	119	76	121	76	122	77	123	77	123	78	124	78
95 th	124	80	124	80	125	80	126	81	127	82	127	82	128	82
95 th +12mmHg	136	92	136	92	137	92	138	93	139	94	139	94	140	94

Age = 16 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	59.9		60.8		62.4		64.1		65.8		67.3		68.3	
Ht (cm)	152.1		154.5		158.4		162.8		167.1		171.1		173.4	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	106	64	107	64	108	65	109	66	109	66	110	67	110	67
90 th	119	76	120	76	122	76	123	77	124	78	124	78	124	78
95 th	124	80	125	80	125	80	127	81	127	82	128	82	128	82
95 th +12mmHg	136	92	137	92	137	92	139	93	139	94	140	94	140	94

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PREVENTIVE CARE RECOMMENDATIONS CHILD AND ADOLESCENT AGES 1-17

BP Levels for Girls by Age and Height Percentile

Age = 17 Year

Height Percentile or Measured Height

	5%		10%		25%		50%		75%		90%		95%	
Ht (in)	60.0		60.9		62.5		64.2		65.9		67.4		68.4	
Ht (cm)	152.4		154.7		158.7		163.0		167.4		171.3		173.7	
BP %tile	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
50 th	107	64	108	64	108	65	110	66	110	66	110	66	111	67
90 th	120	76	121	76	123	77	124	77	124	78	125	78	125	78
95 th	125	80	125	80	126	80	127	81	128	82	128	82	128	82
95 th +12mmHg	137	92	137	92	138	92	139	93	140	94	140	94	140	94

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