

Teenage Blood Pressure Chart

This chart is based on the 2017 American Academy of Pediatrics (AAP) Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents. For comprehensive tables and management strategies, refer to the AAP guidelines.

Blood pressure categories for adolescents aged ≥13 years		
Category	Systolic blood pressure (mm Hg)	Diastolic blood pressure (mm Hg)
Normal	<120	<80
Elevated blood pressure	120-129	<80
Stage 1 hypertension	130-139	80-89
Stage 2 hypertension	≥140	≥90
Note: Blood pressure categories align with adult thresholds for adolescents aged 13 years and older.		
Blood pressure categories for adolescents aged 1 to ≥13 years		
<i>For children under 13, blood pressure is assessed based on percentiles that consider age, sex, and height. The categories are:</i>		
Category	Systolic blood pressure (mm Hg)	Diastolic blood pressure (mm Hg)
Normal	<90	<90
Elevated blood pressure	90-95 or ≥120 (whichever is lower)	90-95 or ≥80 (whichever is lower)
Stage 1 hypertension	≥95th percentile to <95th percentile + 12 mm Hg, or 130–139	≥95th percentile to <95th percentile + 12 mm Hg, or 80–89
Stage 2 hypertension	≥95th percentile + 12 mm Hg, or ≥140	≥95th percentile + 12 mm Hg, or ≥90
Clinical considerations		
<ul style="list-style-type: none">Measurement protocol: Ensure accurate measurement by using appropriately sized cuffs and confirming elevated readings on multiple occasions.		
<ul style="list-style-type: none">Risk factors: Pay special attention to children with obesity, renal disease, diabetes, or a family history of hypertension.		
<ul style="list-style-type: none">Management: Lifestyle modifications are first-line interventions. Pharmacologic treatments may be considered for persistent hypertension or if target organ damage is present.		

Additional notes

Flynn, J. T., Kaelber, D. C., Baker-Smith, C. M., Blowey, D., Carroll, A. E., Daniels, S. R., de Ferranti, S. D., Dionne, J. M., Falkner, B., Flinn, S. K., Gidding, S. S., Goodwin, C., Leu, M. G., Powers, M. E., Rea, C., Samuels, J., Simasek, M., Thaker, V. V., & Urbina, E. M. (2017). Clinical practice guideline for screening and management of high blood pressure in children and adolescents. *Pediatrics*, *140*(3), e20171904. <https://doi.org/10.1542/peds.2017-1904>

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