

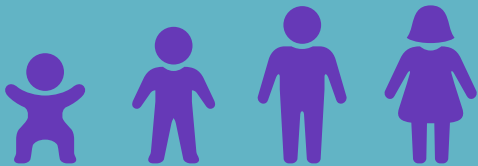
KNOW THE FACTS

HIGH BLOOD PRESSURE IN CHILDREN



What's a normal blood pressure?

A normal blood pressure depends on your child's age, height and gender. **Age 13+** blood pressure range is the same as an adult.

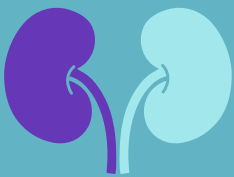


Does high blood pressure really impact kids?

3.5% of children and teens have hypertension.



How can high blood pressure impact your child's health?



Kidney failure



Heart attack



Stroke

What do the numbers mean?



SYSTOLIC:

The top number measures the pressure when your child's heart beats.

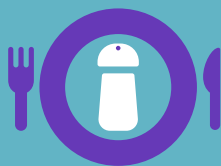
DIASTOLIC:

The bottom number measures the pressure when your child's heart is at rest.

What can cause high blood pressure in my child?



Obesity/lack of exercise



High salt intake



Stress



Genetics



Underlying conditions