**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