



COLLEGE OF SOUTHERN IDHAO  
HEAD START/EARLY HEAD START  
998 Washington St. N.  
P.O. Box 1238  
Twin Falls, Idaho 83303-1238  
(208)-736-0741



## QUICK GUIDE TO BLOOD PRESSURE IN CHILDREN

Blood Pressures to be completed on children in Head Start (3-5 years old) every year

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Age	Blood pressure (mm Hg)*	
	Systolic	Diastolic
2-6 months	91	50 to 53
7-11 months	90	47 + age in months
1-5 years	90 + age in years	56
6-18 years	83 + (2 X age in years)	52 + age in years

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Based on 50<sup>th</sup> percentile for males; slightly lower in females, especially 14 to 18 years of age.

### DEFINITIONS OF BLOOD PRESSURE

**Normal Blood pressure** – Systolic and diastolic pressure less than 90<sup>th</sup> percentile for age and sex.

**Normal high blood pressure** – Systolic and diastolic pressure between the 90<sup>th</sup> and 95<sup>th</sup> percentiles for age and sex.

**Significant hypertension** – Blood pressure persistently between 95<sup>th</sup> and 99<sup>th</sup> percentiles for age and sex.

**Severe hypertension** – Blood pressure persistently at or above 99<sup>th</sup> percentile for age and sex.