



## Participant Blood Pressure Results (Daughters 9-17)

Date: \_\_\_\_\_

This fact sheet provides your results from today's visit and information what these measures might mean for your health. These results are not to be used as diagnostic information or make decisions about your health. If you are concerned with these results, you or your mom should contact your pediatrician.

BLOOD PRESSURE RESULTS:	
Reading 1:	___ / ___
Reading 2:	___ / ___
Reading 3:	___ / ___

**These readings are not to be used for diagnostic purposes.** It is important to note that blood pressure doesn't stay the same all the time. It lowers as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active. If your numbers stay above normal most of the time, you're at risk for health problems. As kids grow, their blood pressure increases from a systolic pressure (upper number) of about 70-90 to adult values in a teenager. Among young kids, the "normal" range will depend on gender, age, and height. In kids, high blood pressure is defined as a blood pressure greater than 95% of kids of the same age, height, and gender; your doctor will be able to compare your child's blood pressure with national norms. These blood pressure measurements may not mean that you have high blood pressure. If you or your mom have concerns, call your pediatrician.

More resources:

Children's Hospital Boston Center for Young Women's Health: <http://www.youngwomenshealth.org/>  
Kids Health® for Kids and Teens <http://kidshealth.org/>  
National Institutes of Health: Teen Health <http://www.nlm.nih.gov/medlineplus/teenhealth.html>  
Centers for Disease Control, Adolescent Health: <http://www.cdc.gov/HealthyYouth/index.htm>  
Centers for Disease Control, Young Adult Health: <http://cdc.gov/lifestages/youngAdults.html>

Sources:

"Understanding Blood Pressure Readings." © 2010 American Heart Association, Inc. [www.heart.org](http://www.heart.org)  
"High Blood Pressure (Hypertension)" The Nemours Foundation/KidsHealth®. [www.kidshealth.org](http://www.kidshealth.org) © 1995- 2011.