

# HIGH BLOOD PRESSURE (HBP) IN CHILDREN

## Elevated Blood Pressure Is Increasing Among Children

### High Blood Pressure can develop in Children for the Same Reasons as Adults

Despite popular belief, teens, children and even babies can have high blood pressure, also called HBP or hypertension. It's not just a disease for the middle-aged and elderly. As with adults, early diagnosis and treatment can reduce or prevent the harmful consequences of this disease.

This resource was developed to educate patients on the causes, risk factors and possible complications of childhood high blood pressure.

### 01 | Causes

There are varying causes for high blood pressure in children including:

- Heart and kidney diseases
- Side effects from medication
- Risk factors such family history, excess weight and race

### 02 | Risk Factors

Risk factors for HBP vary and include:

- Being overweight or obese (a body mass index over 25)
- A family history of high blood pressure
- Type 2 diabetes or a high fasting blood sugar level
- High cholesterol and triglycerides
- Chronic kidney disease
- Polycystic kidney disease
- Heart problems and diseases
- Adrenal disorders
- Hyperthyroidism
- Pheochromocytoma
- Renal Artery Stenosis
- Sleep disorders, especially obstructive sleep apnea

### 03 | Complications

Children who have high blood pressure are likely to continue to have high blood pressure as adults unless they begin treatment. If high blood pressure persists into adulthood, children can be at risk for the following complications:

- Stroke
- Heart attack
- Heart failure
- Kidney disease

For additional resources on high blood pressure in children, visit [www.mayoclinic.org](http://www.mayoclinic.org)

*Did You Know?  
Obesity is a risk factor for  
HBP in children*

### References

<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure-in-children/basics/definition/con-20033799>

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/UnderstandYourRiskforHighBloodPressure/High-Blood-Pressure-in-Children\\_UCM\\_301868\\_Article.jsp#.Vz4p10bz9IU](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/UnderstandYourRiskforHighBloodPressure/High-Blood-Pressure-in-Children_UCM_301868_Article.jsp#.Vz4p10bz9IU)