

HYPERTENSION IN CHILDREN

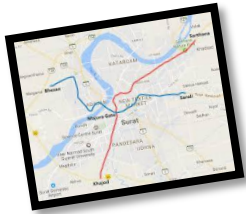


(May Measurement Month 2018, declared by ICMR)

Hypertension means the condition in which the pressure in the blood vessels is higher than it should be.

MYTH HYPERTENSION (HIGH BLOOD PRESSURE) IS A CONDITION THAT ONLY AFFECTS OLDER PEOPLE

FACT Hypertension affects people of all ages. Number of hypertension cases are rising fast and shifting towards younger age.



Some facts for Surat!!

Children suffering with hypertension

1998
2.3% (One child among 50)

Thakor HG, Kumar P, Desai VK. An epidemiological study of hypertension amongst children from various primary schools of Surat city. Indian J Community Med. 1998;23:110-5.

2011
6.48% (one child among 17)





Buch N, Goyal JP, Kumar N, Parmar I, Shah VB, Charan J. Prevalence of hypertension in school going children of Surat city, Western India. J Cardiovasc Dis Resv.2(4); Oct-Dec 2011

To keep hypertension away

Children can take following actions

Outdoor activity	Nourish yourself with healthy diet	Limited time for video-games, mobile games and TV	No much exam stress
			

Parents can take following actions

Parental control on seated activities	Interesting but nourishing food options	Helping your child in exam and other stresses management	Yearly check-up of children too
			

Issued in Public interest by

Child Friendly Smart City Knowledge Center (CFSCKC),

1st floor, Athwa-Panas Urban health Center, Panas, Surat 395007

CFSCKC is initiative by Surat Municipal Corporation, Urban health & climate resilience center of excellence (UHCRCCE), Smart city and UNICEF.

Doctor Uncle's Advice



Beginning from the age 3 years, routinely measure the blood pressure of child

A normal blood pressure in children is as important as in adults. We need to monitor them regularly for signs of abnormality and maintain a healthy heart, as well.

If kids at an early age maintain good blood pressure then the risk for developing hypertension in the future may be avoided.

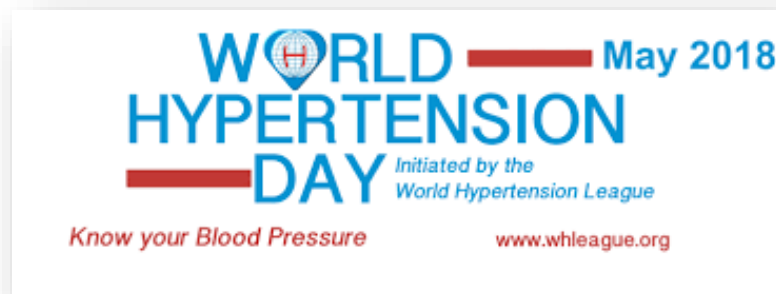


Normal range of BP in children

<http://www.bloodpressuremagazine.com/normal-blood-pressure-in-children-the-chart/>

Age	Range
3 to 5 years	104/63 to 108/69 mm/hg.
6 to 9 years	108/71 to 121/81 mm/hg.
10-12 years	114/77 to 127/83 mm/hg
13-18	120/80 mm/hg

Normal blood pressure readings in children vary depending on the age, sex and height of the child.



"May Measurement Month 2018" has been declared by the Indian Council of Medical Research (ICMR)

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