Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

HEALTHY HABITS THAT SUPPORT NORMAL BLOOD PRESSURE

LIFESTYLE HABITS PLAY AN IMPORTANT ROLE IN BLOOD PRESSURE.

REDUCE SODIUM (SALT)

Most sodium in children's diets comes from processed and restaurant foods.

Foods often high in sodium

- chips and salty snacks
- deli meats and bacon
- canned soups and instant noodles
- frozen meals
- fast food
- pizza
- bottled sauces and condiments

Simple ways to reduce sodium

- choose fresh foods when possible
- rinse canned beans or vegetables
- compare nutrition labels
- choose "low sodium" options
- cook more meals at home

ENCOURAGE DAILY PHYSICAL ACTIVITY

Children and teens should aim for about 60 minutes of activity each day, such as:

- sports
- biking
- walking
- dancing
- playing outside

SUPPORT HEALTHY SLEEP

Adequate sleep supports heart health and blood pressure.

HEALTHY HABITS

Balanced nutrition and regular activity help support healthy blood pressure.

Healthy habits started in childhood support lifelong heart health.

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HIGH BLOOD PRESSURE IN CHILDREN AND TEENS

What Families Should Know

UNDERSTANDING PEDIATRIC BLOOD PRESSURE

- High blood pressure can occur in children and teens.
- Blood pressure is measured during routine visits because changes can begin before adulthood.
- Family history matters.
- Children with a family history of high blood pressure, heart disease, or diabetes may have higher risk.

ONE HIGH READING DOES NOT MEAN HYPERTENSION.

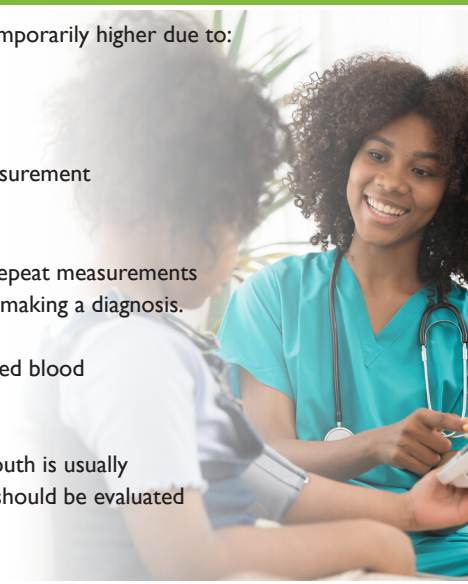
Blood pressure can be temporarily higher due to:

- anxiety or stress
- pain
- recent activity
- talking during the measurement
- incorrect cuff size

Your child's doctor may repeat measurements over several visits before making a diagnosis.

Most children with elevated blood pressure feel well.

High blood pressure in youth is usually not an emergency, but it should be evaluated and followed over time.



WHY FOLLOW-UP MATTERS

- When blood pressure stays high over time, it can affect the heart, kidneys and blood vessels.
- Early detection helps prevent long-term health problems.

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