



Advanced Pediatric Cardiology

Healthy Hearts Today • Brighter Tomorrows



Know
the Numbers
Early



Blood Pressure • Cholesterol
Healthy Growth • Lifelong Health

Age-Appropriate Medical Screenings

Blood Pressure • Cholesterol • Growth • Overall Cardiovascular Health

Birth – 2 Years	3 – 8 Years	9 – 11 Years	12 – 16 Years	17 – 21 Years
Monitor growth and healthy development (BMI-for-age)	Monitor growth and healthy lifestyle habits	Monitor growth and healthy lifestyle habits	Monitor growth and healthy lifestyle habits	Monitor growth, healthy lifestyle habits and transition to adult care
Check blood pressure (BP) when risk factors are present*	Check BP at least annually	Check BP annually	Check BP annually	Check BP annually
Cholesterol screening only if high risk†	Cholesterol screening only if high risk† (e.g., family history, obesity, diabetes)	Universal cholesterol screening once between 9–11 years (nonfasting lipid panel is acceptable)	Cholesterol screening if high risk†, prior abnormal results, or new risk factors	Universal cholesterol screening once between 17–21 years

* Risk factors for BP screening in children <3 years: congenital heart disease, significant prematurity, kidney/urologic disease, organ transplantation, or medications that can raise BP. † High-risk conditions for earlier cholesterol testing include: family history of early heart disease or high cholesterol, obesity, diabetes, hypertension, chronic kidney disease, Kawasaki disease with coronary involvement, smoking/vaping, and certain medications.



Blood Pressure in Children & Adolescents

- Measure BP at least annually starting at age 3 years.
- Use the correct cuff size with the child seated and calm.
- Repeat and confirm elevated automated readings by auscultation.
- For children 1–12 years, BP is interpreted by age, sex, and height percentile.
- For adolescents ≥13 years, use adult-like thresholds:

Age ≥13 Years	Systolic / Diastolic BP (mmHg)
Normal	< 120 / < 80
Elevated BP	120 – 129 / < 80
Stage 1 Hypertension	130 – 139 or 80 – 89
Stage 2 Hypertension	≥ 140 or ≥ 90



Cholesterol & Lipid Screening

- Universal screening once between 9–11 years and once between 17–21 years.
- A nonfasting lipid panel (total cholesterol and HDL-C) is an acceptable initial screen.
- Obtain a fasting lipid profile if the screening result is abnormal or if a more complete assessment is needed.
- Earlier or additional testing is recommended when high-risk conditions are present (see above).

Lipid Value (mg/dL)	Acceptable	Borderline	High
Total Cholesterol	< 170	170 – 199	≥ 200
LDL Cholesterol (LDL-C)	< 110	110 – 129	≥ 130
Non-HDL Cholesterol	< 120	120 – 144	≥ 145
HDL Cholesterol (HDL-C)	> 45	40 – 45	< 40



Safety Pearls for Families

- Know your child's numbers:** BP, cholesterol, BMI, and glucose when indicated.
- Encourage a heart-healthy diet:** fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Promote regular physical activity** (≥ 60 minutes most days).
- Support adequate sleep.**
- Avoid tobacco and vaping exposure.**
- Know your family history** of early heart disease or high cholesterol.
- Follow up on abnormal results** and keep scheduled visits.
- Work with your healthcare team** for personalized guidance.



When to Seek Earlier Evaluation

- Repeated BP readings at or above the 95th percentile (for age, sex, height) or elevated BP in adolescents (≥120/80 mmHg).
- LDL cholesterol ≥ 190 mg/dL, or ≥ 160 mg/dL with a family history of early heart disease (possible familial hypercholesterolemia).
- Symptoms such as chest pain, fainting (syncope), shortness of breath, or exercise intolerance.
- Strong family history of early heart disease, sudden cardiac death, or known genetic heart conditions.
- Any concerns about your child's heart health.



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