

Males



Systolic BP (mmHg)
 Height (in) ↔↔↔↔
 Height (cm) ↔↔↔↔

Diastolic BP (mmHg)
 Height (in) ↔↔↔↔
 Height (cm) ↔↔↔↔



Age (yrs)	Height %tile (NHANES 2000)	5th	10th	25th	50th	75th	90th	95th	Age (yrs)	5th	10th	25th	50th	75th	90th	95th
2	inches	31.9	32.4	33.3	34.2	35.1	36.0	36.5	2	31.9	32.4	33.3	34.2	35.1	36.0	36.5
	centimeters	81.1	82.4	84.5	86.9	89.2	91.4	92.6		81.1	82.4	84.5	86.9	89.2	91.4	92.6
	Stage 2 Hypertensive	114	115	116	118	120	122	122		71	72	73	74	75	76	76
	Stage 1 Hypertensive	101	102	104	106	108	109	110		59	59	60	61	62	63	63
	PreHypertensive	97	99	100	102	104	105	106		54	55	56	57	58	58	59
Normotensive	84	85	87	88	90	92	92	39	40	41	42	43	44	44		
3	inches	35.1	35.6	36.5	37.5	38.6	39.5	40.1	3	35.1	35.6	36.5	37.5	38.6	39.5	40.1
	centimeters	89.2	90.5	92.7	95.3	97.9	100.4	101.9		89.2	90.5	92.7	95.3	97.9	100.4	101.9
	Stage 2 Hypertensive	116	117	119	121	123	124	125		76	76	77	78	79	80	80
	Stage 1 Hypertensive	104	105	107	109	110	112	113		63	63	64	65	66	67	67
	PreHypertensive	100	101	103	105	107	108	109		59	59	60	61	62	63	63
Normotensive	86	87	89	91	93	94	95	44	44	45	46	47	48	48		
4	inches	37.6	38.2	39.2	40.4	41.5	42.5	43.1	4	37.6	38.2	39.2	40.4	41.5	42.5	43.1
	centimeters	95.6	97.1	99.7	102.5	105.4	108.0	109.5		95.6	97.1	99.7	102.5	105.4	108.0	109.5
	Stage 2 Hypertensive	118	119	121	123	125	126	127		79	80	81	82	83	83	84
	Stage 1 Hypertensive	106	107	109	111	112	114	115		66	67	68	69	70	71	71
	PreHypertensive	102	103	105	107	109	110	111		62	63	64	65	66	66	67
Normotensive	88	89	91	93	95	96	97	47	48	49	50	51	51	52		
5	inches	39.9	40.6	41.7	43.0	44.2	45.3	46.0	5	39.9	40.6	41.7	43.0	44.2	45.3	46.0
	centimeters	101.5	103.2	106.0	109.2	112.3	115.1	116.8		101.5	103.2	106.0	109.2	112.3	115.1	116.8
	Stage 2 Hypertensive	120	121	123	125	126	128	128		82	83	84	85	86	86	87
	Stage 1 Hypertensive	108	109	110	112	114	115	116		69	70	71	72	73	74	74
	PreHypertensive	104	105	106	108	110	111	112		65	66	67	68	69	69	70
Normotensive	90	91	93	95	96	98	98	50	51	52	53	54	55	55		
6	inches	42.2	43.0	44.2	45.5	46.9	48.1	48.8	6	42.2	43.0	44.2	45.5	46.9	48.1	48.8
	centimeters	107.3	109.2	112.2	115.7	119.1	122.1	123.9		107.3	109.2	112.2	115.7	119.1	122.1	123.9
	Stage 2 Hypertensive	121	122	124	126	128	129	130		85	85	86	87	88	89	89
	Stage 1 Hypertensive	109	110	112	114	115	117	117		72	72	73	74	75	76	76
	PreHypertensive	105	106	108	110	111	113	113		68	68	69	70	71	72	72
Normotensive	91	92	94	96	98	99	100	53	53	54	55	56	57	57		
7	inches	44.6	45.3	46.6	48.0	49.5	50.8	51.6	7	44.6	45.3	46.6	48.0	49.5	50.8	51.6
	centimeters	113.2	115.1	118.4	122.0	125.7	129.0	131.0		113.2	115.1	118.4	122.0	125.7	129.0	131.0
	Stage 2 Hypertensive	122	123	125	127	129	130	131		87	87	88	89	90	91	91
	Stage 1 Hypertensive	110	111	113	115	117	118	119		74	74	75	76	77	78	78
	PreHypertensive	106	107	109	111	113	114	115		70	70	71	72	73	74	74
Normotensive	92	94	95	97	99	100	101	55	55	56	57	58	59	59		
8	inches	46.8	47.6	48.9	50.4	52.0	53.4	54.3	8	46.8	47.6	48.9	50.4	52.0	53.4	54.3
	centimeters	118.8	120.8	124.3	128.1	132.1	135.7	137.8		118.8	120.8	124.3	128.1	132.1	135.7	137.8
	Stage 2 Hypertensive	124	125	127	128	130	132	132		88	89	90	91	92	92	93
	Stage 1 Hypertensive	111	112	114	116	118	119	120		75	76	77	78	79	79	80
	PreHypertensive	107	109	110	112	114	115	116		71	72	72	73	74	75	76
Normotensive	94	95	97	99	100	102	102	56	57	58	59	60	60	61		
9	inches	48.7	49.6	51.0	52.7	54.3	55.8	56.7	9	48.7	49.6	51.0	52.7	54.3	55.8	56.7
	centimeters	123.8	126.0	129.6	133.7	137.9	141.8	144.1		123.8	126.0	129.6	133.7	137.9	141.8	144.1
	Stage 2 Hypertensive	125	126	128	131	132	133	134		89	90	91	92	93	93	94
	Stage 1 Hypertensive	113	114	116	118	119	121	121		76	77	78	79	80	81	81
	PreHypertensive	109	110	112	114	115	117	118		72	73	74	75	76	76	77
Normotensive	95	96	98	100	102	103	104	57	58	59	60	61	61	62		

Legend: Normotensive = 50th%tile, Pre-Hypertensive = 90th%tile up to 120mmHg, Stage 1 HT = 95th%tile, Stage 2 HT = 99th%tile + 5 mmHg

Provided courtesy of the International Pediatric Hypertension Association (2006) www.pediatrichypertension.org

Males



Age (yrs)	Height %tile (NHANES 2000)	Systolic BP (mmHg)							Diastolic BP (mmHg)						
		5th	10th	25th	50th	75th	90th	95th	5th	10th	25th	50th	75th	90th	95th
10	inches	50.5	51.4	52.9	54.7	56.4	58.0	59.0	50.5	51.4	52.9	54.7	56.4	58.0	59.0
	centimeters	128.2	130.5	134.4	138.8	143.3	147.4	149.9	128.2	130.5	134.4	138.8	143.3	147.4	149.9
	Stage 2 Hypertensive	127	128	130	132	133	135	135	90	91	91	93	93	94	95
	Stage 1 Hypertensive	115	116	117	119	121	122	123	77	78	79	80	81	81	82
	PreHypertensive	111	112	114	115	117	119	119	73	73	74	75	76	77	78
Normotensive	97	98	100	102	103	105	106	58	59	60	61	61	62	63	
11	inches	52.1	53.1	54.7	56.6	58.5	60.2	61.2	52.1	53.1	54.7	56.6	58.5	60.2	61.2
	centimeters	132.4	134.9	139.0	143.7	148.5	152.9	155.5	132.4	134.9	139.0	143.7	148.5	152.9	155.5
	Stage 2 Hypertensive	129	130	132	134	135	137	137	91	91	92	93	94	95	95
	Stage 1 Hypertensive	117	118	119	121	123	124	125	78	78	79	80	81	82	82
	PreHypertensive	113	114	115	117	119	120	120	74	74	75	76	77	78	78
Normotensive	99	100	102	104	105	107	107	59	59	60	61	62	63	63	
12	inches	54.1	55.1	56.8	58.8	60.8	62.6	63.7	54.1	55.1	56.8	58.8	60.8	62.6	63.7
	centimeters	137.3	139.9	144.3	149.3	154.4	159.0	161.9	137.3	139.9	144.3	149.3	154.4	159.0	161.9
	Stage 2 Hypertensive	131	132	134	136	138	139	140	91	92	93	94	95	95	96
	Stage 1 Hypertensive	119	120	122	123	125	127	127	78	79	80	81	82	82	83
	PreHypertensive	115	116	118	120	120	120	120	74	75	75	76	77	78	79
Normotensive	101	102	104	106	108	109	110	59	60	61	62	63	63	64	
13	inches	56.5	57.6	59.5	61.6	63.7	65.6	66.7	56.5	57.6	59.5	61.6	63.7	65.6	66.7
	centimeters	143.6	146.4	151.1	156.4	161.7	166.6	169.5	143.6	146.4	151.1	156.4	161.7	166.6	169.5
	Stage 2 Hypertensive	133	135	136	138	140	141	142	92	92	93	94	95	96	96
	Stage 1 Hypertensive	121	122	124	126	128	129	130	79	79	80	81	82	83	83
	PreHypertensive	115	116	118	120	120	120	120	75	75	76	77	78	79	79
Normotensive	104	105	106	108	110	111	112	60	60	61	62	63	64	64	
14	inches	59.3	60.5	62.5	64.6	66.7	68.6	69.7	59.3	60.5	62.5	64.6	66.7	68.6	69.7
	centimeters	150.5	153.6	158.7	164.1	169.5	174.2	177.0	150.5	153.6	158.7	164.1	169.5	174.2	177.0
	Stage 2 Hypertensive	136	137	139	141	143	144	145	92	93	94	95	96	97	97
	Stage 1 Hypertensive	124	125	127	128	130	132	132	80	80	81	82	83	84	84
	PreHypertensive	120	120	120	120	120	120	120	75	76	77	78	79	79	80
Normotensive	106	107	109	111	113	114	115	60	61	62	63	64	65	65	
15	inches	61.7	62.9	64.9	67.0	69.0	70.8	71.8	61.7	62.9	64.9	67.0	69.0	70.8	71.8
	centimeters	156.7	159.8	164.8	170.1	175.3	179.8	182.4	156.7	159.8	164.8	170.1	175.3	179.8	182.4
	Stage 2 Hypertensive	139	140	141	143	145	147	147	93	94	95	96	97	98	98
	Stage 1 Hypertensive	126	127	129	131	133	134	135	81	81	82	83	84	85	85
	PreHypertensive	120	120	120	120	120	120	120	76	77	78	79	80	80	80
Normotensive	109	110	112	113	115	117	117	61	62	63	64	65	66	66	
16	inches	63.3	64.5	66.3	68.4	70.3	72.0	73.0	63.3	64.5	66.3	68.4	70.3	72.0	73.0
	centimeters	160.8	163.7	168.5	173.6	178.6	182.9	185.5	160.8	163.7	168.5	173.6	178.6	182.9	185.5
	Stage 2 Hypertensive	141	142	144	146	148	149	150	95	95	96	97	98	99	99
	Stage 1 Hypertensive	129	130	132	134	135	137	137	82	83	83	84	85	86	87
	PreHypertensive	120	120	120	120	120	120	120	78	78	79	80	80	80	80
Normotensive	111	112	114	116	118	119	120	63	63	64	65	66	67	67	
17	inches	64.2	65.3	67.1	69.0	70.9	72.6	73.6	64.2	65.3	67.1	69.0	70.9	72.6	73.6
	centimeters	163.1	165.8	170.4	175.3	180.2	184.5	187.0	163.1	165.8	170.4	175.3	180.2	184.5	187.0
	Stage 2 Hypertensive	144	145	146	148	150	151	152	97	98	98	99	100	101	102
	Stage 1 Hypertensive	131	132	134	136	138	139	140	84	85	86	87	87	88	89
	PreHypertensive	120	120	120	120	120	120	120	80	80	80	80	80	80	80
Normotensive	114	115	116	118	120	121	122	65	66	66	67	68	69	70	

Legend: Normotensive = 50th%tile, Pre-Hypertensive = 90th%tile up to 80mmHg, Stage 1 HT = 95th%tile, Stage 2 HT = 99th%tile + 5 mmHg

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Females



Age (yrs)	Height %tile (NHANES 2000)	Systolic BP (mmHg)							Diastolic BP (mmHg)							
		Height (in) ↔↔↔↔							Height (in) ↔↔↔↔							
		Height (cm) ↔↔↔↔							Height (cm) ↔↔↔↔							
		5th	10th	25th	50th	75th	90th	95th		5th	10th	25th	50th	75th	90th	95th
2	inches	31.4	31.9	32.7	33.6	34.5	35.4	35.9	2	31.4	31.9	32.7	33.6	34.5	35.4	35.9
	centimeters	79.6	80.9	83.0	85.4	87.7	89.9	91.1		79.6	80.9	83.0	85.4	87.7	89.9	91.1
	Stage 2 Hypertensive	114	115	116	117	119	120	121		74	74	75	75	76	77	77
	Stage 1 Hypertensive	102	103	104	105	107	108	109		61	62	62	63	64	65	65
	Pre-Hypertensive	98	99	100	101	103	104	105		57	58	58	59	60	61	61
Normotensive	85	85	87	88	89	91	91	43	44	44	45	46	46	47		
3	inches	34.6	35.1	36.0	37.1	38.1	39.1	39.7	3	34.6	35.1	36.0	37.1	38.1	39.1	39.7
	centimeters	87.8	89.2	91.6	94.2	96.9	99.3	100.8		87.8	89.2	91.6	94.2	96.9	99.3	100.8
	Stage 2 Hypertensive	116	116	118	119	120	121	122		78	78	79	79	80	81	81
	Stage 1 Hypertensive	104	104	105	107	108	109	110		65	66	66	67	68	68	69
	Pre-Hypertensive	100	100	102	103	104	106	106		61	62	62	63	64	64	65
Normotensive	86	87	88	89	91	92	93	47	48	48	49	50	50	51		
4	inches	37.0	37.6	38.6	39.8	41.0	42.0	42.7	4	37.0	37.6	37.7	39.6	41.6	43.3	44.4
	centimeters	94.0	95.6	98.1	101.0	104.0	106.8	108.4		94.0	95.6	98.1	101.0	104.0	106.8	108.4
	Stage 2 Hypertensive	117	118	119	120	122	123	124		81	81	81	82	83	84	84
	Stage 1 Hypertensive	105	106	107	108	110	111	112		68	68	69	70	71	71	72
	Pre-Hypertensive	101	102	103	104	106	107	108		64	64	65	66	67	67	68
Normotensive	88	88	90	91	92	94	94	50	50	51	52	52	53	54		
5	inches	39.5	40.2	41.3	42.5	43.8	45.0	45.7	5	39.5	40.2	41.3	42.5	43.8	45.0	45.7
	centimeters	100.4	102.0	104.8	108.0	111.2	114.3	116.1		100.4	102.0	104.8	108.0	111.2	114.3	116.1
	Stage 2 Hypertensive	119	119	121	122	123	125	125		83	83	84	84	85	86	86
	Stage 1 Hypertensive	107	107	108	110	111	112	113		70	71	71	72	73	73	74
	Pre-Hypertensive	103	103	105	106	107	109	109		66	67	67	68	69	69	70
Normotensive	89	90	91	93	94	95	96	52	53	53	54	55	55	56		
6	inches	42.1	42.8	43.9	45.3	46.7	48.0	48.8	6	42.1	42.8	43.9	45.3	46.7	48.0	48.8
	centimeters	106.9	108.6	111.6	115.0	118.6	121.9	123.9		106.9	108.6	111.6	115.0	118.6	121.9	123.9
	Stage 2 Hypertensive	120	121	122	124	125	126	127		85	85	85	86	87	88	88
	Stage 1 Hypertensive	108	109	110	111	113	114	115		72	72	73	74	74	75	76
	Pre-Hypertensive	104	105	106	108	109	110	111		68	68	69	70	70	71	72
Normotensive	91	92	93	94	96	97	98	54	54	55	56	56	57	58		
7	inches	44.5	45.2	46.5	47.9	49.4	50.8	51.7	7	44.5	45.2	46.5	47.9	49.4	50.8	51.7
	centimeters	113.1	114.9	118.1	121.8	125.6	129.1	131.3		113.1	114.9	118.1	121.8	125.6	129.1	131.3
	Stage 2 Hypertensive	122	123	124	125	127	128	129		86	86	87	87	88	89	89
	Stage 1 Hypertensive	110	111	112	113	115	116	116		73	74	74	75	76	76	77
	Pre-Hypertensive	106	107	108	109	111	112	113		69	70	70	71	72	72	73
Normotensive	93	93	95	96	97	99	99	55	56	56	57	58	58	59		
8	inches	46.7	47.5	48.8	50.3	51.9	53.4	54.3	8	46.7	47.5	48.8	50.3	51.9	53.4	54.3
	centimeters	118.5	120.5	123.9	127.8	131.9	135.6	137.9		118.5	120.5	123.9	127.8	131.9	135.6	137.9
	Stage 2 Hypertensive	124	125	126	127	128	130	130		87	87	88	88	89	90	91
	Stage 1 Hypertensive	112	112	114	115	116	118	118		75	75	75	76	77	78	78
	Pre-Hypertensive	108	109	110	111	113	114	114		71	71	71	72	73	74	74
Normotensive	95	95	96	98	99	100	101	57	57	57	58	59	60	60		
9	inches	48.5	49.3	50.8	52.4	54.1	55.7	56.6	9	48.5	49.3	50.8	52.4	54.1	55.7	56.6
	centimeters	123.2	125.3	129.0	133.1	137.4	141.4	143.8		123.2	125.3	129.0	133.1	137.4	141.4	143.8
	Stage 2 Hypertensive	126	126	128	129	130	132	132		88	88	89	89	90	91	92
	Stage 1 Hypertensive	114	114	115	117	118	119	120		76	76	76	77	78	79	79
	Pre-Hypertensive	110	110	112	113	114	116	116		72	72	72	73	74	75	75
Normotensive	96	97	98	100	101	102	103	58	58	58	59	60	61	61		

Legend: Normotensive = 50th%tile, Pre-Hypertensive = 90th%tile up to 120mmHg, Stage 1 HT = 95th%tile, Stage 2 HT = 99th%tile + 5 mmHg

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Females



Age (yrs)	Height %tile (NHANES 2000)	Systolic BP (mmHg)							Diastolic BP (mmHg)						
		5th	10th	25th	50th	75th	90th	95th	5th	10th	25th	50th	75th	90th	95th
10	inches	50.2	51.1	52.6	54.4	56.2	57.9	58.9	50.2	51.1	52.6	54.4	56.2	57.9	58.9
	centimeters	127.5	129.8	133.7	138.2	142.8	147.0	149.6	127.5	129.8	133.7	138.2	142.8	147.0	149.6
	Stage 2 Hypertensive	128	128	130	131	132	134	134	89	89	90	91	91	92	93
	Stage 1 Hypertensive	116	116	117	119	120	121	122	77	77	77	78	79	80	80
	Pre-Hypertensive	112	112	114	115	116	118	118	73	73	73	74	75	76	76
Normotensive	98	99	100	102	103	104	105	59	59	59	60	61	62	62	
11	inches	52.1	53.1	54.9	56.8	58.7	60.5	61.6	52.1	53.1	54.9	56.8	58.7	60.5	61.6
	centimeters	132.4	135.0	139.4	144.3	149.2	153.7	156.4	132.4	135.0	139.4	144.3	149.2	153.7	156.4
	Stage 2 Hypertensive	130	130	131	133	134	135	136	90	90	91	92	92	93	94
	Stage 1 Hypertensive	118	118	119	121	122	123	124	78	78	78	79	80	81	81
	Pre-Hypertensive	114	114	116	117	118	119	120	74	74	74	75	76	77	77
Normotensive	100	101	102	103	105	106	107	60	60	60	61	62	63	63	
12	inches	54.8	55.9	57.7	59.6	61.6	63.3	64.4	54.8	55.9	57.7	59.6	61.6	63.3	64.4
	centimeters	139.2	142.0	146.5	151.5	156.4	160.8	163.5	139.2	142.0	146.5	151.5	156.4	160.8	163.5
	Stage 2 Hypertensive	132	132	133	135	136	137	138	91	91	92	93	93	94	95
	Stage 1 Hypertensive	119	120	121	123	124	125	126	79	79	79	80	81	82	82
	Pre-Hypertensive	116	116	117	119	120	120	120	75	75	75	76	77	78	78
Normotensive	102	103	104	105	107	108	109	61	61	61	62	63	64	64	
13	inches	57.4	58.4	60.1	61.9	63.8	65.4	66.4	57.4	58.4	60.1	61.9	63.8	65.4	66.4
	centimeters	145.9	148.4	152.7	157.3	162.0	166.1	168.6	145.9	148.4	152.7	157.3	162.0	166.1	168.6
	Stage 2 Hypertensive	133	134	135	137	138	139	140	92	92	93	94	94	95	96
	Stage 1 Hypertensive	121	122	123	124	126	127	128	80	80	80	81	82	83	83
	Pre-Hypertensive	117	118	119	121	120	120	120	76	76	76	77	78	79	79
Normotensive	104	105	106	107	109	110	110	62	62	62	63	64	65	65	
14	inches	58.9	59.9	61.4	63.2	64.9	66.5	67.4	58.9	59.9	61.4	63.2	64.9	66.5	67.4
	centimeters	149.7	152.1	156.0	160.5	164.9	168.9	171.3	149.7	152.1	156.0	160.5	164.9	168.9	171.3
	Stage 2 Hypertensive	135	136	137	138	140	141	141	93	93	94	95	95	96	97
	Stage 1 Hypertensive	123	123	125	126	127	129	129	81	81	81	82	83	84	84
	Pre-Hypertensive	119	120	120	120	120	120	120	77	77	77	78	79	80	80
Normotensive	106	106	107	109	110	111	112	63	63	63	64	65	66	66	
15	inches	59.6	60.5	62.0	63.7	65.5	67.0	68.0	59.6	60.5	62.0	63.7	65.5	67.0	68.0
	centimeters	151.3	153.6	157.5	161.9	166.3	170.2	172.6	151.3	153.6	157.5	161.9	166.3	170.2	172.6
	Stage 2 Hypertensive	136	137	138	139	141	142	143	94	94	95	96	96	97	98
	Stage 1 Hypertensive	124	125	126	127	129	130	131	82	82	82	83	84	85	85
	Pre-Hypertensive	120	120	120	120	120	120	120	78	78	78	79	80	81	80
Normotensive	107	108	109	110	111	113	113	64	64	64	65	66	67	67	
16	inches	59.8	60.7	62.3	64.0	65.7	67.3	68.2	59.8	60.7	62.3	64.0	65.7	67.3	68.2
	centimeters	151.9	154.3	158.2	162.6	166.9	170.9	173.2	151.9	154.3	158.2	162.6	166.9	170.9	173.2
	Stage 2 Hypertensive	137	138	139	140	142	143	144	95	95	95	96	97	98	98
	Stage 1 Hypertensive	125	126	127	128	130	131	132	82	82	83	84	85	85	86
	Pre-Hypertensive	120	120	120	120	120	120	120	78	78	79	80	80	80	80
Normotensive	108	108	110	111	112	114	114	64	64	65	66	66	67	68	
17	inches	60.0	60.9	62.4	64.1	65.9	67.4	68.3	60.0	60.9	62.4	64.1	65.9	67.4	68.3
	centimeters	152.3	154.6	158.6	162.9	167.3	171.2	173.6	152.3	154.6	158.6	162.9	167.3	171.2	173.6
	Stage 2 Hypertensive	138	138	139	141	142	143	144	95	95	96	96	97	98	98
	Stage 1 Hypertensive	125	126	127	129	130	131	132	82	83	83	84	85	85	86
	Pre-Hypertensive	120	120	120	120	120	120	120	78	79	80	80	80	80	80
Normotensive	108	109	110	111	113	114	115	64	65	65	66	67	67	68	

Legend: Normotensive = 50th%tile, Pre-Hypertensive = 90th%tile up to 80mmHg, Stage 1 HT = 95th%tile, Stage 2 HT = 99th%tile + 5 mmHg

Provided courtesy of the International Pediatric Hypertension Association (2006) www.pediatrichypertension.org

