

## Annual Working Group Report Form

**Year/time period of report: January to December 2021**

**Name of Working Group: WG on Hypertension in Children and Adolescents**

**Name of Working Group Section (if applicable): NA**

---

### Composition of Working Group

**Chair:**

Empar Lurbe

E-mail: [empar.lurbe@uv.es](mailto:empar.lurbe@uv.es)

Year of appointment: 2009

**Vice-Chair:**

Stella Stabouli

E-Mail: [sstaboul@auth.gr](mailto:sstaboul@auth.gr)

Year of appointment: 2018

**Secretary (if applicable):**

Denes Pall

E-Mail: [pall.denes@gmail.com](mailto:pall.denes@gmail.com)

Year of appointment: 2018

### Working Group Members

Current number of members: 18

New members approved this year: 3

Julio Álvarez Pitti [japnago@gmail.com](mailto:japnago@gmail.com) Spain

Gilad Hamdani [hamdanig@gmail.com](mailto:hamdanig@gmail.com) Israel

Yusuf Ziya Sener [ysener@yahoo.com.tr](mailto:ysener@yahoo.com.tr) Turkey

---

## Activities of the year

### Publications on behalf of the Working Group

Published this year: NA

In preparation: NA

**Meetings organized/planned this year**

HyperChildNET 2-day event in Valencia, hybrid meeting (Several members of the WG actively participated)

ESH endorsement: no

**Participation to the ESH Annual Meeting**

WG scientific meeting; main program

Joint Meeting ESH-ISH, Glasgow, Scotland, April 2021, Virtual Congress

**Lectures**

1. HyperChildNET: Towards the future of hypertension in children and adolescents
2. Daily life factors on primordial prevention
3. Systolic blood pressure at birth: the impact of mother's obesity
4. Trends in office and ambulatory BP across pediatric age

**ESH Working Group on Hypertension in Children and Adolescents Session**

Topic:

Hypertension in Youth – New Insights

Chairpersons:

G. Mancia (Milan, ITALY), E. Wühl (Heidelberg, GERMANY)

- Hypertension and cerebrovascular disease - S. Stabouli (Thessaloniki, GREECE)
- HyperChildNET: Towards the future of hypertension in children and adolescents - E. Lurbe (Valencia, SPAIN)

**Topical Workshop**

Topic:

Hypertension in Children and Adolescents: From Primordial Prevention to Advanced Assessment

Chairpersons:

A. Coca (Barcelona, SPAIN), B. Falkner (Philadelphia, PA, USA)

- Impact of maternal health and fetal programming - B. Falkner (Philadelphia, PA, USA)
- Daily life factors on primordial prevention - E. Lurbe (Valencia, SPAIN)
- Ambulatory BP monitoring should be included in pediatric hypertension criteria - E. Wühl (Heidelberg, GERMANY)
- Kidney damage in childhood primary hypertension - J. Flynn (Seattle, WA, USA)

**Scientific projects**

Completed this year: NA

Ongoing: Paediatric Hypertension Phase III Study feasibility

In planning for next year: To develop a protocol assessing the topic of transition of hypertensive children from pediatric to adult units

**Educational projects**

Completed this year: NA

Ongoing: NA

In planning for next year: HyperChildNET meeting in Turkey, Spring 2022

**Collaborations with other WGs/Scientific Societies:**

2021 Meeting of the ESH Working Group on Diabetes and Metabolic Risk Factors

**LECTURES CHILDREN AND ADOLESCENTS**

Chairman: Stabouli S. (Thessaloniki, Greece), Lurbe E. (Valencia, Spain)

- Cardiovascular Risk in Obese Children, Lurbe E. (Valencia, Spain)
- Hypertension in children with kidney diseases, Drozd D. (Kraków, Poland)
- Preterm birth, kidney function and BP in childhood, Chainoglou A. (Thessaloniki, Greece)
- Lifestyle interventions for hypertension in childhood, Stabouli S. (Thessaloniki, Greece)

Commentators: Chrysaidou K. (Thessaloniki, Greece)

**Other remarks:**

Empar Lurbe is Chair of the COST ACTION HyperChildNET

**Publications involving members of the WG:**

- Drozd D, Alvarez-Pitti J, Wójcik M, Borghi C, Gabbianelli R, Mazur A, Herceg-Čavrak V, Lopez-Valcarcel BG, Brzeziński M, Lurbe E, Wühl E. Obesity and Cardiometabolic Risk Factors: From Childhood to Adulthood. *Nutrients*. 2021 Nov 22;13(11):4176.
- Lurbe E, Fernandez-Aranda F, Wühl E; HyperChildNET Consortium. European Network for blood pressure research in children and adolescents (COST Action CA 19115). *An Pediatr (Engl Ed)*. 2021 Jun;94(6):421.e1-421.e4.

**Filled by (full name): Empar Lurbe**
**Date: 17/12/2021**
**Appendix:**

List of all current WG members: see below

Others (not mandatory): short history of WG

Current Members

| <b>Name</b> | <b>Firstname</b> | <b>Country</b> |
|-------------|------------------|----------------|
| Bianchetti  | Mario            | Switzerland    |
| Cruickshank | Kennedy          | UK             |
| Drożdż      | Dorota           | Poland         |
| Erdine      | Serap            | Turkey         |
| Hamdani     | Gilad            | Israel         |
| Kuznetsova  | Tatiana          | Belgium        |
| Litwin      | Mieczyslaw       | Poland         |
| Lurbe       | Empar            | Spain          |
| Malaga      | Serafin          | Spain          |
| Martell     | Nieves           | Spain          |
| Pall        | Denes            | Hungary        |
| Pitti       | Julio Álvarez    | Spain          |
| Rascher     | Wolfgang         | Germany        |
| Schaefer    | Franz            | Germany        |
| Seeman      | Tomas            | Czech Republic |
| Sener       | Yusuf Ziya       | Turkey         |
| Simonetti   | Giacomo          | Switzerland    |
| Sinha       | Manish           | UK             |
| Sokolović   | Šekib            | Bosnia         |
| Stabouli    | Stella           | Greece         |
| Stergiou    | George           | Greece         |
| Wühl        | Elke             | Germany        |

## Overview

The Working Group on Blood Pressure in Children and Adolescents was founded in 2009, the Chairperson is Empar Lurbe, the Vice Chair is Stella Stabouli, and the Secretary is Dennis Pall.

The Working Group was the core of the team which developed the guidelines entitled “Management of High Blood Pressure in Children and Adolescents: Recommendation of the ESH” in 2009. The Guidelines were translated and published in different languages and countries in Europe and South America. They have been published in the most important journals in the field of pediatrics and primary care.

The Scientific Council and the Working Group on Hypertension in Children and Adolescents of the ESH recognized the need for an update of the 2009 guidelines as, over the 7 years elapsed from their publication, a large body of new knowledge had been acquired, making modifications and expansion of the previous recommendations necessary.

The “2016 European Society of Hypertension guidelines for the management of high blood pressure in children and adolescents” are a logical consequence of the ongoing engagement of the Working Group.

Areas requiring urgent increase in knowledge have been identified and scientific projects have been developed and some of them submitted to the European Union for financial support. Among others those related to obtain robust reference values for office, home and ambulatory BP based on a European pediatric population; to collect information about early organ damage so as to refine risk stratification and use the information to set intermediate objectives during treatment; to conduct large, long-term randomized therapeutic trials using onset of organ damage and to obtain information about when to initiate anti-hypertensive drug treatment and to decide which BP goals to achieve.

The WG has been organizing specific sessions at the ESH annual meetings devoted to cover the most important issues in this field, receiving more and more abstract submissions from healthcare professionals every year. Members of the working group also participate in the annually organised summer schools. The Working group was involved in the organization of the 1st International Congress in Hypertension in Children and adolescents endorsed by the ESH, held in Valencia in February 2018 and the 2nd one in Warsaw in May 2019.