

Blood pressure calculators for children and adolescents

In 2020 the European Society of Hypertension promoted the European project [HyperChildNET](#) that was approved and is being funded by the COST Programme and by the European Commission.

The aim of this COST Action is to establish a European sustainable and multidisciplinary network focused on acquiring a holistic understanding of the factors affecting high blood pressure in children in order to propose and implement corrective and preventive actions both globally and locally.

As a result of the work carried out in HyperChildNET, two blood pressure calculators, namely a Paediatric office blood pressure calculator and a Paediatric 24-h ambulatory blood pressure calculator have been created. They are freely available for any clinical professional in Europe and beyond.

These calculators are based on the 2016 European Society of Hypertension guidelines for the management of high blood pressure in children and adolescents.

These are the links to access these useful tools:

[Calculator to assess blood pressure in children and young people](#)

[Calculator to assess 24-h ambulatory blood pressure in children and young people](#)

In the HyperChildNET Home page (www.hyperchildnet.eu) there are two banners to access the calculators

HyperChildNET
Network for blood pressure research in children and adolescents

The COST Action **HyperChildNET** is aimed at establishing a European sustainable and multidisciplinary network focused on acquiring a **holistic understanding of the factors affecting high BP in children** in order to propose and implement **corrective and preventive actions** both globally and locally.

What is exactly?

Paediatric office blood pressure calculator

Paediatric 24-h ambulatory BP calculator

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The banner on the left gives access to the Paediatric office blood pressure calculator. Link: <https://hyperchildnet.eu/blood-pressure-calculator/>

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Paediatric office blood pressure calculator

Calculator to assess blood pressure in children and young people

This tool has been developed by the COST Action HyperChildNET as a useful instrument for paediatricians and other clinical professionals working with children and young people in Europe and elsewhere. The calculator is based on the 2016 European Society of Hypertension guidelines for the management of high blood pressure in children and adolescents, which can be downloaded free of charge in this [link](#). If you want to know more about how to properly measure blood pressure in children and adolescents, you can refer to this [article](#).

Gender:

Date of birth:

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And the banner on the right to the 24-h ambulatory blood pressure calculator. Link: <https://hyperchildnet.eu/ambulatory-calculator/>

Calculator to assess 24-h ambulatory blood pressure in children and young people

This tool has been developed by the COST Action HyperChildNET as a useful instrument for paediatricians and other clinical professionals working with children and young people in Europe and elsewhere. The calculator is based on the 2016 European Society of Hypertension guidelines for the management of high blood pressure in children and adolescents, which can be downloaded free of charge in [this link](#). If you want to know more about how to properly measure blood pressure in children and adolescents, you can refer to [this article](#).

Step 1 - Please select the reference you want to use:

[Reference values by age](#)

[Reference values by height](#)

[Paediatric office blood pressure calculator](#)

[Home Page](#)