



## UK NSC screening of high blood pressure (hypertension) in children and young people recommendation

Following a review of the evidence against strict criteria, the UK NSC does not currently recommend introducing a national screening programme for screening of high blood pressure (hypertension) in children and young people.

Hypertension is when a child's blood pressure is higher than the normal level for children of the same age and sex. There is currently no international agreement what defines what an abnormal blood pressure level should be in order for it to be considered as hypertension in children and young people.

Children with hypertension are also likely to have hypertension as adults. This can cause problems such as heart disease and stroke in later life. Screening may help identify children with primary hypertension. They could then be helped to reduce their blood pressure. The aim of this would be to prevent health problems in later life.

### Key findings supporting the UK NSC recommendation

1. there is some evidence which suggests that high blood pressure in children may result in early signs of ill health. But, it is not known how big a problem this is in the UK
2. an accurate screening test for high blood pressure in children and young people is still not available
3. the best way to avoid the early signs of ill health and longer term disease in adults is not known.

The UK NSC regularly reviews its recommendations on screening for different conditions in the light of new research evidence becoming available.

To find out more about the UK NSC's hypertension in children and young people recommendation, please visit:

<https://legacyscreening.phe.org.uk/hypertension-child>

The UK National Screening Committee (UK NSC) advises ministers and the NHS in the 4 UK countries about all aspects of screening and supports implementation of screening programmes.

Find out more about the UK National Screening Committee at [www.gov.uk/uknsc](http://www.gov.uk/uknsc). The UK NSC evidence review process is described at [www.gov.uk/government/publications/uk-nsc-evidence-review-process](http://www.gov.uk/government/publications/uk-nsc-evidence-review-process) and a list of all UK NSC recommendations can be found at [legacy.screening.nhs.uk/recommendations](http://legacy.screening.nhs.uk/recommendations)

The UK NSC secretariat is hosted by Public Health England ([www.gov.uk/phe](http://www.gov.uk/phe)).