

Childhood hypertension is not just a rising, but an urgent public health concern in South Africa, a trend that is similarly reflected in other parts of the country. This review examines childhood hypertension's prevalence, risk factors, early predictors and diagnostic considerations of Childhood Hypertension in South Africa.

The available literature on Childhood hypertension in South Africa is evolving, with estimated prevalence from literature ranging from 1.3-32.6%, with a particular increase in adolescents. The increase in the prevalence can be attributed to rapid nutritional transition, socioeconomic inequalities, urbanization, and lifestyle changes. Early identification of children at risk for hypertension is crucial. Unchecked hypertension in childhood tremendously increases the risk of developing adult cardiovascular diseases, such as Organ Damage in the heart, kidneys, and blood vessels, along with problems related to the vision of the child. Family history of Hypertension, Low Birth Weight, and Rapid Weight Gain in Infancy and Early Childhood are early predictors of prime importance. Diagnosis requires accurately measuring blood pressure (Multiple Measurements) using the Appropriate Cuff Size.

Tackling childhood hypertension in South Africa requires a serious public health response through prioritizing prevention, early detection, and effective management strategies.