

PREVENTIVE CARE RECOMMENDATIONS ADOLESCENT AGES 11-18

ALTITUDE ADJUSTMENTS FOR HEMOGLOBIN AND HEMATOCRIT

Altitude Adjustments for Hemoglobin and Hematocrit Cut Points for Anemia

Altitude (Ft)	HB (g/dL)	Hct (%)
<3000	0.0	0.0
3000-3999	+0.2	+0.5
4000-4999	+0.3	+1.0
5000-5999	+0.5	+1.5
6000-6999	+0.7	+2.0
7000-7999	+1.0	+3.0
8000-8999	+1.3	+4.0
9000-9999	+1.6	+5.0
≥10,000	+2.0	+6.0

From: Center for Disease Control. Reference criteria for anemia screening. MMWR. 1989;38:400-404

[Taken from 1998 CDC Report](#)