Helping Your Adolescent and Young Adult Patients

Get the Preventive Care and Services They Need

Healthy Habits
Immunizations
One-on-one Time
Safety
Screenings
Clinical Care
Counseling
Adolescent and young adult patients experience significant physical, emotional, and intellectual growth during that formative period of their lives. It is an ideal time for family physicians to educate and inform these patients about making healthy decisions, and to have these discussions in a confidential manner.

Despite strong evidence demonstrating the health benefits, many adolescents and young adults do not receive recommended preventive clinical services. In fact, fewer than half (48%) of individuals 10 to 17 years old receive an annual well visit dedicated to preventive care.¹

Recognizing the missed opportunities to improve the health of adolescents and young adults, the American Academy of Family Physicians (AAFP) partnered with five other medical organizations to form the Adolescent Health Consortium Project. During the four-year period of the partnership, each organization designed and developed resources to help guide physicians and other health care providers in their care of adolescent and young adult patients.

The consortium participants focused on the following two goals:

- Increase youth and parent awareness of the importance of preventive and confidential care for youth.
- Increase the number of youth who receive preventive and confidential services, in part through the development and dissemination of resources and recommendations.

Family physicians have tremendous influence on the health of adolescents and young adults. This project encourages AAFP members to talk with parents about the importance of preventive health visits, and to have confidential one-on-one discussions with their adolescent and young adult patients about making healthy decisions.

Consistency with the consortium’s goals, the AAFP designed the following table, which outlines preventive recommendations for adolescents and young adults for three age groups (11-13, 14-17, and 18-26). Use the table at right as a guidepost as you make recommendations for screening tests and immunizations, and have discussions with your adolescent and young adult patients.
## Clinical Preventive Services Recommendations for Adolescents and Young Adults

### Just Between Us: One-on-One Time with Your Patients

<table>
<thead>
<tr>
<th></th>
<th>Ages 11-13</th>
<th>Ages 14-17</th>
<th>Ages 18-26</th>
</tr>
</thead>
</table>
| **Universal Screening and Counseling**  
(Individuals at average risk) | Body Mass Index  
Depression  
Tobacco Use  
Skin Cancer Prevention  
(fair skin) | Body Mass Index  
Depression  
Tobacco Use  
Skin Cancer Prevention  
(fair skin)  
Intimate Partner Violence  
(females) | Body Mass Index  
Depression  
Tobacco Use  
Skin Cancer Prevention  
(fair skin)  
Intimate Partner Violence  
(females)  
Blood Pressure  
HIV  
Alcohol Misuse  
Cervical Cancer  
(ages ≥ 21, q 3 years) |
|                | If sexually active:  
– Gonorrhea/Chlamydia (females)  
– Contraception  
– Prevention of sexually transmitted infections | If sexually active:  
– Gonorrhea/Chlamydia (females)  
– Contraception  
– Prevention of sexually transmitted infections | If sexually active:  
– Gonorrhea/Chlamydia (females)  
– Contraception |

| **Selective Screening and Counseling**  
(Individuals at increased risk) | HIV  
Syphilis  
Hepatitis B | HIV  
Syphilis  
Hepatitis B | HIV  
Syphilis  
Hepatitis B  
Cholesterol  
Prevention of sexually transmitted infections |

| **Immunizations** | Meningococcal  
Influenza (annual)  
Tdap  
HPV | Meningococcal  
Influenza (annual) | Influenza (annual)  
Td (q 10 years) |

| **Discussion topics** | Other substance use  
Physical activity  
Healthy eating  
Screen time  
School performance  
Dental hygiene  
General safety  
(e.g., seat belts, bike helmets) | Other substance use  
Physical activity  
Healthy eating  
Screen time  
School performance  
Dental hygiene  
General safety | Other substance use  
Physical activity  
Healthy eating  
Screen time  
Reproductive life plan  
Dental hygiene  
General safety |

### Sources
- Centers for Disease Control and Prevention immunization schedules. [cdc.gov/vaccines/schedules/index.html](http://cdc.gov/vaccines/schedules/index.html)
- AAFP Clinical Recommendations for Prevention Services. [aafp.org/patient-care.html](http://aafp.org/patient-care.html)

*Recommendations apply to non-pregnant adolescents and young adults. This work was supported by an unrestricted grant from the Merck Foundation.*

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aafp.org/one-on-one
**Consortium Partners**
The Adolescent Health Consortium Project consists of five partner organizations. The organizations agree on recommendations for preventive clinical care and endorse a common policy calling for the confidentiality of adolescent care. Each organization developed resources specific to their members’ needs. The five consortium partners are the:

- American Academy of Family Physicians (AAFP)
- American Academy of Pediatrics (AAP)
- Society for Adolescent Health and Medicine (SAHM)
- American College of Obstetricians and Gynecologists (The College)
- Columbia University

**Resources**
AAFP Adolescent and Young Adult Health
www.aafp.org/aya-health

AAFP Adolescent Health Member Interest Group (MIG)
www.aafp.org/mig-adolescent

*American Family Physician* Practice Guidelines – ACIP Releases 2017 Childhood Immunization Recommendations
www.aafp.org/childhood-immunization

FamilyDoctor.org – Immunization Schedules
https://familydoctor.org/immunization-schedules/

AAFP Clinical Preventive Service Recommendation – Immunizations
https://www.aafp.org/patient-care/clinical-recommendations/all/immunizations.html

*American Family Physician* Adolescent Health Screening and Counseling
www.aafp.org/adolescent-screening

AAFP Adolescent Immunization Office Champions Project
www.aafp.org/adolescent-office-champions

AAFP Policy – Adolescent Health Care, Confidentiality
www.aafp.org/adolescent-confidentiality

AAFP Policy – Adolescent Health Care, Role of the Family Physician
www.aafp.org/adolescent-physician-role

AAFP Position Paper – Adolescents, Protecting: Ensuring Access to Care and Reporting Sexual Activity and Abuse
www.aafp.org/adolescent-position-paper

**References**

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