

# Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-26

UCSF Division of Adolescent and Young Adult Medicine



Guidelines as of 11/2015, subject to change.

	Preventive Services	All (✓)	At Risk (+)	Screening Test/ Procedure and Other Notes
<b>Nutrition/exercise/obesity</b>				
<input type="checkbox"/>	Hypertension/Blood Pressure	✓		Screen every 3-5 years with BP <130/85 mm Hg w/ no other risks
<input type="checkbox"/>	Obesity/BMI	✓		[Weight (lb.)/Height (in)] x 703
<input type="checkbox"/>	Cholesterol level		+	Ages 20+; Test: Total cholesterol, HDL-C samples
<input type="checkbox"/>	Healthy diet		+	Intensive behavioral dietary counseling
<b>Substance Use</b>				
<input type="checkbox"/>	Alcohol (screening and counseling)	✓		<a href="#">NIAAA Screening</a> , <a href="#">AUDIT</a> , ✓ Bright Futures
<input type="checkbox"/>	Tobacco screening and counseling for non-pregnant adults	✓		5-A Framework (Ask, Advise, Assess, Assist, Arrange), combination pharmacotherapy and behavioral interventions most effective
<input type="checkbox"/>	Tobacco screening and counseling for pregnant women	✓		5-A Framework (Ask, Advise, Assess, Assist, Arrange), should undergo behavioral interventions
<input type="checkbox"/>	Illicit Drugs (screening and counseling)	✓		✓ Bright Futures* and ACOG**, USPSTF insufficient evidence
<b>Mental Health/Depression</b>				
<input type="checkbox"/>	Depression (screening and treatment)	✓		Screening Questions; Depression care supports in place
<input type="checkbox"/>	Suicide Screening	✓		✓ Bright Futures and ACOG, USPSTF insufficient evidence
<b>Safety/Violence</b>				
<input type="checkbox"/>	Family/partner violence	✓		HITS; OAS/OVAT; STaT; HARK; CTQ-SF; and WAST
<input type="checkbox"/>	Fighting	✓		✓ Bright Futures and ACOG
<input type="checkbox"/>	Helmets	✓		✓ Bright Futures and ACOG
<input type="checkbox"/>	Seat belts	✓		✓ Bright Futures and ACOG
<input type="checkbox"/>	Guns	✓		✓ Bright Futures and ACOG
<input type="checkbox"/>	Bullying	✓		✓ Bright Futures only
<b>Reproductive Health</b>				
<input type="checkbox"/>	HIV	✓		HIV Screening
<input type="checkbox"/>	STI (screening and counseling)		+	High-Intensity Counseling Interventions
<input type="checkbox"/>	Syphilis		+	VDRL
<input type="checkbox"/>	Gonorrhea (females)		+	NAATs; test if ≤24 and sexually active or if ≥25 and at increased risk
<input type="checkbox"/>	Chlamydia (female)		+	NAATs; test if ≤24 and sexually active or if ≥25 and at increased risk
<input type="checkbox"/>	Chlamydia & Gonorrhea (male)		+	✓ Bright Futures only
<input type="checkbox"/>	Birth Control Methods	✓	+	✓ ACOG, + Bright Futures
<input type="checkbox"/>	Pregnancy		+	+ Bright Futures
<b>Cancer Screening</b>				
<input type="checkbox"/>	Cervical Cancer		+	Females ages 21+: Cytology (pap smear) every 3 years
<input type="checkbox"/>	Testicular Cancer (self/clinician exam)	✓		✓ Bright Futures for all males 18-21, USPSTF recommends against
<input type="checkbox"/>	BRCA-Related Cancer		+	Family Hx of breast, ovarian, tubal, or peritoneal cancer
<b>Infectious Diseases including CDC Immunization Recommendations</b>				
<input type="checkbox"/>	Td/Tdap	✓		Booster every 10 years
<input type="checkbox"/>	Human papillomavirus	✓		HPV9 vaccine for males and females up to age 26; 3 lifetime doses
<input type="checkbox"/>	Varicella (LIVE VACCINE)	✓***		2 lifetime doses at least 4 weeks apart ***See below
<input type="checkbox"/>	Measles, mumps, rubella	✓		1 or 2 lifetime doses
<input type="checkbox"/>	Influenza	✓		1 dose annually
<input type="checkbox"/>	Pneumococcal		+	PCV13: 1 lifetime dose   PPSV23: 1-2 lifetime doses
<input type="checkbox"/>	Hepatitis A	✓		2 lifetime doses
<input type="checkbox"/>	Hepatitis B	✓		3 lifetime doses
<input type="checkbox"/>	Serogroup B Meningococcal		+	3-dose series of MenB-FHbp or 2-dose series of MenB-4C
<input type="checkbox"/>	Meningococcal Quadrivalent		+	2 lifetime doses; 1 before age 16, 1 after 16
<input type="checkbox"/>	Hepatitis C Screening		+	Anti-HCV antibody testing, polymerase chain reaction testing

**Bold = US Preventive Services Task Force (USPSTF) A or B Recommendation or CDC recommendations for immunizations.**  
 ✓ = All young adults    + = Young adults at risk

\* [Bright Futures](#): recommendations are for annual visits, up to age 21.

\*\* [American Congress of Obstetricians and Gynecologists \(ACOG\)](#) recommendations, up to age 26.

\*\*\* The varicella vaccine should **NOT** be given to patients with these [contraindications](#).

**Cite as:** National Adolescent and Young Adult Health Information Center (2015). Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-26. San Francisco, CA: National Adolescent and Young Adult Health

For more information, please view the [appendix](#), and visit the [official website](#).