Evidence-based Clinical Preventive Services for Adolescents and Young Adults

Indicates recommendations* of the U.S. Preventive Services Task Force (USPSTF).

### ADOLESCENTS

**Substance Use**
- ✓ Tobacco education and brief counseling

**Reproductive Health**
- ✓ Adolescents should only be screened for STIs if at heightened risk; STI counseling should be offered to all sexually active adolescents

**Mental Health**
- ✓ Screening for depression [when there are adequate systems in place to ensure accurate diagnosis, effective treatment and follow-up]

**Nutrition and Exercise**
- ✓ Obesity/BMI screening and referral

**Immunizations**
- ✓ CDC recommended immunizations

**Safety and Violence**
- ✓ Intimate partner violence - screen women of childbearing age, refer those at risk to relevant services

In addition, the USPSTF has found sufficient evidence to recommend screening and brief counseling, there is promising research in a number of other areas suggesting that preventative screening may result in adolescent behavior change. For example, studies support the effectiveness of screening and brief counseling in primary care for alcohol and illicit drug use (Harris 2011; Walker 2002), helmet use (Özer 2011, Stevens 2002), healthy diet (Walker 2002), suicide risk (Wintersteen 2010), chlamydia in boys (Tebb 2005), and physical activity (Walker 2002; Ortega-Sanchez 2004).

Other services recommended for adolescents between 11 and 21 years in Bright Futures Guidelines** include: Screening and counseling for alcohol and illicit drugs; chlamydia and gonorrhea screening in males, birth control use screening, suicide screening, cholesterol level, healthy diet, physical activity counseling, family/partner violence, fighting, helmets, seat belts, alcohol while driving, guns, and bullying.

### YOUNG ADULTS

**Substance Use**
- ✓ Alcohol screening and counseling
- ✓ Tobacco screening and cessation help

**Reproductive Health**
- ✓ Screening for HIV [everyone aged 15 to 65]
- ✓ Screening for syphilis [anyone at increased risk]
- ✓ Screening for chlamydia and gonorrhea [sexually active women age 24 years and younger]
- ✓ Intensive behavioral counseling for all who are at increased risk for STIs [sexually transmitted infections]
- ✓ Cervical cancer screening [≥21]

**Mental Health**
- ✓ Screening for depression [when there are adequate systems in place to ensure accurate diagnosis, effective treatment and follow-up]

**Nutrition and Exercise**
- ✓ Lipid disorder [≥20 with increased risk for coronary artery disease]
- ✓ Obesity/BMI screening and referral
- ✓ Hypertension [≥18]

**Immunizations**
- ✓ CDC recommended immunizations

**Safety and Violence**
- ✓ Intimate partner violence - screen women of childbearing age, refer those at risk to relevant services

*Recommendation has an A or B grade.

**Bright Futures Guidelines are expected to be updated in late 2015
Funded by MCHB, the AYAH-NRC is focused solely on the unique health and development needs of adolescents and young adults.

Inspired by and aligned with Title V transformation strategies, the AYAH-NRC will collaborate with the MCH community to integrate public health and health care delivery systems.

AYAH-NRC partners include:
- University of California/San Francisco (lead)
- Association of Maternal and Child Health Programs
- University of Minnesota/State Adolescent Health Resource Center
- University of Vermont/National Improvement Projects Network

For more information about the Center, contact Ms. Jane Parks -- Jane.Park@UCSF.edu or visit our website nahic.ucsf.edu/resources/resource_center/

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