

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 02/2014, subject to change.



Preventive Services	All (✓)	At Risk (+)	Screening Test/ Procedure and Other Notes
Nutrition/Exercise/Obesity			
<input type="checkbox"/> Hypertension/Blood Pressure [†]	✓		Screening every 2 years with BP <120/80
<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
Substance Use			
<input type="checkbox"/> Alcohol (screening and counseling)	✓		NIAAA Screening , AUDIT ,
<input type="checkbox"/> Tobacco (screening and counseling)	✓		5-A Framework (Ask, Advise, Assess, Assist, Arrange)
<input type="checkbox"/> Illicit Drugs (screening and counseling)	✓		✓ Bright Futures* and ACOG**
Mental Health/Depression			
<input type="checkbox"/> Depression (screening and treatment)	✓		Screening Questions; Staff-assisted depression care supports should be in place
<input type="checkbox"/> Suicide Screening [†]	✓		✓ Bright Futures and ACOG
Safety/Violence			
<input type="checkbox"/> Intimate Partner Violence		+	Women; multiple screenings available
<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"/> Alcohol while driving	✓		✓ Bright Futures only
<input type="checkbox"/> Guns	✓		✓ Bright Futures and ACOG
<input type="checkbox"/> Bullying	✓		✓ Bright Futures only
Reproductive Health			
<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 [†]		+	NAATs; Vaginal Culture (Self swab preferred)
<input type="checkbox"/> Chlamydia (female) [†]		+	NAATs; test if ≤24 and sexually active or if ≥25 and at increased risk
<input type="checkbox"/> Chlamydia (male) [†]		+	✓ Bright Futures only
<input type="checkbox"/> Birth Control Methods	✓	+	✓ ACOG, + Bright Futures
<input type="checkbox"/> Pregnancy		+	+ Bright Futures; Sexually active without contraception, late or absent menses, or heavy irregular bleeding
Cancer Screening			
<input type="checkbox"/> Cervical Cancer		+	Females ages 21+: Cytology (pap smear) every 3 years
<input type="checkbox"/> Testicular Cancer	✓	-	- USPSTF; ✓ Bright Futures for all males 18-21
<input type="checkbox"/> BRCA-Related Cancer		+	Family Hx of breast, ovarian, tubal, or peritoneal cancer
Infectious Disease Screening/Immunizations (CDC Recommendations) as of 02/2014			
<input type="checkbox"/> Hepatitis C Screening		+	At risk
<input type="checkbox"/> Td/Tdap	✓		Booster every 10 years
<input type="checkbox"/> Human papillomavirus	✓		HPV 4 vaccine for males and females, 3 lifetime doses.
<input type="checkbox"/> Varicella (LIVE VACCINE)	✓***		2 lifetime doses (4-8 weeks apart) ***See below
<input type="checkbox"/> Measles, mumps, rubella (LIVE VACCINE)	✓***		1 or 2 lifetime doses ***See below
<input type="checkbox"/> Influenza (LIVE FOR NASAL)	✓***		1 dose annually ***See below
<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"/> Meningococcal		+	1 or more lifetime doses

Bold = US Preventive Services Task Force (USPSTF) A or B Recommendation or CDC recommendations for immunizations.

✓ = All young adults

+ = Young adults at risk

- = Recommended against

[†] At the time of publication, recommendation was being [reviewed and updated](#).

* [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, MMR vaccine, and nasal influenza vaccine should **NOT** be given to patients with immunodeficiency, including those with autoimmune disease, cancer, or being treated with steroids.

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