

Summary of Recommended Guidelines for Clinical Preventive Services for Adolescents up to Age 18

UCSF Division of Adolescent and Young Adult Medicine



Guidelines as of 11/2017, subject to change.

	Preventive Services	All (√)	At Risk (+)	Screening Test/ Procedure and Other Notes
Nutrition/exercise/obesity				
<input type="checkbox"/>	Hypertension/Blood Pressure	√		√ Bright Futures, USPSTF insufficient evidence
<input type="checkbox"/>	Obesity/BMI	√		Screen ≥6 years; offer/refer to appropriate intervention
<input type="checkbox"/>	Cholesterol level		+	√ Bright Futures, USPSTF insufficient evidence
<input type="checkbox"/>	Healthy diet		+	√ Bright Futures
<input type="checkbox"/>	Dyslipidemia	√		√ Bright Futures recommends one screening between ages 9-11 & 17-21, <i>USPSTF insufficient evidence</i>
Substance Use				
<input type="checkbox"/>	Alcohol (screening and counseling) [†]	√		√ Bright Futures, USPSTF insufficient evidence
<input type="checkbox"/>	Tobacco screening[†]	√		Provide interventions (education, brief counseling)
<input type="checkbox"/>	Illicit Drugs (screening and counseling)	√		√ Bright Futures* and ACOG**, USPSTF insufficient evidence
Mental Health/Depression				
<input type="checkbox"/>	Depression (screening and treatment)	√		Screen for MDD ≥ age 12, w/ adequate systems in place
<input type="checkbox"/>	Suicide Screening	√		√ Bright Futures and ACOG, USPSTF insufficient evidence
Safety/Violence				
<input type="checkbox"/>	Family/partner violence	√		Screen women of childbearing age
<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
Reproductive Health				
<input type="checkbox"/>	HIV[†]	√	+	Bright Futures and USPSTF recommend one screening between ages 15-18, and annually for those at increased risk
<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
<input type="checkbox"/>	Chlamydia (female)		+	NAATs; test if ≤24 and sexually active
<input type="checkbox"/>	Chlamydia & Gonorrhea (male)		+	√ Bright Futures only
<input type="checkbox"/>	Birth Control Methods	√	+	√ ACOG, + Bright Futures
<input type="checkbox"/>	Pregnancy		+	+ Bright Futures
Cancer Screening				
<input type="checkbox"/>	Cervical Cancer		+	USPSTF recommends against screening ≤21
<input type="checkbox"/>	Skin Cancer (counseling)[†]		+	Counsel those with fair skin ages 10-24 about reducing UV exposure
<input type="checkbox"/>	BRCA-Related Cancer		+	Family Hx of breast, ovarian, tubal, or peritoneal cancer
Infectious Diseases including CDC Immunization Recommendations				
<input type="checkbox"/>	Td/Tdap	√		Td booster every 10 years
<input type="checkbox"/>	Human papillomavirus	√		9vHPV 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 or 3 lifetime doses
<input type="checkbox"/>	Hepatitis B	√		3 lifetime doses
<input type="checkbox"/>	Meningococcal Quadrivalent	√		2 lifetime doses
<input type="checkbox"/>	Serogroup B Meningococcal		+	Men B vaccine (2 or 3-dose series) to those 16-23 years old
<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.

Current evidence is insufficient to assess the balance of benefits and harms of service.

√ = All adolescents + = Adolescents at risk

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

* **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](#).

[†] USPSTF update in progress.

Cite as: National Adolescent and Young Adult Health Information Center (2017). Summary of Recommended Guidelines for Clinical Preventive Services for Adolescents up to Age 18. San Francisco, CA: National Adolescent and Young Adult Health Information Center, University of California, San Francisco. Retrieved from: http://nahic.ucsf.edu/resource_center/adolescent-guidelines/.