

Summary of Clinical Preventive Services Guidelines for Young Adults Ages 18-25 (CPSG-YA Summary)

UCSF Division of Adolescent and Young Adult Medicine



Guidelines as of Apr. 7th, 2020, subject to change.

	Preventive Services	All (✓)	At Risk (+)	Screening Test/Procedure and Other Notes
	Nutrition/exercise/obesity			
<input type="checkbox"/>	Hypertension/Blood Pressure [†]	✓		Screen every 3-5 years with BP < 130/85 mm Hg w/ no other risks
<input type="checkbox"/>	Dyslipidemia Screening	✓		✓ Bright Futures once between 18-21 y.o., <i>USPSTF insufficient evidence</i>
<input type="checkbox"/>	Obesity/BMI	✓		[Weight (lb.)/Height (in)] x 703
<input type="checkbox"/>	Healthy diet and physical activity [†]		+	Intensive behavioral counseling
	Substance Use			
<input type="checkbox"/>	Alcohol (screening and counseling)	✓		NIAAA Screening , AUDIT , ✓ 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
<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**, <i>USPSTF insufficient evidence</i>
	Mental Health/Depression			
<input type="checkbox"/>	Depression (screening and treatment)	✓		Screening instruments: PHQ, EPDS
<input type="checkbox"/>	Suicide Screening	✓		✓ Bright Futures and ACOG, <i>USPSTF insufficient evidence</i>
	Safety/Violence			
<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
	Reproductive Health			
<input type="checkbox"/>	HIV	✓		HIV Screening
<input type="checkbox"/>	STI (screening and counseling) [†]		+	High-Intensity Counseling Interventions
<input type="checkbox"/>	Syphilis		+	RPR or VDRL followed by TPPA or FTA-ABS if first test result positive
<input type="checkbox"/>	Gonorrhea (females) [†]		+	NAATs; test if ≤ 24 and sexually active or if ≥ 25 and at increased risk
<input type="checkbox"/>	Chlamydia (females) [†]		+	NAATs; test if ≤ 24 and sexually active or if ≥ 25 and at increased risk
<input type="checkbox"/>	Chlamydia & Gonorrhea (male) [†]		+	+ Bright Futures, <i>USPSTF insufficient evidence</i>
<input type="checkbox"/>	Birth Control Methods	✓	+	✓ ACOG, + Bright Futures
<input type="checkbox"/>	Pregnancy		+	+ Bright Futures
<input type="checkbox"/>	Folic Acid		+	Women planning/capable of pregnancy should take folic acid daily
	Cancer Screening			
<input type="checkbox"/>	Cervical Cancer		+	Females ages 21+: Cytology (pap smear) every 3 years
<input type="checkbox"/>	Skin Cancer		+	Counseling for individuals aged 6 months – 24 yrs with fair skin type
<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
	Infectious Diseases including CDC Immunization Recommendations			
<input type="checkbox"/>	Td/Tdap	✓		1 dose Tdap, then Td booster every 10 years
<input type="checkbox"/>	Human papillomavirus	✓		HPV vaccine for males and females up to age 26; 2-3 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 at least 4 weeks apart
<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	✓		Havrix or Vaxna: 2 doses Twinrix for those not at higher risk: 3 doses
<input type="checkbox"/>	Hepatitis B	✓		Heplisav-B: 2 doses Engerix-B, Recombivax HB, or Twinrix: 3 doses
<input type="checkbox"/>	Meningococcal Quadrivalent	✓		1-2 doses depending on risk, then booster every 5 years if risk remains
<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 young adults + = Young adults at risk

For more info, please visit [USPSTF website](https://www.uspstf.org/).

* [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.

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