

Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-25

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	√		Screen every 3-5 years with BP <130/85 mm Hg w/ no other risks
<input type="checkbox"/>	Dyslipidemia Screening	√		√ Bright Futures screen once between 17-21 years of age
<input type="checkbox"/>	Obesity/BMI [†]	√		[Weight (lb.)/Height (in)] x 703
<input type="checkbox"/>	Healthy diet		+	Intensive behavioral dietary 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		+	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
<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"/>	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	√		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 young adults + = Young adults at risk

For more information, please visit the [official USPSTF website](http://www.uspstf.gov).

* [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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