

Greetings from the Adolescent & Young Adult National Health Resource Center!

With support from HRSA/MCHB, we are pleased to be sending you promotional materials to support your work addressing National Performance Measure 10 -- increasing the percentage of adolescents who receive an annual preventive visit.

Based on your feedback, we have prepared these communications materials for your use promoting the Well-Visit to **parents** of adolescents and young adults.

These materials include:

- Well-Visit FAQ
- Complete Well-Visit Infographic
- Infographic Elements



Customize!

You are encouraged to customize these materials by adding your own logo, URL, call-to-action or local content. To this end we have both PDF and jpeg formats available.

For each of the materials described here, you will find

- A version that includes the Center's logo and website
- A blank version that you can customize
- A "sample" version that shows you where and how you could customize (indicated by a dashed-red line, using MN's logos as an example).

Distribute Widely (and strategically)

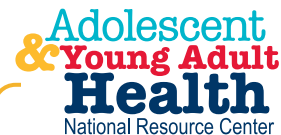
Reaching parents statewide is a big challenge so start by leveraging your connections and relationships.

- Ask your **Immunization** program to send these on to their clinics for their own out-reach efforts. Suggest sending them to their **coalitions** or **quality improvement** efforts to increase reach beyond clinics.
- Your **School-Based Health Centers** are likely have excellent access to parents and families – encourage SBHCs to customize the materials as well!
- **School Nurses** give you a way to reach across the state – offer these materials to your school nurse program and support their efforts to distribute them.
- A broader range of clinics may be accessible through your **Rural Health or Primary Care** programs. These will be particularly useful inreaching FQHCs and Medicaid-serving clinics.
- Your **Medicaid** or **EPSDT** programs are already promoting visits to parents and clinics; they may also have partners with excellent access.

Finally, consider sharing these with your **statewide adolescent health care stakeholders, networks, coalition members or professional organizations** so they can pass them along to their own communities.

“Failure to invest in the health of the largest generation of adolescents in the world’s history jeopardizes earlier investments in maternal and child health, erodes future quality and length of life, and escalates suffering, inequality, and social instability.”

The Lancet, Supplement on Adolescent Health, 2012



The Adolescent and Young Adult Health National Resource Center (AYAH-NRC) supports MCH investments in the health of adolescents and young adults.

The Center is a collaboration led by the University of California, San Francisco, with the Association of Maternal and Child Health Programs, the University of Minnesota/State Adolescent Health Resource Center and the University of Vermont College of Medicine/National Improvement Partnership Network.

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.

For information about the Center, contact Jane Park -- Jane.Park@UCSF.edu

For technical assistance, contact Kristin Teipel – teipe001@umn.edu

To learn about other state NPM projects, contact Iliana White – iwhite@amchp.org

Find more Adolescent Well-Visit resources and data on our web site.

http://nahic.ucsf.edu/resources/resource_center/

Supported (in full or in part) by Grant # U45MC27709 from the Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau (Title V, Social Security Act), Division of Child, Adolescent and Family Health, Adolescent Health Branch -- December, 2017

adolescents & young adults

do they still need a WELL-VISIT?

a.k.a.
Annual Visit
Well-child Visit
Yearly Check-Up
Wellness Exam
~~Sports Physical~~
not the same thing

what?

This preventive health care visit focuses on healthy physical and emotional growth. It includes a health assessment, physical exam and offers guidance on teen and young adult health and well-being.



1x every year

when?

Teens & young adults should receive a well visit annually.



where?

Visit your family practice doctor or pediatrician – or ask at any local clinic.

who?

At a well-visit, young people meet with health experts **privately** and **together** with their care-givers.



care team

Doctor
Nurse
Physician's Assistant



home team

Teens
Young Adults
Families & Care Givers

why?



- Advocating for and managing health
- Navigating the health care system
- Building a relationship with health provider

adolescence is a time of **physical, social and emotional** growth with unique **health** challenges and opportunities



- American Academy of Pediatrics liked
- Centers for Disease Control Retweeted



TheRealBenFranklin@1706...

An ounce of #prevention is worth a pound of cure.

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FAQ

the adolescent and young adult well-visit A GUIDE FOR FAMILIES

What is an Adolescent Well Visit?

A well visit is a yearly checkup with a health provider for young people (ages 11-21).

The goal is to keep your child healthy, and allow them to get their important health questions answered.

What happens at a Well Visit?

Health providers (e.g., doctor, nurse practitioner, physician's assistant):

- Conduct a physical exam, height/weight and blood pressure check
- Check for behavioral and mental health concerns
- Give advice and support on staying healthy (e.g., healthy eating physical activity, healthy relationships, stress management)
- Give Immunizations as needed



My adolescent just had a Sports Physical. Do they also need an Adolescent Well Visit?

YES. The Well Visit addresses important issues that are not covered in a Sports Physical.

A Sports Physical is a limited exam that only evaluates health issues that would prevent participation in sports.

Ask your provider if both can be done at the same time.

Why is the Well Visit important – even when my adolescent is feeling well?

Maintains Good Health

It's an important opportunity to discuss healthy development and other important information with adolescents and their parents/caregivers.

Develops Skills

Spending time alone with a health care provider helps young people learn to

- Take charge of their health
- Build trusting relationship with their providers
- Discuss health topics important to them.

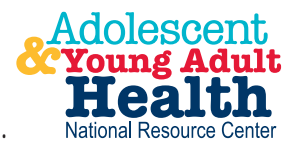
Helps Families Communicate

Families help adolescents understand their health history, and learn how to schedule appointments.



Learn More

To learn more about the Well-Visit or to find a provider, visit the Adolescent & Young Adult Health National Resource Center web site.



Funded by HRSA/MCHB, the Center works with state health departments and medical professionals to support the health and well-being of young people and their families.

http://nahic.ucsf.edu/resource_center/

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whatever you call it

- Annual Visit
 - Well-Child Visit
 - Yearly Check-Up
 - Wellness Exam
 - Child & Teen Check-Up
- adolescents & young adults
need one every year

nahic.ucsf.edu/resource_center/



1x
every
year

Teens and young
adults should
receive a well
visit annually.

@ a clinic near you

Adolescent
& Young Adult
WELL-VISIT

👉 where do
adolescents & young
adults learn to
navigate the health
care system?



@ a clinic near you

Just ask for an
Annual Check-Up



TASK #7

Learn to
navigate the
health care
system

@ a clinic near you

Adolescent
& Young Adult
WELL-VISIT



PARENTING TIP:

Teens and young adults still need an
ANNUAL CHECK UP

- 👍 American Academy of Pediatrics liked
- 👍 Centers for Disease Control Retweeted



TheRealBenFranklin@1706...

An ounce of #prevention
is worth a pound of cure.

always available @ a clinic near you

