

## Evidence-based Clinical Preventive Services for Adolescents & Young Adults

A Quick Reference Guide, see detailed summary and supplemental documents for clinical practice [here](#).

### Adolescents 10 - 17 Years

#### Substance Use

- ✓ Education and counseling to prevent initiation of tobacco use

#### Reproductive Health

- ✓ Screening for HIV [everyone aged 15-17; < 15 at increased risk]
- ✓ Screening for syphilis [anyone at increased risk]
- ✓ Screening for chlamydia and gonorrhea [sexually active women]
- ✓ STI behavioral counseling for all sexually active adolescents
- ✓ Folic acid supplementation for females who are planning or capable of becoming pregnant

#### Mental Health

- ✓ Screening for depression [when there are adequate systems in place to ensure accurate diagnosis, effective treatment and follow-up]

#### Nutrition & Exercise

- ✓ Obesity/BMI screening and referral

#### Cancer Screening

- ✓ Skin cancer counseling for those with fair skin
- ✓ BRCA cancer screening for females with family history

#### Safety & Violence

- ✓ Intimate partner violence - screen women of reproductive age, refer those at risk to services

#### Immunizations

CDC recommended immunizations

### Young Adults 18 - 25 Years

#### Substance Use

- ✓ Alcohol screening and counseling
- ✓ Tobacco screening and cessation help
- ✓ Unhealthy drug use screening [when there are adequate systems in place to ensure accurate diagnosis, effective treatment and follow-up]

#### Reproductive Health

- ✓ Screening for HIV [everyone aged 18 to 65]
- ✓ Screening for syphilis [anyone at increased risk]
- ✓ Screening for chlamydia and gonorrhea [sexually active women 18-24; anyone at increased risk]
- ✓ Behavioral counseling for all who are at increased risk for STIs
- ✓ Folic acid supplementation for females who are planning or capable of becoming pregnant

#### Mental Health

- ✓ Screening for depression [when there are adequate systems in place to ensure accurate diagnosis, effective treatment and follow-up]

#### Nutrition & Exercise

- ✓ Obesity/BMI screening and referral
- ✓ Hypertension [ $\geq 18$ ]
- ✓ Healthy diet and physical activity counseling for adults with cardiovascular disease risk factors

#### Cancer Screening

- ✓ Cervical cancer screening [ $\geq 21$ ]
- ✓ Skin cancer counseling for those with fair skin [up to 24]
- ✓ BRCA cancer screening for females with family history

#### Safety & Violence

- ✓ Intimate partner violence - screen women of reproductive age, refer those at risk to services

#### Immunizations & Infectious Diseases

- ✓ Screening for Hepatitis C [ $\geq 18$ ]  
CDC recommended immunizations

**Updated September 14<sup>th</sup>, 2020**

- ✓ Indicates A or B graded recommendations from the U.S. Preventive Services Task Force

***This quick reference guide is based on the preventive services toolkits for adolescents and young adults created by the Adolescent and Young Adult Health National Resource Center (AYAH-NRC). Each toolkit includes a one-page summary of recommendations, plus a supplemental document with information about screening instruments, at-risk groups, and more:***

***For Adolescents click [here](#).***

***For Young Adults click [here](#).***

The AYAH-NRC also offers tools, resources, and technical assistance to improve uptake and delivery of preventive services. Visit our website to learn more: [nahic.ucsf.edu/resources/resource\\_center/](http://nahic.ucsf.edu/resources/resource_center/)



Funded by MCHB, the AYAH-NRC aims to improve the health of adolescents and young adults, through collaboration with state Maternal and Child Health Programs and their clinical partners. Our work emphasizes preventive care and mental health, as well as overall advancement of young adult health issues. AYAH-NRC partners include:

- University of California San Francisco (lead)
- Association of Maternal and Child Health Programs
- University of Minnesota/State Adolescent Health Resource Center
- University of Vermont/National Improvement Partners Network

For more information about the Center, contact Ms. Jane Park - [jane.park@UCSF.edu](mailto:jane.park@UCSF.edu) or visit our website at [nahic.ucsf.edu/resources/resource\\_center/](http://nahic.ucsf.edu/resources/resource_center/)

## **Learn More about the Guidelines**

**U.S. Preventive Services Task Force:** <http://www.uspreventiveservicestaskforce.org/>

The Centers for Disease Control and Prevention's Advisory Committee for Immunization Practices (ACIP) provides vaccine recommendations and immunization schedules for adolescents and young adults. View the schedules [here](#).

Clinical Preventive Service Guidelines are also presented in *Bright Futures Guidelines, prevention and health promotion for infants, children, adolescents, and their families* (4<sup>th</sup> edition, 2017). These Guidelines offer recommendations for adolescents and young adults (through age 21 years), covering topics such as: dyslipidemia screening, screening and counseling for illicit drugs, healthy diet and exercise, chlamydia and gonorrhea screening in males, birth control use screening, suicide screening, cholesterol levels, fighting, helmet use, seat belt use, consuming alcohol while driving, firearms, and bullying. View Bright Futures Guidelines [here](#).

## **The following National Reports summarize research on health care services for adolescents and young adults:**

*Missing Opportunities*, from the National Research Council and Institute of Medicine, provides guidance to public health and health care professionals, policy makers, counselors and school staff, and parents on improving integrated health systems for adolescents. Read the book online [here](#).

*Investing in the Health and Well-being of Young Adults*, from the National Research Council and Institute of Medicine, provides a roadmap for improving health outcomes during adolescent's transition into adulthood. Read the report [here](#).

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