

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

- ✓ Screen/counsel to prevent initiation of tobacco use

Sexual / Reproductive Health

- ✓ Screen for HIV [everyone aged 15-17; < 15 at increased risk]
- ✓ Pre Exposure Prophylaxis for HIV Infection (PrEP) [those at high risk]
- ✓ Screen for syphilis [anyone at increased risk]
- ✓ Screen for syphilis [all pregnant people]†
- ✓ Screen for chlamydia and gonorrhea [sexually active females]
- ✓ STI behavioral counseling [all sexually active females]

Mental Health

- ✓ Screen for anxiety
- ✓ Screen for depression [when adequate follow-up systems are in place]

Nutrition, Exercise & Obesity

- ✓ Obesity/BMI screening and referral†

Cancer Screening

- ✓ Skin cancer counseling [those with fair skin; up to age 24]

Safety & Violence

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

Immunizations

- ✓ Screening for Hepatitis B
- ✓ CDC recommended immunizations

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- ✓ Indicates A or B graded recommendations from the U.S. Preventive Services Task Force.
- † USPSTF topic update in progress.

Young Adults 18 - 25 Years

Substance Use

- ✓ Alcohol screening and counseling
- ✓ Tobacco screening and cessation help
- ✓ Unhealthy drug use screening [when adequate follow-up systems are in place]

Sexual / Reproductive Health

- ✓ Screen for HIV [everyone aged 18 to 65]
- ✓ Pre Exposure Prophylaxis for HIV Infection (PrEP) [those at high risk]
- ✓ Screen for syphilis [those at increased risk]
- ✓ Screen for syphilis [all pregnant people]†
- ✓ Screen for chlamydia and gonorrhea [sexually active women 18-24; 25+ if at risk]
- ✓ Behavioral counseling [if at risk]

Mental Health

- ✓ Screen for anxiety
- ✓ Screen for depression [when adequate follow-up systems are in place]

Nutrition & Exercise

- ✓ Screen for Hypertension [18+]
- ✓ Healthy diet & physical activity counseling [adults with cardiovascular disease risk]†
- ✓ Weight loss: Obesity/BMI screening and referral

Cancer Screening

- ✓ Cervical cancer screening [21+] †
- ✓ Skin cancer counseling [those with fair skin, up to 24]
- ✓ BRCA cancer screening [females with family history]

Safety & Violence

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

Immunizations & Infectious Diseases

- ✓ Screen for Hepatitis B
- ✓ Screen for Hepatitis C
- ✓ CDC recommended immunizations

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: <https://nahic.ucsf.edu/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 AYAH-NRC, contact Anthony Kung Anthony.Kung@ucsf.edu or visit our website at <https://nahic.ucsf.edu/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* (4th edition, 2017). These Guidelines offer recommendations for adolescents and young adults (through age 21years), covering topics such as: dyslipidemia screening, screening and counseling for substance use, 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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