

PREVENTIVE SERVICES:

# Recommendations for Adolescents and Young Adults

*Your body. Your life. Your health: One-on-One Time with Your Doctor*

	Ages 11-13	Ages 14-17	Ages 18-26
<b>Screenings and Counseling</b>	<ul style="list-style-type: none"> <li>- Body Mass Index (BMI)</li> <li>- Depression</li> <li>- Tobacco Use</li> <li>- Skin Cancer Prevention (if you have fair skin)</li> </ul> <hr/> <p>If you are sexually active:</p> <ul style="list-style-type: none"> <li>- Gonorrhea/Chlamydia</li> <li>- Contraception (birth control)</li> <li>- Prevention of sexually transmitted infections (STIs)</li> </ul>	<ul style="list-style-type: none"> <li>- Body Mass Index (BMI)</li> <li>- Depression</li> <li>- Tobacco Use</li> <li>- Skin Cancer Prevention (if you have fair skin)</li> <li>- Intimate Partner Violence</li> </ul> <hr/> <p>If you are sexually active:</p> <ul style="list-style-type: none"> <li>- Gonorrhea/Chlamydia</li> <li>- Contraception (birth control)</li> <li>- Prevention of sexually transmitted infections (STIs)</li> </ul>	<ul style="list-style-type: none"> <li>- Body Mass Index (BMI)</li> <li>- Depression</li> <li>- Folic Acid Supplement (females)</li> <li>- Tobacco Use</li> <li>- Skin Cancer Prevention (if you have fair skin)</li> <li>- Intimate Partner Violence</li> <li>- Blood Pressure</li> <li>- HIV</li> <li>- Alcohol Misuse</li> <li>- Cervical Cancer (every 3 years, if you are 21 or older)</li> </ul> <hr/> <p>If you are sexually active:</p> <ul style="list-style-type: none"> <li>- Gonorrhea/Chlamydia</li> <li>- Contraception (birth control)</li> </ul>
<b>Screenings and Counseling</b> (for individuals with increased risk)	<ul style="list-style-type: none"> <li>- HIV</li> <li>- Syphilis</li> <li>- Hepatitis B</li> </ul>	<ul style="list-style-type: none"> <li>- HIV</li> <li>- Syphilis</li> <li>- Hepatitis B</li> </ul>	<ul style="list-style-type: none"> <li>- HIV+PrEP</li> <li>- Syphilis</li> <li>- Hepatitis B</li> <li>- Cholesterol</li> <li>- Prevention of sexually transmitted infections (STIs)</li> </ul>
<b>Immunizations</b>	<ul style="list-style-type: none"> <li>- Flu (every year)</li> <li>- Tdap - tetanus, diphtheria, and pertussis (whooping cough)</li> <li>- Meningococcal vaccine (first dose)</li> <li>- HPV (human papillomavirus, which causes genital warts plus anal, cervical, and throat cancer)</li> </ul>	<ul style="list-style-type: none"> <li>- Flu (every year)</li> <li>- Meningococcal vaccine (second dose)</li> </ul>	<ul style="list-style-type: none"> <li>- Flu (every year)</li> <li>- Td - tetanus and diphtheria (every 10 years)</li> </ul>
<b>Discussion topics</b>	<ul style="list-style-type: none"> <li>- Other substance use</li> <li>- Physical activity</li> <li>- Healthy eating</li> <li>- Screen time (TV, tablet, computer, phone)</li> <li>- School performance</li> <li>- Dental hygiene</li> <li>- General safety (e.g., bike helmets, firearms)</li> </ul>	<ul style="list-style-type: none"> <li>- Other substance use</li> <li>- Physical activity</li> <li>- Healthy eating</li> <li>- Screen time (TV, tablet, computer, phone)</li> <li>- School performance</li> <li>- Dental hygiene</li> <li>- General safety (e.g., seat belts, bike helmets)</li> </ul>	<ul style="list-style-type: none"> <li>- Other substance use</li> <li>- Physical activity</li> <li>- Healthy eating</li> <li>- Screen time (TV, tablet, computer, phone)</li> <li>- School performance</li> <li>- Dental hygiene</li> <li>- General safety (e.g., seat belts, bike helmets)</li> </ul>

Sources: Centers for Disease Control and Prevention immunization schedules. [cdc.gov/vaccines/schedules/index.html](https://cdc.gov/vaccines/schedules/index.html) | AAFP Clinical Recommendations for Prevention Services. [aafp.org/patient-care.html](https://aafp.org/patient-care.html)

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