

# For children ages 11 to 19

## Topics you may want to discuss with your doctor

### Exercise

- Regular physical activity (at least 30 minutes per day starting at age 11) can reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes.

### Nutrition

- Eat a healthy diet. Limit fat and calories. Eat fruits, vegetables, beans, and whole grains every day.
- Optimal calcium intake for adolescents and young adults is estimated to be 1,200 to 1,500 mg/day.

### Sexual health

- Sexually transmitted infection (STI)/HIV prevention;<sup>6</sup> practice safer sex (use condoms) or abstinence.
- Avoid unintended pregnancy; use contraception.

### Substance use disorder

- Use of alcohol, tobacco (cigarettes, vaping, or chewing), inhalants, and other drugs among adolescents is a major concern for parents. Let the doctor know if you have any concerns about your child.

### Dental health

- Floss and brush with fluoride toothpaste daily. Seek dental care regularly.

### Other topics for discussion

- It is a good idea to let your teenager have private time with the doctor to ask any questions he or she may not feel comfortable asking you.

## Immunizations

<b>Flu, annual</b>	Recommended <sup>2</sup>
<b>Hepatitis A</b>	For individuals not previously vaccinated and risk factors are present
<b>Hepatitis B</b>	For individuals not previously vaccinated; for individuals with risk factors seeking protection <sup>29</sup>
<b>HPV</b> (human papillomavirus)	Two- or three-dose series depending on age at initial vaccination. Recommended for all adolescents age 11-12 years and through 18 years of age.
<b>Meningococcal</b>	Routine vaccination two-dose series. First dose at ages 11-12, second dose at age 16.
<b>MMR</b> (measles, mumps, rubella)	At pre-adolescent visit (ages 11-12) if missing second dose
<b>Pneumococcal</b> (pneumonia)	For children with risk factors <sup>6</sup>
<b>Tdap booster</b> (tetanus, diphtheria, pertussis)	For children ages 11-12 who have completed the recommended DTaP immunization series <sup>17</sup>
<b>Varicella</b> (chicken pox)	At pre-adolescent visit (ages 11-12) if missing second dose

## Screenings/counseling/services

<b>Alcohol misuse</b>	Screening for unhealthy alcohol use and behavioral counseling as needed
<b>Blood pressure, height, weight, BMI, vision, and hearing</b>	At annual exam
<b>Chlamydia and Gonorrhea</b>	Screening for all sexually active women under age 24 and for women at increased risk for infection <sup>11</sup>
<b>Contraception</b>	FDA-approved contraceptive methods for females, education, and counseling <sup>32</sup>
<b>Depression</b>	Screening for all adolescents for major depressive disorder (MDD)
<b>Domestic violence and abuse</b>	Screening for interpersonal and domestic violence for adolescents, women, and women of childbearing age <sup>34</sup>
<b>Drug Misuse</b>	Screening for unhealthy drug use <sup>25</sup>
<b>Healthy diet and physical activity</b>	Behavioral counseling <sup>27</sup>
<b>Hepatitis C</b>	Screening for HCV infection in persons at high risk of infection <sup>30</sup>
<b>HIV</b>	Screening for all adolescents and adults ages 15-65. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition.
<b>Obesity</b>	Screening, counseling, and behavioral interventions and offer or refer to comprehensive intensive behavioral intervention to promote improvements in weight status
<b>Sexually transmitted infections</b>	Behavioral counseling as needed <sup>26</sup>
<b>Skin cancer</b>	Behavioral counseling for minimizing exposure to ultraviolet radiation for adolescents at high risk
<b>Syphilis</b>	Screening for individuals at increased risk for infection <sup>12</sup>
<b>Tobacco use and cessation</b>	Discuss education or brief counseling to prevent initiation of tobacco use among school-aged children and adolescents
<b>Tuberculosis</b>	Risk assessment and testing if risk identified

## Promoting your preteen's and adolescent's social and emotional development

Parents need to offer open, positive communication while providing clear and fair rules and consistent guidance. Let your child find his or her own path while staying within the boundaries you have set.

- Be a good role model for handling disagreements – for example, talk calmly when disagreeing.
- Praise him or her for successfully avoiding a confrontation – for example, say, “I’m proud of you for staying calm.”
- Supervise the websites and computer games that your child uses.
- Set limits on use of computers, telephones, texting, and TV after a set evening hour to help your child get regular sleep.
- Talk to your child about healthy relationships. Dating abuse does occur among preteens and teens.
- Be a role model for healthy eating and regular physical exercise.