

**PERFORMANCE MEASURE
10**

**Percent of adolescents, ages 12 through 17, with
a preventive medical visit in the past year**

GOAL

To increase the number of adolescents who have a preventive medical visit.

DEFINITION

Numerator:

Number of adolescents, ages 12 through 17, with a preventive medical visit in the past year

Denominator:

Number of adolescents, ages 12 through 17

Units: 100

Text: Percent

**HEALTHY PEOPLE 2020
OBJECTIVE**

Related to Adolescent Health (AH) Objective 1: Increase the proportion of adolescents who have had a wellness checkup in the past 12 months. (Baseline: 68.7%, Target: 75.6%)

**DATA SOURCES and DATA
ISSUES**

The National Survey of Children's Health (NSCH) beginning in 2017. States can use data from the 2011-2012 NSCH as a baseline.

MCH POPULATION DOMAIN

Adolescent Health

SIGNIFICANCE

Adolescence is a period of major physical, psychological, and social development. As adolescents move from childhood to adulthood, they assume individual responsibility for health habits, and those who have chronic health problems take on a greater role in managing those conditions. Initiation of risky behaviors is a critical health issue during adolescence, as adolescents try on adult roles and behaviors. Risky behaviors often initiated in adolescence include unsafe sexual activity, unsafe driving, and use of substances, including tobacco, alcohol, and illegal drugs.

Receiving health care services, including annual adolescent preventive well visits, helps adolescents adopt or maintain healthy habits and behaviors, avoid health-damaging behaviors, manage chronic conditions, and prevent disease. Receipt of services can help prepare adolescents to manage their health and health care as adults.

The Bright Futures guidelines recommends that adolescents have an annual checkup starting at age 11. The visit should cover a comprehensive set of preventive services, such as a physical examination, discussion of health-related behaviors, and immunizations. It recommends that the annual checkup include discussion of several health-related topics, including healthy eating, physical activity, substance use, sexual behavior, violence, and motor vehicle safety.