

# JULY

This month, *Health is Primary* is highlighting the importance of adolescent health. We are sharing the facts about what adolescents need to do to take care of their health and how, with the help of a primary care physician, they can prevent health complications later in life by taking care of themselves now. **Join us and spread the word. #MakeHealthPrimary #AdolescentHealthisPrimary**

## BE A CHAMPION

- **Distribute** patient information materials (tear sheets) on adolescent health in your primary care practice. You can find these on the bottom of the "act" tab in the red tool library.
- **Write** a blog post or op-ed for your local paper about the importance of primary care to adolescent health. Talk about the need for a strong foundation of primary care to address adolescent health. Share a patient success story to demonstrate the value of primary care to adolescent health.
- **Share** the facts about adolescent health and primary care through social media. Post regularly on Twitter and Facebook using the facts listed here. Don't forget to follow the campaign (Facebook and Twitter: @HealthisPrimary). Retweet and share our posts!
- **Share** your stories about how primary care practices are improving care for Medicare patients. Go to [www.healthisprimary.org](http://www.healthisprimary.org) and click on the "stories" tab.



## THE FACTS ABOUT ADOLESCENT HEALTH

- Risk factors for chronic diseases, such as alcohol and tobacco use, sedentary habits and poor diet, begin in adolescence. (AAFP)
- Seventy percent of adolescents have a preventive health visit every four years, on average. (AAFP)
- Up to 20 percent of adolescents have a mental health condition, less than 20 percent of whom receive treatment. (AAFP)
- Obesity rates among adolescents are increasing, and only 29 percent of adolescents are physically active at least 60 minutes every day. (AAFP)

# PATIENTS ARE A VIRTUE



# JULY FOCUS: ADOLESCENT HEALTH

07 | 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4  INDEPENDENCE DAY	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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# ADOLESCENT HEALTH

There are a lot of factors to consider as your child becomes an adolescent. Making sure they have healthy relationships with you and others will have an impact on their mental health, sexual health, and likelihood of engaging in risky behavior. Eating habits and physical exercise developed in adolescence can impact their health and behavior as adults. Here are some areas in which you can talk to your primary care doctor about your adolescent's health.

## HEALTHY RELATIONSHIPS<sup>1</sup>

Health outcomes for adolescents and young adults are grounded in their social environments and are frequently mediated by their behaviors. **Behaviors of young people are influenced at the individual, peer, family, school, community and societal levels:**

- Adolescents who perceive that they have good communication and are bonded with an adult are less likely to engage in risky behaviors.
- Parents who provide supervision and are involved with their adolescents' activities are promoting a safe environment in which to explore opportunities.
- The children of families living in poverty are more likely to have health conditions and poorer health status, as well as less access to and utilization of health care.
- Adolescents growing up in distressed neighborhoods characterized by concentrated poverty are at risk for a variety of negative outcomes, including poor physical and mental health, delinquency and risky sexual behavior.

## MENTAL HEALTH<sup>2</sup>

Research has now shown that most mental disorders follow a developmental course that typically starts early in life. It can be tough to tell if troubling behavior is just part of growing up or a problem that should be discussed with a health professional. But if there are signs and symptoms that last weeks or months; and if these issues interfere with your child's daily life, not only at home but at school and with friends, you should contact a health professional.

**Your child may need help if he or she:**

- Often feels anxious or worried
- Has very frequent tantrums or is intensely irritable
- Has frequent stomachaches or headaches with no physical explanation

- Is in constant motion, can't sit quietly for any length of time
- Has trouble sleeping, including frequent nightmares
- Loses interest in things he or she used to enjoy
- Avoids spending time with friends
- Has trouble doing well in school, or grades decline
- Fears gaining weight; exercises, diets obsessively
- Has low or no energy
- Has spells of intense, inexhaustible activity
- Harms herself/himself, such as cutting or burning her/his skin
- Engages in risky, destructive behavior
- Harms self or others
- Smokes, drinks, or uses drugs
- Has thoughts of suicide
- Thinks his or her mind is controlled or out of control, hears voices

## SEXUAL HEALTH<sup>3</sup>

It is important to talk to your child about sex and to develop a safe and comfortable environment for your child to ask questions. Don't wait for your child to ask you about sex before you have a plan in place – you will need to inform your child about the basics (vaginal, oral, and anal sex), birth control, sexual assault, sexual molestation, and your family's moral beliefs. Many children don't know that unprotected oral and anal sex can lead to sexually transmitted diseases in boys and girls. **This includes:**

- HPV — human papillomavirus (which can cause genital warts and can lead to cervical cancer in women)
- HIV/AIDS
- Genital herpes
- Syphilis

- Viral hepatitis
- Crabs
- Gonorrhea
- Chlamydia
- Trichomoniasis, and more

If you are unsure how to approach your child about some of these issues, you should consult your primary care physician. **Some questions to ask include:**

- If I suspect my child is having sex, should I confront him or her?
- Should I provide birth control for my child as a precaution or just tell them about it?
- Can being overprotective push my child into having sex before he or she is ready?
- Should my daughter's routine exam include a pregnancy test?
- Are there signs that indicate my child is having sex?

## SUBSTANCE ABUSE <sup>4</sup>

Illicit drug use, which includes the abuse of illegal drugs and/or the misuse of prescription medications or household substances, is something many adolescents engage in occasionally, and a few do regularly. By the 12th grade, about half of adolescents have abused an illicit drug at least once. The most commonly used drug is marijuana but adolescents can find many abused substances, such as prescription medications, glues and aerosols, in the home. **Many factors and strategies can help adolescents stay drug free:**

- Strong positive connections with parents, other family members, school, and religion
- Having parents present clear limits and consistent enforcement of discipline
- Reduced access in the home to illegal substances.

## HEALTHY EATING <sup>5</sup>

Nutrition refers to everything that your child eats and drinks. Your child's body uses nutrients from food to function properly and stay healthy. Nutrients include carbohydrates, proteins, fats, vitamins, and minerals. In the right amounts, nutrients give your child energy to grow, learn, and be active.

Poor nutrition can cause health problems, overweight, and obesity. Some of the health problems associated with poor nutrition can be very serious, especially as your child grows into an adult. By teaching your child healthy eating habits, you can help prevent these health problems.

**Here are some ways you can help your child to make healthy choices:**

- Offer healthy food options at home
- Limit fast food, takeout, and junk food
- Read food labels
- Be a good role model for your child

## PHYSICAL ACTIVITY <sup>6</sup>

It is important for children to stay active. Children 6 years of age and older should be active 60 minutes or more each day. Physical activity helps prevent or reduce health problems. It also helps manage weight. **Below are some other benefits to staying active:**

- It burns calories instead of storing them as body fat.
- It maintains blood sugar levels. This is vital for children who have or are at risk for diabetes.
- It lowers blood pressure and cholesterol levels.
- It helps make bones and muscles strong.
- It builds strength and endurance.
- It relieves stress and helps with focus.
- It improves sleep and mental health.
- It boosts self-esteem by helping children feel confident about their bodies and appearance.

## IMMUNIZATIONS <sup>7</sup>

The CDC recommends a variety of immunizations for children 7-18 years old. **For 2017, the CDC's recommendations are as follows:**

- Flu (Influenza)
- Tdap (Tetanus, Diphtheria and Pertussis)
- HPV (Human Papillomavirus)
- Meningococcal
  - MenACWY
  - MenB
- Pneumococcal
- Hepatitis B
- Hepatitis A
- Inactivated Polio
- MMR (Measles, Mumps and Rubella)

The CDC provides [information](#) about which vaccines are recommended for each age group, but you should always consult with your primary care physician with any questions.

<sup>1</sup> <https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>

<sup>2</sup> <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

<sup>3</sup> <https://familydoctor.org/talking-kids-sex/>

<sup>4</sup> <https://www.hhs.gov/ash/oah/adolescent-development/substance-use/drugs/index.html>

<sup>5</sup> <https://familydoctor.org/nutrition-healthy-eating-for-kids/>

<sup>6</sup> <https://familydoctor.org/keeping-your-child-active/>

<sup>7</sup> <https://www.cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf>

# SALUD ADOLESCENTE

Hay muchos factores para tener en cuenta a medida que su hijo/a ingresa a la adolescencia. Asegurarse de que tenga relaciones saludables con usted y otras personas influirá en su salud mental y sexual y en la posibilidad de que adopte comportamientos peligrosos. Los hábitos alimentarios y el ejercicio físico que desarrolla en la adolescencia pueden influir en su salud y comportamiento como adulto. A continuación, se presentan algunos temas sobre la salud de su adolescente que puede hablar con su médico de cabecera.

## RELACIONES SALUDABLES <sup>1</sup>

Los resultados en la salud de adolescentes y adultos jóvenes están basados en sus entornos sociales y están mediados por sus comportamientos. **Los comportamientos de los jóvenes están influenciados a nivel individual, grupal, familiar, educativo, comunitario y social:**

- Los adolescentes que perciben que tienen una buena comunicación y un vínculo con un adulto tienen menos posibilidades de adoptar comportamientos peligrosos.
- Los padres que proporcionan supervisión y están involucrados en las actividades de sus adolescentes promueven un entorno seguro para explorar oportunidades.
- Los hijos de familias que viven en la pobreza tienen más posibilidades de contraer afecciones médicas y tener un mal estado de salud, así como también tienen menos acceso a la atención médica y hacen menos uso de la misma.
- Los adolescentes que crecen en barrios conflictivos caracterizados por la pobreza concentrada están en riesgo de obtener resultados negativos, incluidos una mala salud física y mental, delincuencia y comportamiento sexual peligroso.

## SALUD MENTAL <sup>2</sup>

Los estudios muestran que el desarrollo de la mayoría de los trastornos mentales comienza en etapas tempranas de la vida. Puede resultar difícil distinguir si el comportamiento problemático es simplemente parte del crecimiento o si es un problema que debe tratarse con un profesional de la salud. Pero si los indicios y los síntomas duran semanas o meses y si estos problemas interfieren en la vida cotidiana de su hijo, tanto en casa como en la escuela y con sus amigos, debe ponerse en contacto con un profesional de la salud. **Es posible que su hijo/a necesite ayuda si le ocurre lo siguiente:**

- Suele sentir ansiedad o preocupación
- Tiene berrinches muy frecuentes o es sumamente irritable
- Tiene dolores de estómago o de cabeza frecuentes sin explicación física

- Se mueve constantemente y no puede quedarse quieto/a por cierta cantidad de tiempo
- Tiene problemas para dormir, incluidas pesadillas frecuentes
- Pierde interés por las cosas que solían gustarle
- Evita pasar tiempo con amigos
- Tiene problemas para rendir bien en la escuela o las calificaciones bajan
- Tiene miedo de aumentar de peso; hace ejercicio o dieta de manera obsesiva
- Tiene muy poca energía o no la tiene
- Tiene episodios de actividad intensa e inagotable
- Se lastima a sí mismo/a; por ejemplo, se corta o quema la piel
- Adopta un comportamiento peligroso y destructivo
- Se lastima a sí mismo/a o a otros
- Fuma, bebe o utiliza drogas
- Tiene pensamientos suicidas
- Piensa que su mente está controlada o fuera de control; escucha voces

## SALUD SEXUAL <sup>3</sup>

Es importante que hable con su hijo/a sobre el sexo y desarrolle un entorno seguro y cómodo para que su hijo/a haga preguntas. No espere a que su hijo/a le pregunte sobre sexo antes de tener un plan preparado. Deberá informar a su hijo/a sobre los conceptos básicos (sexo vaginal, oral y anal), los métodos anticonceptivos, la agresión sexual, el acoso sexual y las creencias morales de su familia. Muchos niños no saben que el sexo oral y anal sin protección puede provocar enfermedades de transmisión sexual en niños y niñas. **Estas incluyen lo siguiente:**

- VPH: virus del papiloma humano (que puede provocar verrugas genitales y cáncer de útero en mujeres)
- VIH/SIDA
- Herpes genital
- Sífilis
- Hepatitis viral

- Ladillas
- Gonorrea
- Clamidia
- Tricomoniasis, y más

Si no está seguro sobre cómo hablar con su hijo/a sobre algunos de estos temas, consulte a su médico de cabecera. **Algunas preguntas que puede realizar incluyen las siguientes:**

- ¿Si sospecho que mi hijo/a tiene relaciones sexuales, debo enfrentarlo/a?
- ¿Debo proporcionarle métodos anticonceptivos a mi hijo/a como precaución o simplemente le hablo al respecto?
- ¿Es posible que la sobreprotección lleve a mi hijo/a a tener relaciones sexuales antes de que esté listo/a?
- ¿Los exámenes médicos de mi hija deben incluir una prueba para la detección del embarazo?
- ¿Hay indicios de que mi hijo/s está teniendo relaciones sexuales?

## ABUSO DE SUSTANCIAS <sup>4</sup>

El uso de drogas ilícitas, que incluye el abuso de drogas ilícitas o el uso indebido de medicamentos recetados o de sustancias caseras, es algo en lo que se involucran muchos adolescentes de vez en cuando, y algunos lo hacen regularmente. En el último año de la escuela secundaria, cerca de la mitad de los adolescentes ya han abusado de una droga ilícita al menos una vez. La droga que se utiliza con más frecuencia es la marihuana pero los adolescentes pueden encontrar en sus hogares muchas sustancias para abusar como medicamentos recetados, pegamentos y aerosoles. **Hay muchos factores y estrategias que pueden ayudar a que los adolescentes se mantengan alejados de las drogas:**

- Relaciones positivas y sólidas con los padres, otros miembros de la familia, la escuela y la religión
- Límites claros y una constante imposición de disciplina por parte de los padres.
- Acceso reducido a sustancias ilegales en el hogar.

## ALIMENTACIÓN SALUDABLE <sup>5</sup>

La nutrición hace referencia a todo lo que su hijo/a come y bebe. El cuerpo de su hijo utiliza los nutrientes de los alimentos para funcionar correctamente y mantenerse saludable. Los nutrientes incluyen carbohidratos, proteínas, grasas, vitaminas y minerales. En las cantidades adecuadas, los nutrientes le brindan a su hijo/a energía para crecer, aprender y estar activo/a.

Una nutrición deficiente puede provocar problemas de salud, sobrepeso y obesidad. Algunos de los problemas de salud relacionados con la nutrición deficiente pueden ser muy

graves, especialmente, a medida que su hijo/a se convierte en un adulto. Si le enseña a su hijo/a hábitos alimenticios saludables, puede ayudar a prevenir estos problemas de salud. **A continuación, se presentan algunas formas en las que puede ayudar a su hijo/a a tomar decisiones saludables:**

- Ofrecer opciones alimenticias saludables en casa
- Limitar la comida para llevar, rápida o chatarra
- Leer las etiquetas de los alimentos
- Ser un buen ejemplo para su hijo/a

## ACTIVIDAD FÍSICA <sup>6</sup>

Es importante que su hijo/a se mantenga activo/a. Los niños a partir de los 6 años de edad deben estar activos 60 minutos por día o más. La actividad física ayuda a prevenir o reducir los problemas de salud. También ayuda a controlar el peso. **A continuación, se presentan otros beneficios de mantenerse activo:**

- Quema calorías en lugar de almacenarlas como grasa corporal.
- Mantiene los niveles de azúcar en sangre. Esto es fundamental para los niños que padecen diabetes o están en riesgo de diabetes.
- Disminuye la presión arterial y los niveles de colesterol.
- Ayuda a fortalecer los huesos y los músculos.
- Desarrolla la fortaleza y la resistencia.
- Alivia el estrés y ayuda con la concentración.
- Mejora el sueño y la salud mental.
- Aumenta la autoestima ya que ayuda a los niños a sentirse seguros de su cuerpo y aspecto físico.

## VACUNAS <sup>7</sup>

El CDC recomienda una variedad de vacunas para niños entre 7 y 18 años de edad. **Para 2017, las recomendaciones del CDC son las siguientes:**

- Gripe (Influenza)
- DPT (Difteria, Tétano, Tos ferina)
- VPH (Virus del papiloma humano)
- Antimeningocócica
  - MenACWY
  - MenB
- Antineumocócica
- Hepatitis B
- Hepatitis A
- Antipoliomielítica inactivada
- Triple viral (Sarampión, Paperas, Rubéola)

El CDC ofrece [información](#) sobre las vacunas recomendadas para cada grupo etario, pero si tiene preguntas, siempre debe consultar con su médico de cabecera.

<sup>1</sup> <https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>

<sup>2</sup> <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

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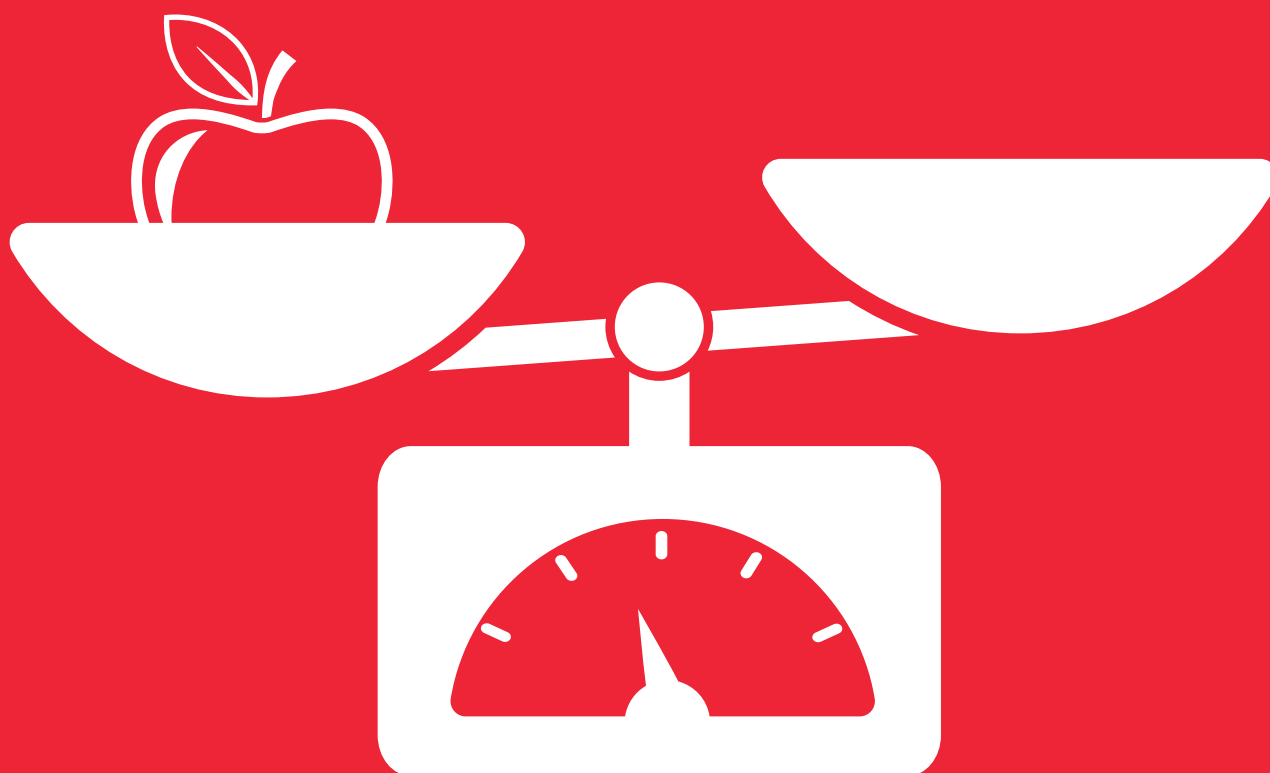
<sup>4</sup> <https://www.hhs.gov/ash/oah/adolescent-development/substance-use/drugs/index.html>

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# AN OUNCE OF PREVENTION



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Patients with access to primary care are more likely to receive preventive services and timely care before their medical conditions become serious – and more costly to treat.

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Long-term relationships between doctors and patients build trust and lead to better outcomes.

Family doctors work with their patients throughout their lives. We want to give all patients access to this kind of continuing care.

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# EMPHASIZING PREVENTION AND HEALTH PROMOTION



PRIMARY CARE PHYSICIAN SUPPLY WAS ASSOCIATED WITH IMPROVED HEALTH OUTCOMES, **INCLUDING ALL-CAUSE, CANCER, HEART DISEASE, STROKE AND INFANT MORTALITY; LOW BIRTH WEIGHT; LIFE EXPECTANCY; AND SELF-RATED HEALTH.**<sup>1</sup>



ACCESS TO PRIMARY CARE IS ASSOCIATED WITH IMPROVED OUTCOMES: **MORE COMPLETE IMMUNIZATION, BETTER BLOOD PRESSURE CONTROL, IMPROVED DENTAL HEALTH, REDUCED MORTALITY, AND IMPROVED QUALITY OF LIFE.**<sup>2</sup>

**CONTINUITY OF CARE WITH A SINGLE PROVIDER IS POSITIVELY ASSOCIATED WITH PRIMARY PREVENTIVE CARE,** INCLUDING SMOKING CESSATION AND INFLUENZA IMMUNIZATION.<sup>1</sup>



<sup>1</sup>Macinko J., Starfield B., Shi L. Quantifying the Health Benefits of Primary Care Physician Supply in the United States. International Journal of Health Services. 2007. Available at [http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-primary-care-policy-center/Publications\\_PDFs/2007\\_IJHS\\_Macinko.pdf](http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-primary-care-policy-center/Publications_PDFs/2007_IJHS_Macinko.pdf)

<sup>2</sup>Phillips, R. Bazemore, A. Primary Care And Why It Matters For U.S. Health System Reform. Health Affairs. May 2010. Vol. 29. No. 5 806-810. Available at <http://content.healthaffairs.org/content/29/5/806.abstract>

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