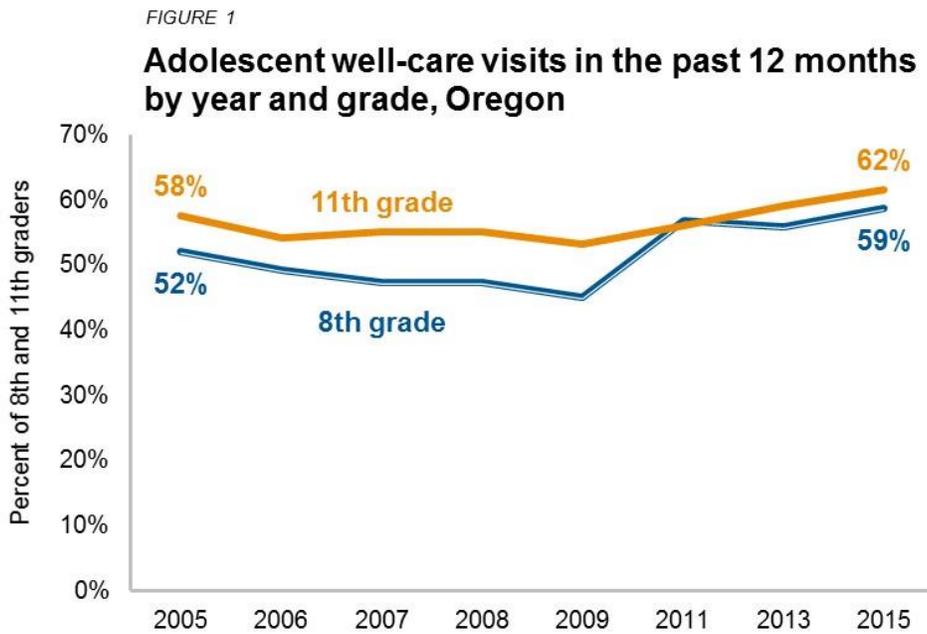


## Health Care Access

# Adolescent well-care visits

While most adolescents enjoy good health, dramatic physical, cognitive, social and emotional change during this period calls for a unique approach to health care compared to adults or young children. Additionally, health behaviors established in adolescence tend to persist into adulthood and many chronic diseases first emerge in this age. Comprehensive well-care visits that are aligned to Bright Future’s guidelines<sup>1</sup> are a vehicle to deliver evidence-based screening, services (such as immunizations) and health promoting messages.

The Affordable Care Act and health system transformation efforts in Oregon have elevated the focus on adolescent well care visits. While data varies by source, it is clear that not enough young people are receiving annual well care visits. Oregon Healthy Teens (OHT) data from 2015 show approximately half of 8<sup>th</sup> and 11<sup>th</sup> graders reported seeing a doctor or nurse when they were not sick or injured in the past 12 months (Figure 1). There has been a steady increase in the proportion of students who report a well care visit since 2005.



Source: Oregon Healthy Teens Survey (OHT)

<sup>1</sup> [Recommendations for Preventive Pediatric Health Care](#), Bright Futures, American Academy of Pediatrics

**Additional Resources:** [Adolescent and School Health Program](#)

**About the Data:** Data source is the Oregon Healthy Teens Survey (OHT). OHT is a pencil and paper or online survey conducted every two years among Oregon 8<sup>th</sup> and 11<sup>th</sup> graders within schools. Data includes responses that indicate having a “visit with a doctor or nurse when not sick or injured” in the last 12 months.

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[Oregon State Health Profile](#)

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