



# West Virginia HealthCheck

## 14 Year Visit

### What to Expect at the 14 Year Visit

Healthy behaviors and habits that are learned in adolescence often continue into adulthood. Parents who practice these behaviors with their child, strengthen and support their child's willingness and ability to develop positive lifelong habits. During this visit some questions your provider may ask include:

Do you have any concerns about your child's development, learning or behavior?

Do you have any questions or concerns about your child's nutrition, weight, or physical activity?

Your provider may talk separately with your child about:

How do you feel about the way you look?

Do you participate in any physical activities? How often? How much time each day do you spend watching TV? How many hours a day do you use the computer or play video games? Have you (or your friends) ever experimented with smoking, spit tobacco, alcohol or **other drugs**?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a **dyslipidemia risk screen**.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a complete head-to-toe physical examination.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you information about risk reduction and talk about avoiding **peer pressure**.

### Preventive Care Tips: Maintaining Physical Activity

Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of **cardiorespiratory** fitness and stronger muscles. They also typically have lower body fatness. Their bones are stronger, and they may have reduced symptoms of anxiety and depression.

As a parent, you can help shape your child's attitudes and behaviors toward physical activity. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Throughout their lives, encourage children and adolescents to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, skating, bicycling, or swimming.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.

Just make sure your child or adolescent is doing three types of physical activity:

#### 1. Aerobic Activity

Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.

#### 2. Muscle Strengthening

Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.

#### 3. Bone Strengthening

Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

Adolescence is a time that interest in computers, movies and video games increases which presents opportunities for physical inactivity. Cut back on physical inactivity by limiting the time spent watching TV, playing video games or using the computer other than homework, to no more than 2 hours per day.

### What To Expect At The 15 Year Visit

- Your child will have a **visual acuity screen**.
- Your child will have a dyslipidemia risk screen.
- Your child's exam will include a behavioral risk screen

**West Virginia  
HealthCheck Program  
1-800-642-9704**

[www.dhhr.wv.gov/healthcheck](http://www.dhhr.wv.gov/healthcheck)

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