



West Virginia HealthCheck

16 Year Visit

What to Expect at the 16 Year Visit

Your 16 year old may be experimenting with alcohol, tobacco, or other drugs. As a parent, it is important to set a good example for your adolescent through your own responsible use of alcohol and other substances. During this visit some questions your provider may ask include:

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

What have you and your adolescent discussed about the risks of using alcohol, tobacco, and **other drugs**?

Your provider may talk separately with your child about:

Have you (or your friends) ever experimented with smoking, spit tobacco, alcohol or other drugs?

How do you get along with your family?

Have you been feeling sad, had difficulty sleeping, or frequently feel irritable? Are you feeling stressed?

Who do you go to for advice and help with personal decisions in your life?

- 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: Alcohol and Drug Use Screening

The Youth Risk Behavior Survey (YRBS) provides data on health-risk behaviors among 9th–12th grade students in the United States, including behaviors that contribute to injuries and violence; alcohol or other drug use; tobacco use and sexual risk behaviors.

According to the 20% YRBS, teens in the United States self reported that:

- 62.2% Have had at least one drink of alcohol on at least 1 day during their life
- 40.7% Have used marijuana one or more times during their life
- 2.2% Have used heroin, 3.2% have used methamphetamines, 6.6% have used ecstasy and 5.5% have used any form of cocaine one or more times
- 8.9% Have sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to high one or more times, and
- 22.1% Have been offered, sold, or given an illegal drug by someone on school property.

Your child's health care provider should include a discussion of substance use and abuse as part of routine health care and as part of ongoing **anticipatory guidance**.

In addition to the questions asked as a part of the behavioral risk screen, your teens' provider might use a more in-depth screening tool like the CRAFFT. The CRAFFT consists of a series of 6 questions developed to screen adolescents for high risk alcohol and other drug use disorders simultaneously.

- C** -Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drug?
- R** -Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
- A** -Do you ever use alcohol/drugs while you are by yourself, ALONE?
- F** -Do you ever FORGET things you did while using alcohol or drugs?
- F** -Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?
- T** -Have you gotten into TROUBLE while you were using alcohol or drugs?

This short, effective screening tool is meant to assess whether a longer conversation about the context of use, frequency, and other risks and consequences of alcohol and other drug use is warranted.

What To Expect At The 17 Year Visit

- 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

Transportation Assistance
Contact MTM to schedule a ride
1-844-549-8353

www.mtm-inc.net/west-virginia