

# 16-17 Year Visit



## NUTRITION

In effort to battle our nation's epidemic proportions of obesity in children, we want to encourage healthy eating for your child. We recommend the 5-3-2-1-0 eating plan for your child. Your child should consume 5 servings of vegetables and fruits daily (3 vegetable and 2 fruits), 3 servings of dairy daily, have less than or equal to 2 hours of sedentary activity daily (except related to reading/studies), have at least 1 hour of exercise daily and consume "zero" sweetened beverages. High-fat and low-nutrient foods and beverages such as candy, chips and soft drinks should be limited. Remember to be good role models and allow your child to see his/ her parents eating nutritious food as well.

Calcium requirements are **1300mg/day** (4 servings of dairy). These are important for bone growth and density. A multivitamin is likely needed to meet the Vitamin D requirement of 600 IU/day, as it is not added to dairy products except milk (about 100 IU/cup). Calcium and vitamin D supplements are widely available (tablets, gummies, Viactiv® chews, etc)

## SAFETY

- Driving should be viewed as a serious responsibility and a privilege. Teach your teen not to let anyone drive them that seems impaired, and by no means should he/ she drive impaired. Develop a plan for them if the situation arises. Talk about cell phone use and texting in the car.
- Electronics can cause some problems for children. Keep internet access in a visible area and install parental controls. Be careful your child does not spend too much time obsessively texting or using other forms of social media. Discuss the reality of unwanted solicitors and predators and monitor for these. Finally, MP3 players send loud sounds directly into the ears and can result in damage to the hearing, so monitor the volume.
- The risks and dangers of alcohol, drug and tobacco use should be reinforced through your instruction and modeling.
- Poison Control Hotline: 1-800-222-1222.
- To access the most up-to-date TIPP Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources.

## IMMUNIZATIONS

Possible vaccines for today are below. Any tenderness aches or fever can be treated with acetaminophen or ibuprofen. All are important to the health and safety of your child and are recommended by our practice, the AAP and the CDC. **Please refer to our website to access the most up to date Vaccine Information Sheets from the CDC.**

Tdap    Meningococcal    HPV    Influenza/Flu

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### MEASUREMENTS:

Weight: \_\_\_\_\_ Lbs

Height: \_\_\_\_\_ inches ( \_\_\_\_\_ %)

BMI: \_\_\_\_\_ %

Vision:  Passed  Referred

Hearing:  Passed  Referred

## EXERCISE

Help your teen to develop healthy habits of regular exercise. Organized sports are an excellent way to exercise. However, we also recommend exercise that your teen can continue into adulthood like jogging, biking, swimming, aerobics or working out. Emphasize stretching out and good hydration.

## SCHOOL / DEVELOPMENT

Teens are often influenced by others in addition to their parents. It can be a benefit to establish additional adults as role models in their lives, especially in single parent homes. Teens near college-age are especially looking for guidance in their career and life plans. Support them in developing goals and vision for their futures.

Be available to listen to your teen whenever he/she opens up, offering sound advice and being careful to avoid sharp, critical comments. Encourage friendships with other teens that share your values. Teens need to feel unconditional love from their parents, and they need to feel believed in. Praise them when appropriate and avoid speaking negatively of them in front of them. They embarrass and get offended easily.

Dating and abstinence/safe sex issues should be discussed openly with your teen. Many teens enjoy group dating, which is safer and less serious. Please see the Teen Section of our website for more information.

**Please see the Teen Section of our website for more information.  
Next visit in one year**

## **The Carithers Pediatric Group**

### **Policy for Transition to Adult Care**

The Carithers Pediatric Group is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves working with youth, beginning at ages 16 to 17, and their families to prepare for the change from a “pediatric” model of care where parents make most decisions to an “adult” model of care where youth take full responsibility for decision-making. This means that we may spend time during the visit with the teen without the parent present in order to assist them in setting health priorities and supporting them in becoming more independent with their own health care.

At age 18, youth legally become adults. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with the young adult’s consent will we be able to discuss any personal health information with family members. If the youth has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making. We will collaborate with youth and families regarding the age for transferring to an adult provider and require that this transfer occur by the 22<sup>nd</sup> birthday. (There may be some occasions where it is in the best interest of the patient to transfer earlier, should he/she need adult subspecialists and experts in adult medicine.) We will assist with this transfer process, including helping to identify an adult provider, sending medical records, and communicating with the adult provider about the unique needs of our patients.

During this time of emerging adulthood, it is especially important that they keep up with annual check-ups for the best quality care, addressing their changing needs.

As always, if you have any questions or concerns, please feel free to contact us.