



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Adolescent and Young Adult Health Risk Behavior Assessment](#)

Released: September 2018

This alert provides a summary of **only** recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

SCREEN: Use a developmentally appropriate screening tool to identify risk of the leading causes of adolescent morbidity and mortality

At least annually, use a brief, validated screening tool in all health care settings, and assess the following categories:

1. **Interpersonal aggression and violence:** bullying, physical/sexual/psychological abuse, social media misuse.
2. **Preventable injury:** weapons, helmet and seatbelt use, sport/work-related risk driving while distracted.
3. **Substance use:** cigarettes, e-cigarettes, other forms of tobacco, alcohol, marijuana, prescription/non-prescription drug use, inhalants, other drugs, use prior to sex, driving under the influence (CRAFFT).
4. **Sexual behaviors and identity:** sexual orientation, gender identity and expression, sexual activity/involvement, past pregnancy and STI, contraception use, and safer sex practices.
5. **Nutrition, physical activity and sleep:** energy drink/soda/caffeine intake; fruits/vegetables; dieting behaviors, eating disorder; fast/junk food intake; exercise 60 minutes 3 or more days/week, screen time < 2hours/day, sleep hygiene.
6. **Social determinants of health**
7. **Adverse childhood events**
8. **Behavioral health disorders:** depression, self-harm, suicidal ideation/behaviors (PHQ-2, PHQ-9, PHQ-9M), anxiety (GAD2, GAD7).
9. **Human Trafficking:** observe signs for human trafficking.
10. **Protective factors:** supportive trustworthy adult, future goals, school/community connectedness, peer influence, patient readiness to make behavior changes, resilience resources, and coping mechanisms.

ENGAGE: Recommend interventions to reduce risk

Assist patients in reducing their risk(s).

- Employ motivational interviewing to:
- Encourage safer choices and behaviors. Discuss protective factors, safety plans, and multiple options to reduce risk (e.g., How can we work together to keep you safe and healthy?)

Arrange follow-up testing, counseling, or referrals. Frequency of follow-up is based upon risk behaviors identified and risk reduction plans created.

- Discuss and determine resources for social and emotional support.
- Use a primary care provider, family planning clinic, local health department, dietitian, mental health provider, substance abuse treatment center, or sexual and/or domestic assault services provider, when needed.

EMPOWER:

Emphasize ownership of health behaviors, and offer support making their own health decisions. Encourage positive communication among supportive, trustworthy friends and/or family members to foster strong relationships and reduce risk.