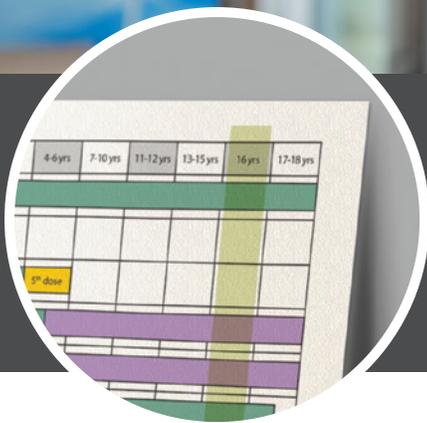


# The Importance and Potential of the 16-Year-Old Immunization Visit

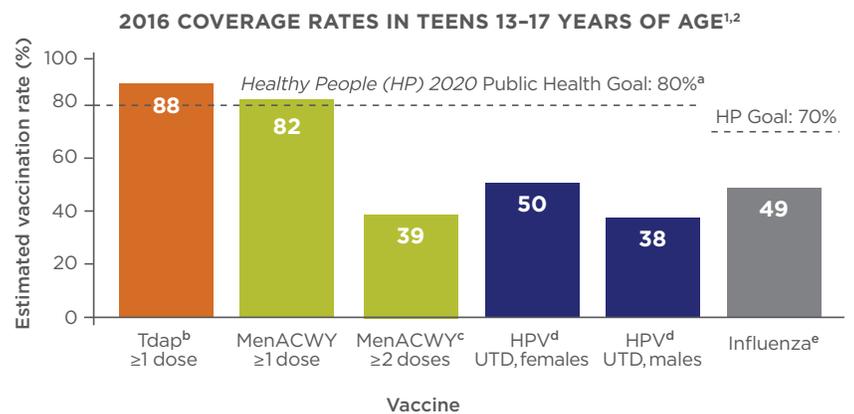


In 2017, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC) created a separate column for age 16 years on its immunization schedule, thus identifying the 16-year-old vaccination visit as a standard of care and highlighting the need to improve immunization rates for a number of adolescent vaccines.

## MILLIONS OF TEENS ARE UNDERPROTECTED AGAINST VACCINE-PREVENTABLE DISEASES

### The flip side of the 2016 data:

- **61%** of eligible 17-year-olds have **NOT been vaccinated** with a **second dose of quadrivalent meningococcal conjugate vaccine (MenACWY)**, despite the fact that this dose has been recommended for 16-year-olds since 2010.
- Among teens 13–17 years of age, **50% of females** and **62% of males need catch-up** immunization with 1 or more doses of **human papillomavirus (HPV) vaccine**.
- More than half—**51%**—of adolescents 13–17 years of age were **NOT vaccinated** with **influenza vaccine** during the 2016–2017 flu season.



<sup>a</sup>No HP goal has been established for 2 doses of MenACWY; <sup>b</sup>Tdap = Tetanus, diphtheria, and acellular pertussis; <sup>c</sup>second-dose rate is based on 17-year-olds; <sup>d</sup>HPV up-to-date (UTD) rate for series completion; <sup>e</sup>2016–2017 influenza season.

## PERFORMANCE VS PERCEPTION: A CHALLENGE TO IMPROVING RATES

- Studies show that health care providers tend to *overestimate* their practice's immunization rates.<sup>3</sup>

 **STOP AND MEASURE** the practice's current vaccination rates for adolescent patients

## The full potential of the 16-year-old visit

A routine immunization visit, or “platform,” for 16-year-olds can not only reduce vulnerability to serious vaccine-preventable diseases through both **on-time and catch-up vaccinations**; it can also **improve overall well-being** by allowing an opportunity to:



Continue to provide vital preventive services, including psychosocial counseling on such issues as substance abuse avoidance, safe driving, and safe sexual behaviors.



Help instill a preventive care mindset in an age group whose members typically come to the medical office for reasons other than well care.



Prepare teenagers to transition from pediatric to adult care, empowering them to take ownership of their health, including vaccinations.

## Key Elements of the 16-Year-Old Immunization Visit, as described by the Adolescent Immunization Initiative<sup>a</sup>

### Proactive approach

- Measure adolescent immunization rates and set goals for improvement
- Identify and reach out to vaccine-eligible adolescent patients (eg, remind and recall)
- Adopt a team approach and a routine vaccination workflow (eg, use standing orders)
- Capitalize on patient encounters (eg, check immunization status at every visit)
- Foster a culture of prevention (eg, schedule annual preventive health visits for all teens)
- Educate families about the milestone 16-year-old visit well in advance

### Well-care services with immunizations as a priority

- Review vaccines and administer as appropriate: MenACWY, meningococcal B, influenza, catch-up (eg, HPV and Tdap vaccines), vaccinations for high-risk conditions
- Perform annual screenings and physical examination (eg, sexually transmitted infections, obesity)
- Provide psychosocial assessment and counseling (eg, depression, sexual health, safe driving, drugs, alcohol, tobacco, vaping, nutrition, exercise, sleep)

### Preparation for transition to young adulthood

- Educate teens about the importance of preventive care throughout life
- Empower teens to play a greater role in their own wellness, including following immunization recommendations
- Provide practical information, such as self-care management (eg, give the patient a copy of his or her care plan)

## TAKE ACTION

- **Take a proactive approach** to implementing the 16-year-old visit. Start by measuring immunization rates.
- **Spread the word**—16 years is a milestone age for immunizations and other preventive services.

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## RESOURCES

- **American Academy of Family Physicians (AAFP) Foundation**  
Highlight on VACCINATIONS 4 TEENS Resource Library  
[www.aafpfoundation.org/vaccinations4teens](http://www.aafpfoundation.org/vaccinations4teens)
- **Society for Adolescent Health and Medicine (SAHM)**  
Position Statement: Establishing an Immunization Platform for 16-Year-Olds in the United States  
<https://bit.ly/2lVg5Sq>
- **National Foundation for Infectious Diseases (NFID)**  
[www.adolescentvaccination.org](http://www.adolescentvaccination.org)
- **Immunization Action Coalition (IAC)**  
Adolescent Immunization Update and the 16-Year-Old Platform  
[www.immunize.org/webinars/atkinson2](http://www.immunize.org/webinars/atkinson2)  
MenACWY: You're Not Done If You Give Just One; Give 2 Doses to Strengthen Protection  
[www.Give2MenACWY.org](http://www.Give2MenACWY.org)
- **Centers for Disease Control and Prevention (CDC)**  
Preteen and Teen Vaccine Resources  
<https://www.cdc.gov/vaccines/parents/resources/teen.html>

**References:** 1. Centers for Disease Control and Prevention (CDC). National, regional, state, and selected local area vaccination coverage among adolescents aged 13-17 years—United States, 2016. *MMWR*. 2017;66(33):874-882. 2. CDC. Flu vaccination coverage, United States, 2016-17 influenza season. <https://www.cdc.gov/flu/fluview/coverage-1617estimates.htm>. Accessed April 2, 2018. 3. CDC. Immunization strategies for healthcare practices and providers. In: *Epidemiology and Prevention of Vaccine-Preventable Diseases*. Hamborsky J, Kroger A, Wolfe S, eds. 13th edition. Washington, DC: Public Health Foundation, 2015:33-46.



<sup>a</sup>The Adolescent Immunization Initiative (AI<sup>2</sup>) is a multidisciplinary group of experts in adolescent health and immunization, assembled under the sponsorship of Sanofi Pasteur, whose mission is to collaborate with stakeholders to establish an immunization platform at 16 years of age.