

Staying Healthy Assessment

12 – 17 Years

Name (first & last)		Date of Birth		<input type="checkbox"/> Female <input type="checkbox"/> Male	Today's Date	Grade in School:
Person Completing Form			<input type="checkbox"/> Parent	<input type="checkbox"/> Relative	<input type="checkbox"/> Friend	<input type="checkbox"/> Guardian
			<input type="checkbox"/> Other (Specify)			School Attendance Regular? <input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Please answer all the questions on this form as best you can. Circle "Skip" if you do not know an answer or do not wish to answer. Be sure to talk to the doctor if you have questions about anything on this form. Your answers will be protected as part of your medical record.</p>						Need Interpreter? <input type="checkbox"/> Yes <input type="checkbox"/> No
						<i>Clinic Use Only:</i>
						Nutrition
1	Do you drink or eat 3 servings of calcium-rich foods daily, such as milk, cheese, yogurt, soy milk, or tofu?	Yes	No	Skip		
2	Do you eat fruits and vegetables at least 2 times per day?	Yes	No	Skip		
3	Do you eat high fat foods, such as fried foods, chips, ice cream, or pizza more than once per week?	No	Yes	Skip		
4	Do you drink more than 12 oz. (1 soda can) per day of juice drink, sports drink, energy drink, or sweetened coffee drink?	No	Yes	Skip		
						Physical Activity
5	Do you exercise or play sports most days of the week?	Yes	No	Skip		
6	Are you concerned about your weight?	No	Yes	Skip		
7	Do you watch TV or play video games less than 2 hours per day?	Yes	No	Skip		
						Safety
8	Does your home have a working smoke detector?	Yes	No	Skip		
9	Does your home have the phone number of the Poison Control Center (800-222-1222) posted by your phone?	Yes	No	Skip		
10	Do you always wear a seatbelt when riding in a car?	Yes	No	Skip		
11	Do you spend time in a home where a gun is kept?	No	Yes	Skip		
12	Do you spend time with anyone who carries a gun, knife, or other weapon?	No	Yes	Skip		
13	Do you always wear a helmet when riding a bike, skateboard, or scooter?	Yes	No	Skip		
14	Have you ever witnessed abuse or violence?	No	Yes	Skip		
15	Have you been hit, slapped, kicked, or physically hurt by someone (or have you hurt someone) in the past year?	No	Yes	Skip		
16	Have you ever been bullied or felt unsafe at school or in your neighborhood (or been cyber-bullied)?	No	Yes	Skip		
						Dental Health
17	Do you brush and floss your teeth daily?	Yes	No	Skip		
						Mental Health
18	Do you often feel sad, down, or hopeless?	No	Yes	Skip		
						Alcohol, Tobacco, Drug Use
19	Do you spend time with anyone who smokes?	No	Yes	Skip		
20	Do you smoke cigarettes or chew tobacco?	No	Yes	Skip		
21	Do you use or sniff any substance to get high, such as marijuana, cocaine, crack, Methamphetamine (meth), ecstasy, etc.?	No	Yes	Skip		

NAME: _____ DOB: _____

22	Do you use medicines not prescribed for you?	No	Yes	Skip	
23	Do you drink alcohol once a week or more?	No	Yes	Skip	
24	If you drink alcohol, do you drink enough to get drunk or pass out?	No	Yes	Skip	
25	Do you have friends or family members who have a problem with drugs or alcohol?	No	Yes	Skip	
26	Do you drive a car after drinking, or ride in a car driven by someone who has been drinking or using drugs?	No	Yes	Skip	
Your answers about sex and family planning cannot be shared with anyone, including your parents, without your permission.					
27	Have you ever been forced or pressured to have sex?	No	Yes	Skip	Sexual Issues
28	Have you ever had sex (oral, vaginal, or anal)? <i>If no, skip to question 35.</i>	No	Yes	Skip	
29	Do you think you or your partner could have a sexually transmitted infection (STI), such as Chlamydia, Gonorrhea, genital warts, etc.?	No	Yes	Skip	
30	Have you or your partner(s) had sex with other people in the past year?	No	Yes	Skip	
31	Have you or your partner(s) had sex without using birth control in the past year?	No	Yes	Skip	
32	The last time you had sex, did you use birth control?	Yes	No	Skip	
33	Have you or your partner(s) had sex without a condom in the past year?	No	Yes	Skip	
34	Did you or your partner use a condom the last time you had sex?	Yes	No	Skip	
35	Do you have concerns about liking someone of the same sex?	No	Yes	Skip	
36	Do you have any other questions or concerns about your health?	Yes	No	Skip	

If yes, please describe:

Clinic Use Only	Counseled	Referred	Anticipatory Guidance	Follow-up Ordered	Comments:
<input type="checkbox"/> Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Dental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Mental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Alcohol, Tobacco, Drug Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Sexual Issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
					<input type="checkbox"/> Patient Declined the SHA
PCP's Signature: _____		Print Name: _____		Date: _____	
SHA ANNUAL REVIEW					
PCP's Signature: _____		Print Name: _____		Date: _____	
PCP's Signature: _____		Print Name: _____		Date: _____	
PCP's Signature: _____		Print Name: _____		Date: _____	
PCP's Signature: _____		Print Name: _____		Date: _____	