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### **16 – 18-year Exam**

WEIGHT: \_\_\_\_\_ LBS. \_\_\_\_\_ %

LENGTH: \_\_\_\_\_ IN. \_\_\_\_\_ %

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

### **BMI:**

Body Mass Index (BMI) is a number calculated from a person's weight and height. It is used to assess if excess weight is a health risk and whether further healthcare interventions are necessary. As parents and caregivers, it is our job to teach children a healthy lifestyle. One way to encourage that is to follow the

“5210 program.”

- 5: Eat 5 servings of fruits and veggies everyday
- 2: Limit your child's recreational screen time to less than 2 hours each day
- 1: Encourage at least 1 hour or more of physical activity each day
- 0: No sugar drinks. Encourage that your child limits his fluid intake to water and low-fat milk.

For more resources: [letsgo.org](http://letsgo.org), [choosemyplate.gov](http://choosemyplate.gov), [letsmove.gov](http://letsmove.gov)

### **NUTRITION:**

Your goal for milk intake is 16 ounces (2 cups) per day. The American Academy of Pediatrics and the Institute of Medicine recommend a daily intake of at least 600 IU of Vitamin D for everyone over age 1. This may be accomplished by offering a children's multivitamin that offers 400-600 IU of vitamin D per serving once a day in addition to the daily milk intake. Your child should also aim for a goal of at least 1200 mg of calcium each day. Encourage calcium rich foods or a calcium supplement.

### **DEVELOPMENT:**

Continue to keep an open, nonjudgmental line of communication between you and your teen regarding all those difficult topics: sex, dating, drugs, alcohol, tobacco. Be on the alert for sudden changes in mood, school performance, relationships with family/peers.

### **PARENTING A TEENAGER:**

Choose your battle carefully, be available to your teen, establish interactions with your teen's friends and their parents. Let your teen know that you are available in times of trouble without judgement. Use these times for education. Do not belittle their need for peer acceptance, but help them with self-confidence and decision making.

Take the time to talk to your teenager, even if their body language says they're not interested. Show them the same respect that you expect in return: make eye contact, don't interrupt, ask questions to elicit conversation, share your own experiences, and listen, listen, listen.

### **SCHOOL:**

This can be an extremely stressful time for a teenager. There is typically a great deal of pressure to start making decisions about the future. Grades are extremely important at this age. Your child may be preparing for college preparatory exams and choosing what to do beyond high school. Watch carefully for signs of stress in your teen, such as irritability, depression, and exhaustion. Extracurricular activities can be good for the resume and even boost school performance and self-confidence. Although, too many may be counterproductive. Reward the achievements that your teen accomplishes and help them make a plan for those areas where he/she might be struggling.

### **WORK:**

About half of all high school students have some kind of a part-time job. Before your teen considers this, make sure that he/she is fulfilling his/her goals at home and at school. The Child Labor Coalition of the National Consumers League suggests these guidelines: No more than 4 hours per day and 20 hours per week during the school year, no more than 8 hours per day and 40 hours per week during the summer, no working before 7 am or after 10 pm.

### **IMMUNIZATIONS:**

Menveo #2 (Meningococcal vaccine groups A, C, Y, W-135). After the age of 16, your teenager should have completed all of the childhood immunizations. Optional vaccines to consider if not already done: Flu vaccine, HPV vaccine, Meningococcal group B vaccine (Bexsoro)