

Health History and Social Determinants of Health

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

C&TC Requirements

General

Obtain a *comprehensive* health history according to medical standards for all new C&TC patients to help guide primary care services and referrals.

Collect an *interim* history at each subsequent C&TC visit to identify any new or previously undetected issues that may impact the child's health and development.

Personnel

The health history can be completed by the parent/guardian or collected by a medical assistant or other trained staff using a health history form.

Review and interpretation of the health history should be completed by a licensed health care provider: physician, nurse practitioner, physician assistant, or a registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

Documentation

Documentation must include personal and family health history and social determinants of health (SDH), and related referrals or follow-up, as appropriate. No specific tool or set of questions is required.

For documentation examples, refer to the [C&TC Documentation Forms for Providers and Clinics \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us).

Procedure

Health history includes, but is not limited to:

- Complete medical and family history
- Child in foster care or out-of-home placement
- Medications (prescription and non-prescription) and supplements
- Identification of mental health needs or risks and history of trauma
- Information on sexual development and maturation
- Risk of exposure to lead, tuberculosis, and sexually transmitted infections (STI)
- Nutritional intake
- Chemical use, abuse, and risks
- Social determinants of health
- Child, adolescent, family protective factors

These topics are covered in this and other separate [C&TC fact sheets \(www.health.state.mn.us\)](http://www.health.state.mn.us).

Adolescences and Young Adults

As early as age 11, providers should spend one-on-one time with adolescents to address questions or concerns the patient may have and to provide accurate and complete information on risks and recommendations for prevention.

To respect the adolescent's need for privacy and confidentiality, parents can be asked to step out of the room for a brief period of time. The Centers for Disease Control and Prevention (CDC) offers a downloadable parent handout, [Teen Health Services and One-On-One Time with A Healthcare Provider - An Infobrief for Parents \(www.cdc.gov\)](http://www.cdc.gov).

Social Determinants of Health

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks (Healthy People 2030, 2021). The new [Bright Futures Guidelines \(www.brightfutures.aap.org\)](https://www.brightfutures.aap.org) identify a range of SDOH to consider, such as:

- Family and youth strengths and protective factors such as strong social supports, sources of concrete support in times of need, sense of community or spirituality, personal resilience
- Socioeconomic factors such as neighborhood safety, housing stability, food security, adequate employment, and access to transportation or other basic needs
- Factors affecting family functioning, such as domestic or neighborhood violence; family substance use disorder or mental health issues, parental incarceration, youth involvement in the juvenile justice system, or other Adverse Childhood Experiences (ACEs) that may affect parent or child well-being.

An example of a screening questionnaire for SDOH can be found here: [American Academy of Family Practice - Everyone Project: Social Needs Screening Tool \(aafp.org\)](https://www.aafp.org/afp/2017/0201/periodicity_schedule.pdf)

Professional Recommendations

American Academy of Pediatrics

A health history is part of every preventive health visit from birth through 21 years of age (American Academy of Pediatrics, 2017).

Guidelines on out of home placement care follow [American Academy of Pediatrics Healthy Foster Care America \(www.aap.org\)](https://www.aap.org).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards \(www.dhs.state.mn.us\)](https://www.dhs.state.mn.us)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us\)](https://www.dhs.state.mn.us)
- [Resources for Minnesota Families with Children \(www.dhs.state.mn.us\)](https://www.dhs.state.mn.us)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us\)](https://www.health.state.mn.us)

References

American Academy of Pediatrics. (2017, February). *Recommendations for Preventive Pediatric Health Care*. Retrieved from Bright Futures/American Academy of Pediatrics: https://www.aap.org/en-us/Documents/periodicity_schedule.pdf

Healthy People 2030. (2021). *Social Determinants of Health*. Retrieved from Healthy People 2030: <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>

For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3760 or email health.childteencheckups@state.mn.us.

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