POLICY STATEMENT
Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

American Academy of Pediatrics
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2016 Recommendations for Preventive Pediatric Health Care
COMMITTEE ON PRACTICE AND AMBULATORY MEDICINE and BRIGHT FUTURES PERIODICITY SCHEDULE WORKGROUP

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FROM THE AMERICAN ACADEMY OF PEDIATRICS
## Recommendations for Preventive Pediatric Health Care

The American Academy of Pediatrics (AAP) and Bright Futures recommend these guidelines as a core component of care for all children. These guidelines provide recommendations for preventive health care in a coordinated and systematic manner to ensure that children receive comprehensive, age-appropriate care. The recommendations are intended to support providers in delivering high-quality, evidence-based care to all children, including those with special needs and those living in underserved communities.

### Key Points
- **Reimbursement:** The AAP encourages providers to consider the clinical utility of the recommendations when seeking reimbursement for services.
- **Evidence:** The evidence base for these recommendations is robust and up-to-date, with a focus on the latest research and practice guidelines.
- **Flexibility:** The recommendations are flexible and can be adapted to meet the needs of individual children and their families.

### Key Recommendations
1. **Nutrition:** Promote healthy eating habits and regular physical activity throughout childhood.
2. **Immunization:** Ensure children are up-to-date with vaccines to prevent vaccine-preventable diseases.
3. **Screening:** Conduct regular screening for common childhood conditions, including vision, hearing, and dental health.
4. **Parental Support:** Support parents in creating a safe and nurturing environment for their children.

### Appendices
- The appendices provide additional resources and tools for providers, including references and links to current guidelines.
- The recommendations are updated regularly to reflect the latest research and clinical practice.

### References
- The recommendations are supported by a comprehensive list of references and resources.

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### Table: Preventive Care Guidelines

<table>
<thead>
<tr>
<th>Age Group</th>
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1. A key aspect of care for the first three years of life is the promotion of healthy eating habits and regular physical activity, which is crucial for long-term health.
2. Immunization is a critical component of preventive care, protecting children against vaccine-preventable diseases.
3. Regular health screenings are essential for early detection and intervention for common childhood conditions, such as vision, hearing, and dental health.
4. Parental support is vital for the development and well-being of children, and providers should actively support parents in creating a safe and nurturing environment.

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**Note:** The recommendations are updated regularly to reflect the latest research and clinical practice. Providers are encouraged to consult the most current guidelines available.

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**Key:**
- 'Q' = to be performed
- 'R' = risk assessment to be performed with appropriate action to follow, if positive
- 'S' = within a range during which a service may be provided

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**Appendix:**
- The appendix provides additional resources and tools for providers, including references and links to current guidelines.

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**References:**
- The references are comprehensive and up-to-date, providing a solid foundation for the recommendations.
- The recommendations are supported by a comprehensive list of references and resources.

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**Updated:**
- The recommendations are updated regularly to reflect the latest research and clinical practice.
- Providers are encouraged to consult the most current guidelines available.

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**Contact:**
- For further information, please contact the American Academy of Pediatrics at (800) 438-2345.
Summary of changes made to the
Bright Futures/AAP Recommendations for Preventive Pediatric Health Care
(Periodicity Schedule)

This Schedule reflects changes approved in October 2015 and published in January 2016. For updates, visit www.aap.org/periodicityschedule.

Changes made October 2015

- **Vision Screening:** The routine screening at age 18 has been changed to a risk assessment.
- Footnote 7 has been updated to read, “A visual acuity screen is recommended at ages 4 and 5 years, as well as in cooperative 3 year olds. Instrument-based screening may be used to assess risk at ages 12 and 24 months, in addition to the well visits at 3 through 5 years of age. See 2016 AAP statement, “Visual System Assessment in Infants, Children, and Young Adults by Pediatricians” (www.pediatrics.org/cgi/content/full/137/1/e20153596) and “Procedures for the Evaluation of the Visual System by Pediatricians” (www.pediatrics.org/cgi/content/full/137/1/e20153597).

Changes made May 2015

- **Oral Health:** A subheading has been added for fluoride varnish, with a recommendation from 6 months through 5 years.
- Footnote 25 wording has been edited and also includes reference to the 2014 clinical report, “Fluoride Use in Caries Prevention in the Primary Care Setting” (http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2014-1699) and 2014 policy statement, “Maintaining and Improving the Oral Health of Young Children” (http://pediatrics.aappublications.org/content/134/5/1124.full).
- Footnote 26 has been added to the new fluoride varnish subheading. See USPSTF recommendations (http://www.uspreventiveservicestaskforce.org/uspstf/uspreventivestack.htm). Once teeth are present, fluoride varnish may be applied to all children every 3 to 6 months in the primary care or dental office. Indications for fluoride use are noted in the 2014 AAP clinical report “Fluoride Use in Caries Prevention in the Primary Care Setting” (http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2014-1699).

Changes made March 2014

- **Changes to Developmental/Behavioral Assessment**
- Alcohol and Drug Use Assessment—Information regarding a recommended screening tool (CRADFT) was added.
- **Depression:** Screening for depression at ages 11 through 21 has been added, along with suggested screening tools.

Changes to Procedures

- **Dyslipidemia screening:** An additional screening between 9 and 11 years of age has been added. The reference has been updated to the AAP-endorsed National Heart Blood and Lung Institute policy (http://www.nhlbi.nih.gov/guidelines/cvd_ped/index.htm).
- **Hematoctrit or hemoglobin:** A risk assessment has been added at 15 and 30 months. The reference has been updated to the current AAP policy (http://pediatrics.aappublications.org/content/126/5/1040.full).
- **STI/HIV screening:** A screen for HIV has been added between 16 and 18 years. Information on screening adolescents for HIV has been added in the footnotes. STI screening now references recommendations made in the AAP Red Book. This category was previously titled “STI Screening.”
- **Cervical dysplasia:** Adolescents should no longer be routinely screened for cervical dysplasia until age 21. Indications for pelvic examinations before age 21 are noted in the 2010 AAP statement “Gynecologic Examination for Adolescents in the Pediatric Office Setting” (http://pediatrics.aappublications.org/content/126/3/583.full).
- **Critical Congenital Heart Disease:** Screening for critical congenital heart disease using pulse oximetry should be performed in newborns, after 24 hours of age, before discharge from the hospital, per the 2011 AAP statement, “Endorsement of Health and Human Services Recommendation for Pulse Oximetry Screening for Critical Congenital Heart Disease” (http://pediatrics.aappublications.org/content/126/1/190.full).

See www.aap.org/periodicityschedule for additional updates made to footnotes and references in March 2014.
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The online version of this article, along with updated information and services, is located on the World Wide Web at:
http://pediatrics.aappublications.org/content/early/2015/12/07/peds.2015-3908.citation