

Implementing Evidence-Based Standard of Care to Adolescent/Young Adults Using Health Risk Assessments

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Background

- 45% of adolescent/young adults (AYA) are without primary care, therefore no HRA has been completed
- Increased rates of behavioral health risk, low use of PCP, leads to emerging or worsening chronic illnesses.
- College years can represent opportunities to help this population develop healthy lifestyle behaviors.
- Health risk behaviors: nutrition, activity, sexual health, anxiety, depression, substance use, safety, sleep, and tobacco/e-cigarette use.
- Community college students struggle more with poor health risk behaviors than 4-year college students

Purpose and Aims

Purpose: Implement a new standard of care in a Nurse-Managed Wellness Clinic

Aim 1: Establish and implement a new health risk assessment survey on 80% of all incoming allied health students Fall 2021

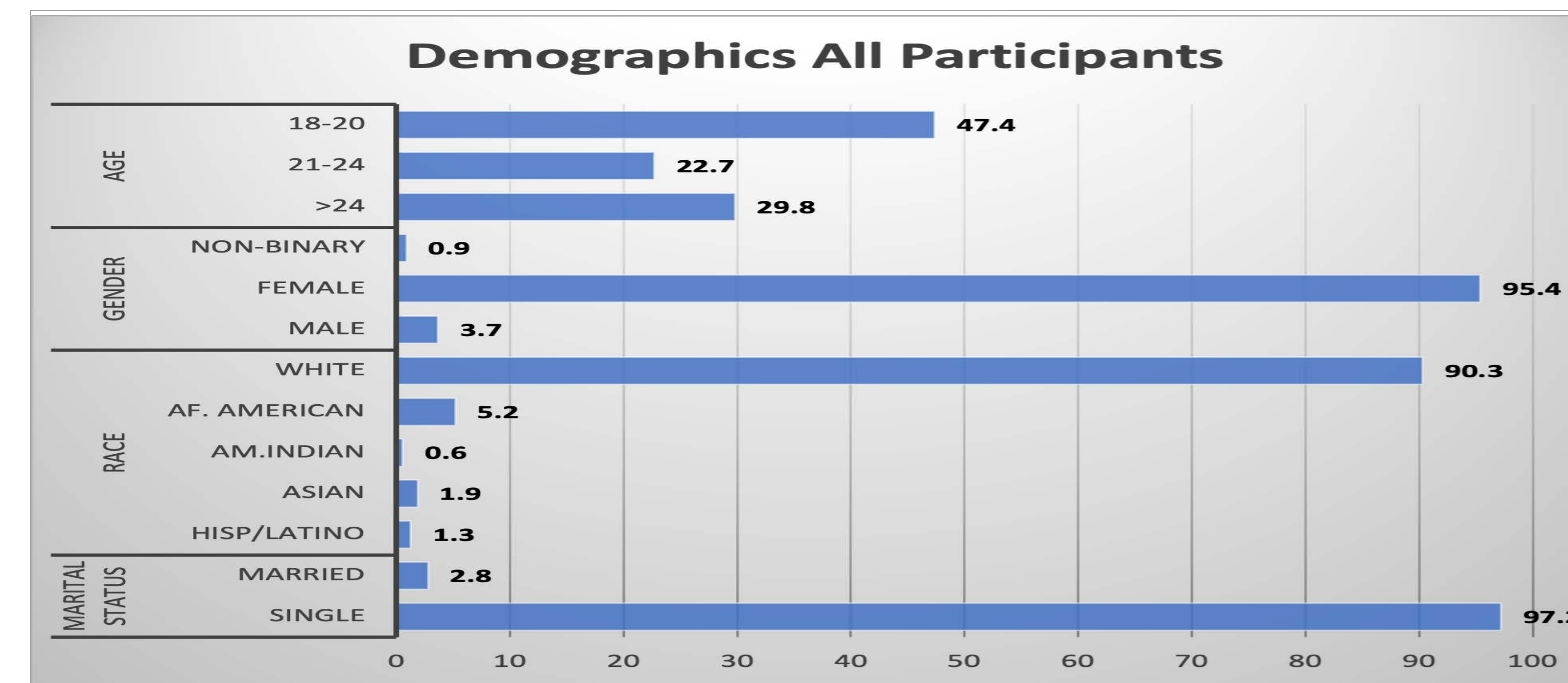
Aim 2: Determine the top three poor health risk behavior outcomes for this population using a health risk assessment survey

Methods

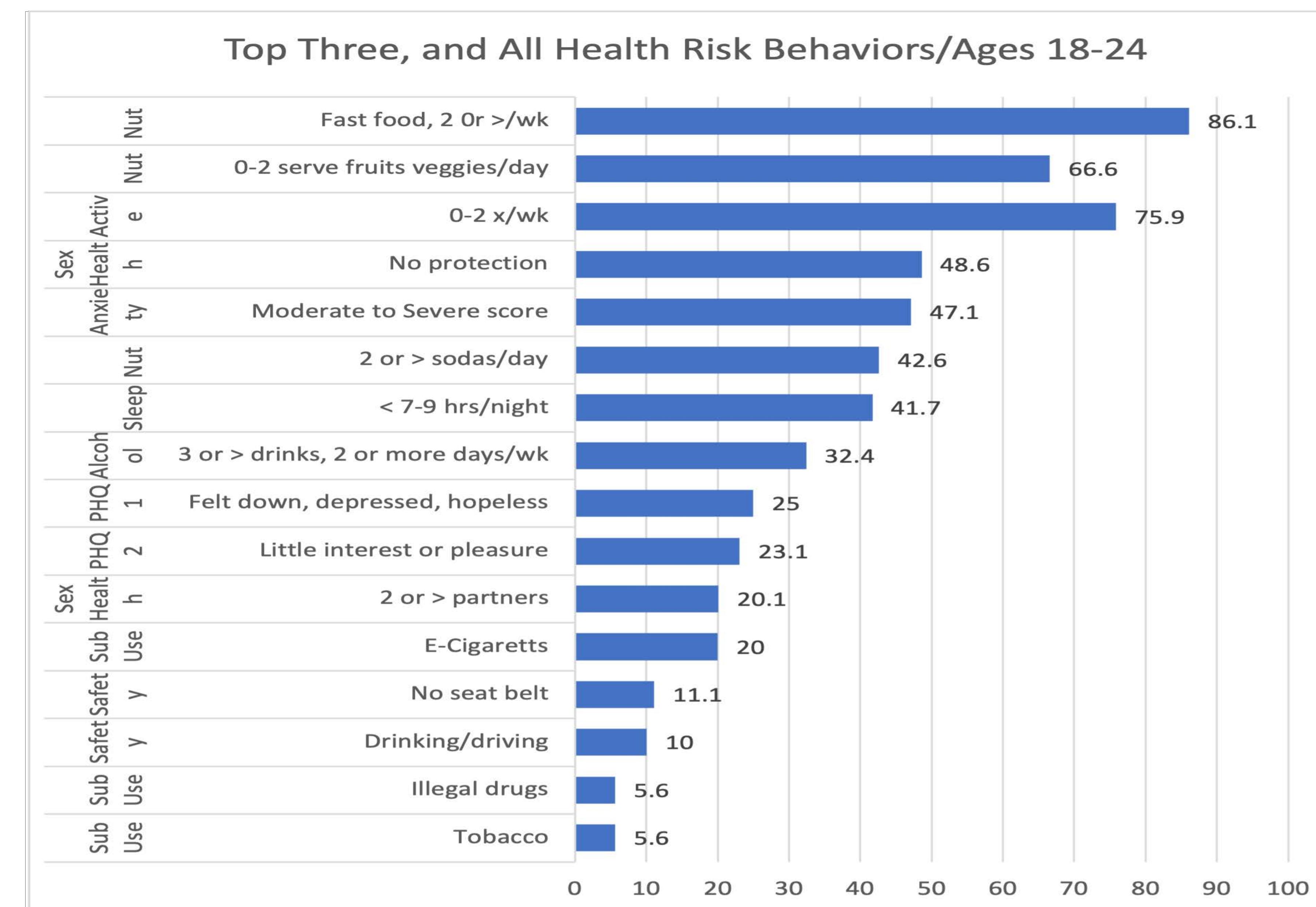
- 12-wk QI project for implementing a health risk assessment. College students ages 18-24
- Setting: Community College Wellness Clinic
- Sample Population: All Incoming AH students Fall 2021
- Intervention: Health risk behavior assessment



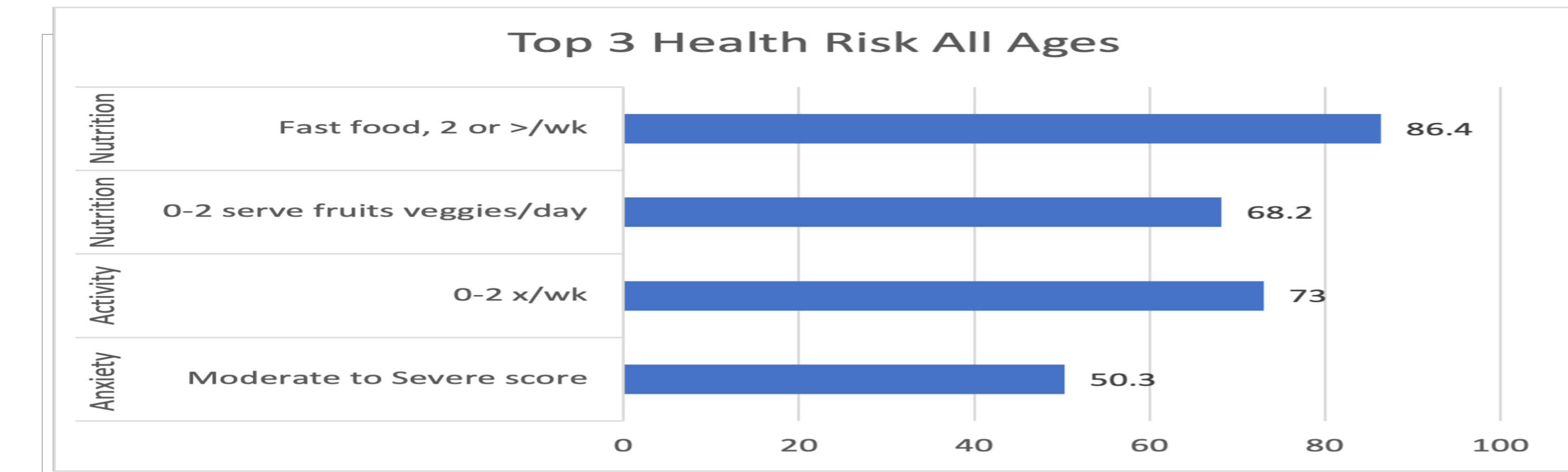
Results



Results



Top 3 Health Risk All Ages



Conclusions

- A college wellness clinic would be perfect to implement HRA on all college students and educate on risk behaviors.
- Great opportunity to educate and improve health habits in this population if you assess their health risk behaviors.
- Long term changes could be improved lifestyle leading to less chronic disease as this population ages.
- For college stakeholders this could improve retention and success of the college students

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