



**CDC Public Health Grand Rounds Presents:**

**“Adolescence: Preparing for Lifelong Health and Wellness”**

Tuesday, August 18, 2015

1:00 p.m. – 2:00 p.m., EDT

Auditorium A

Roybal Campus

Adolescence is a critical stage of development during which physical, intellectual, emotional, and psychological changes occur. While adolescence is a relatively healthy period of life, adolescents begin to make lifestyle choices and establish behaviors that affect both their current and future health. During this transition from childhood to adulthood, serious health and safety issues such as motor vehicle crashes, violence, substance use, and risky sexual behaviors can adversely affect adolescents and young adults. For instance, in 2013, over 1 in 5 reported current tobacco use, and among those sexually active, almost 2 out of 3 reported not using condoms regularly.

Parents have an important role in helping their adolescents stay healthy, but there are other influences on the choices adolescents make. Of the 42 million U.S. adolescents, age 10-19 years, 91% are enrolled in school, making schools and academic institutions an ideal place to foster lifelong healthy behaviors. Other community level interventions can also make the healthy choice the easy choice. Interventions that improve adolescent health care delivery are needed. Healthcare systems should continue to improve access to and use of clinical preventive services and provide opportunities for young patients to learn to manage their own health.

This session of Grand Rounds explores adolescent health, specifically how families, community organizations, schools, and government agencies can work together to encourage adolescents to avoid risk and adopt health-promoting behaviors.

**Presented By:**

**Stephanie Zaza, MD, MPH**

*Captain, U.S. Public Health Service*

*Director, Division of Adolescent and School Health*

*National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention, CDC*

**“Adolescents in the United States”**

**Patricia J. Dittus, PhD**

*Lead Behavioral Scientist, Social and Behavioral Research and Evaluation Branch*

*Division of STD Prevention*

*National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention, CDC*

**“Prevention for a Moving Target”**

**Shannon L. Michael, PhD, MPH**

*Health Scientist, School Health Branch*  
Division of Population Health  
National Center for Chronic Disease Prevention and Health Promotion, CDC  
**“Schools as a Venue for Promoting Health and Wellness”**

**Claire D. Brindis, DrPH**

*Professor of Pediatrics and Health Policy*  
*Director, Philip R. Lee Institute for Health Policy Studies*  
*Co-Project Director, Adolescent and Young Adult Health National Resource Center*  
University of California, San Francisco  
**“Health Care for Adolescents: How to Improve It”**

**Facilitated By:**

**John Iskander, MD, MPH, Scientific Director, Public Health Grand Rounds**  
**Phoebe Thorpe, MD, MPH, Deputy Scientific Director, Public Health Grand Rounds**  
**Susan Laird, MSN, RN, Communications Director, Public Health Grand Rounds**

**Continuing Education for Grand Rounds**

ALL Continuing Education hours for Public Health Grand Rounds (PHGR) are issued online through the [CDC/ATSDR Training and Continuing Education Online system](#). If you have questions, [e-mail](#) or call Learner Support at 1-800-418-7246 (1-800-41TRAIN).

Those who attend PHGR either in person, Envision, IPTV, or “web on demand” and who wish to receive continuing education must complete the online seminar evaluation. Thirty days from the initial seminar the course number will change to WD2346 and will be available for continuing education until February 18, 2016. The course code for PHGR is **PHGR10**.

Target Audience: Physicians, nurses, epidemiologists, pharmacists, veterinarians, certified health education specialists, laboratorians, others

**Objectives:**

1. List key measures of burden of disease involving morbidity, mortality, and/or cost.
2. Describe evidence-based preventive interventions and the status of their implementations.
3. Identify one key prevention science research gap.
4. Name one key indicator by which progress and meeting prevention goals is measured.

CE certificates can be printed from your computer immediately upon completion of your online evaluation. A cumulative transcript of all CDC/ATSDR CE’s obtained through the TCE Online System will be maintained for each user. We hope that this will assist CDC staff and other public health professionals to fulfill the requirements for their professional licenses and certificates.

**For Continuing Medical Education for Physicians (CME):**

The Centers for Disease Control and Prevention is accredited by the Accreditation Council for Continuing Medical Education (ACCME®) to provide continuing medical education for physicians.

The Centers for Disease Control and Prevention designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**For Continuing Nursing Education for Nurses (CNE):**

The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides 1.0 contact hours.

**For Continuing Education Contact Hours in Health Education (CECH):**

Sponsored by the *Centers for Disease Control and Prevention*, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive up to **1.0** Category I CECH in health education. CDC provider number **GA0082**.

**IACET Continuing Education Units (CEU):**

The CDC has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102. The CDC is authorized by IACET to offer **0.1** ANSI/IACET CEU's for this program.

**For Continuing Pharmacy Education (CPE):**



(For EV2346 (SC) - live course)

The Centers for Disease Control and Prevention is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is a designated event for pharmacists to receive 1.0 Contact Hours in pharmacy education. The Universal Activity Number is 0387-0000-15-081-L04-P.

(For WD2346 -Web on demand)

The Centers for Disease Control and Prevention is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is a designated event for pharmacists to receive 1.0 Contact Hours in pharmacy education. The Universal Activity Number is 0387-0000-15-081-H04-P.

Course Category: This activity has been designated as knowledge-based.

There is no cost for this program.

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