



Health Prevention Across The Lifespan—from Childhood to older Adulthood

Health prevention refers to measures like regular check ups that focus on preventative care. They include physical exams, screening tests to detect diseases early, vaccinations to prevent illness, dental cleanings, and education or counseling to support informed health decisions. Health prevention begins in early childhood—even from birth—and continues throughout the lifespan, supporting the wellbeing of all ages.

Children (5-10yrs old)

Vaccinations:

- Routine childhood vaccines (Hep B, IPV-polio, RSV, DTaP, MMR, Hib- Haemophilus Influenzae b, PCV, Rotavirus, chickenpox)
- Annual flu vaccination
- Covid-19 vaccination after discussion with healthcare provider

Health Checks:

- Annual physical exam including measurement of height, weight, BMI, Blood pressure
- Vision and hearing screening
- Dental check-up every 6 months
- Developmental Surveillance & Behavioral/Emotional/Social screening annually

Adolescence (11-19 yrs old)

Vaccinations:

- Remaining doses of the routine childhood vaccines
- Annual flu vaccination
- HPV vaccination (recommended at age of 11 or 12 years)
- Meningococcal vaccine (MenACWY, MenB)
- Covid-19 vaccination after discussion with the healthcare provider

Health Checks:

- Annual physical exam including measurement of height, weight, BMI, Blood pressure
- Vision and hearing screening
- Dental check-up every 6 months
- Developmental Surveillance & Behavioral/Emotional/Social screening annually
- STI(Sexually transmitted Infections) screening when sexually active





Health Prevention Across The Lifespan-From childhood to older adulthood

Adults (19-60 yrs old)

Vaccinations:

- Annual flu vaccination
- HPV (If not done in younger age)
- Tdap booster every 10yrs
- MMR (if there isn't a presumptive evidence of immunity)
- Pneumococcal and shingles vaccines in adults>50yrs old
- Updated Covid-19 vaccine
- Chicken pox vaccination (If not done in younger age or have never had chickenpox)

Screenings (Women)

- Breast cancer screening (mammogram)
 - Every year for average risk women>40yrs old
 - Every year for high risk women>30yrs old
- Cervical cancer screening (should begin at age 25)
 - HPV test and/or Pap test in women every 3-5yrs

Screenings (Men)

- Prostate Cancer screening (PSA blood test) from the age of 50 (average risk men) or 45 (high risk men)

Screening (Women & Men)

- Annual cardiovascular screening (Inc. lipid panel)
- Diabetes screening regularly
- Colorectal cancer screening:
 - For average risk people should start at age 45 until 75. Screening could include stool-based test every year or colonoscopy every 10yrs/sigmoidoscopy every 5yrs
 - For high risk people screening should start before the age 45, with specific tests and more often.
- Annually lung cancer screening (CT scan) from the age of 50 until 80

Adults> 60yrs old

Vaccinations:

- Annual flu vaccination
- Tdap booster every 10yrs
- Pneumococcal and shingles vaccines in adults>50yrs old
- Updated Covid-19 vaccine
- RSV vaccine

Screenings (Women)

- Breast cancer screening (mammogram) annually or every other year. The screening should continue until the women is in good health and is expected to live at least 10 more years
- Cervical cancer screening (HPV test and/or Pap test) until the age of 65
- Osteoporosis screening for women >65yrs old every 2yrs

Screenings (Men)

- Prostate Cancer screening (PSA blood test) from the age of 50(average risk men) or 45(high risk men)

Screening (Women & Men)

- Annual cardiovascular screening (Inc. lipid panel)
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Primary measures



Smoking ban



Vaccines



Healthy lifestyle campaigns



Secondary measures



Blood tests



Early screening/detection



Preventative medication

Tertiary measures



Disease management



Support groups



Rehabilitation programs



See more on our Website, Blackboard & Social Media
ACG Health & Wellness Center, A-Z Health Topics, Know the Facts

