



YOUNG ADULT (18+ YEARS)

NUTRITION & FITNESS

- ✓ Concentrate on FIT more than FAT. Some people are bigger than others but are healthy. Some thin people are unhealthy. People come in all shapes and sizes. The important issues are fitness, exercise and a healthy diet.
- ✓ Eat three nutritious meals a day skipping can cause you to do poorly at work or school and actually gain weight. Choose plenty of fruits,
- ✓ vegetables, whole grains, lean meats, and other sources of protein while limiting fast food, junk food, and sugar. Limit sugary drinks, soda, fruit juice, and caffeine.
- ✓ Stay hydrated – drink plenty of water (6 – 8 glasses/day), especially
- ✓ while exercising or in the sun.
- ✓ Eat/drink 3-4 servings of low-fat milk, yogurt or cheese per day (1200mg of calcium). If you don't get this much, take a calcium supplement (TUMS, Viactive).
- ✓ Exercise -- doing moderate to vigorous physical activity for 30-60 minutes at least three times a week. Talk with a health professional or fitness instructor about athletic conditioning, weight training, and weight gain or loss.

MEDIA USE

- ✓ Limit electronic entertainment to two hours per day. Make sure that it doesn't interfere with sleep, physical activity, work, school, social and family relationships etc.
- ✓ Stop using electronics at least 1 hour before going to bed, because they can make it harder to fall asleep. Keep your phone on silent while sleeping, and make sure you can't see the notification light.
- ✓ Protect your privacy online by marking social media accounts private
- ✓ so that only your friends can view them.

SAFETY

- ✓ Always wear a seat belt when driving or riding in the car. If you are
- ✓ driving, insist that your passengers wear seat belts.
- ✓ DON'T text and drive. Avoid distracted driving. NEVER drive under the influence of alcohol, marijuana or drugs, or get into a car with someone who is under the influence. Call a sober friend or Uber/Lyft if you need a

safe ride home.

- ✓ Music that is too loud can damage your hearing irreparably.
- ✓ Reduce your risk of skin cancer by applying sunscreen (SPF 15 or higher) every morning. Reapply after swimming or every 1 ½ hours. It is okay to use an insect repellent with up to 30% DEET.
- ✓ Do not use tanning beds, which increase early risk of skin cancer.
- ✓ Use protective gear when playing sports.
- ✓ Take time to sit out and heal following sports injuries. "Playing through" an injury often leads to delayed healing. For head injuries, ALWAYS wait for your health care provider's OK before returning to play. **PERSONAL**

ISSUES

- ✓ Try to get 8 hours of sleep every night. Lack of sleep can cause weight gain, makes you susceptible to illness, and reduces your performance. If school, friends, and activities are preventing you from getting enough sleep - you are doing too much.
- ✓ Choose friends who share your interests and values. Good friends respect others, obey the law, and help those in need. Talk with your family or a counselor if you are having trouble with relationships.
- ✓ Learn to recognize and handle stress. Set reasonable expectations for yourself and don't take on more than you can handle. If you often feel angry, nervous, or down - or want to hurt yourself - talk to a friend, your family, or your health care provider right away.
- ✓ When dating, look for a relationship based on respect and shared interests and values. Set time boundaries and maintain interests in outside activities your friends and family. A respectful relationship should not be controlling, manipulative or abusive.
- ✓ If you are sexually active, talk with your health care provider about protecting yourself from pregnancy and sexually transmitted diseases.
- ✓ There are NO safe recreational or synthetic drugs.

GOING AWAY TO COLLEGE?

- ✓ Be prepared to make the most out of your college experience, by planning ahead for your health care.
- ✓ Before you leave for college:
- ✓ Call us to schedule your annual well-care visit and make sure you are up-to-date on recommended vaccines. Get a copy of your immunization records sent to your college health center.
- ✓ Sign up for your MyChart patient portal at our reception desk. Through MyChart you can access your immunization records and prescription history while you are away at school.
- ✓ Talk to your health care provider about how to manage any ongoing medical conditions while you are away. Make sure you understand your diagnosis and how to treat it.
- ✓ If you are taking medication to treat a health or mental health condition, know the name of the medication, how is it taken, side effects etc. Transfer prescriptions to a pharmacy near campus.
- ✓ Pack a basic over-the-counter medicine and first aid kit for your dorm room. Don't combine medicines with same ingredients.
- ✓ Find out where you should go for health care while living at college. Where is the student health center? Where should you go if the health center is closed at night or on weekends? Where is the nearest hospital? Talk with your parents about your family's health insurance, and be sure to have a copy of your health insurance card.

Once you get to campus:

- ✓ If you have a chronic health condition, make sure your roommates, friends and resident advisor know about your health condition and what to do in an emergency. If your health condition is complex, talk with a health center staff member before classes start.

- ✓ Studies show that most college students don't use drugs and either don't drink, or do so in moderation. Excessive drinking can put you at a greater risk for accidents, fights, date rape, and sexual assault.
- ✓ Find out what campus resources are available to help you make the transition to college life. It's normal to have days when you feel sad, homesick, or a bit lost. If these feelings last for more than a week or so, or are interfering with your ability to study or enjoy college, contact the student health center or counseling center on campus for help.

SUICIDE PREVENTION

Suicide is NEVER the answer. If you or someone you know is considering suicide or experiencing an emotional crisis, seek immediate help from a trusted friend or family member or call 911. To reach the National Suicide Hotline call 800-273-TALK (8255), or 866-4-U-Trevor (866- 488-7386), or text 741741.

Next Visit

You need a well-care exam every year. To schedule your next visit, call our Patient Care Line at 303-699-6200.

TRANSITIONING TO ADULT HEALTH CARE

At 18 years of age, you have the legal right to make decisions regarding your health, and are the "owner" of your medical records. This means that without your written consent, your parents are no longer able to access your health records (or make appointments, request prescription refills or records etc.) with providers or insurance companies.

It is also time to start thinking about transitioning to an adult practice (and gynecologist if female) for your health care needs. Talk with your Advanced Pediatrics' provider about when the best time to transition to adult health care is based on your individual health needs.