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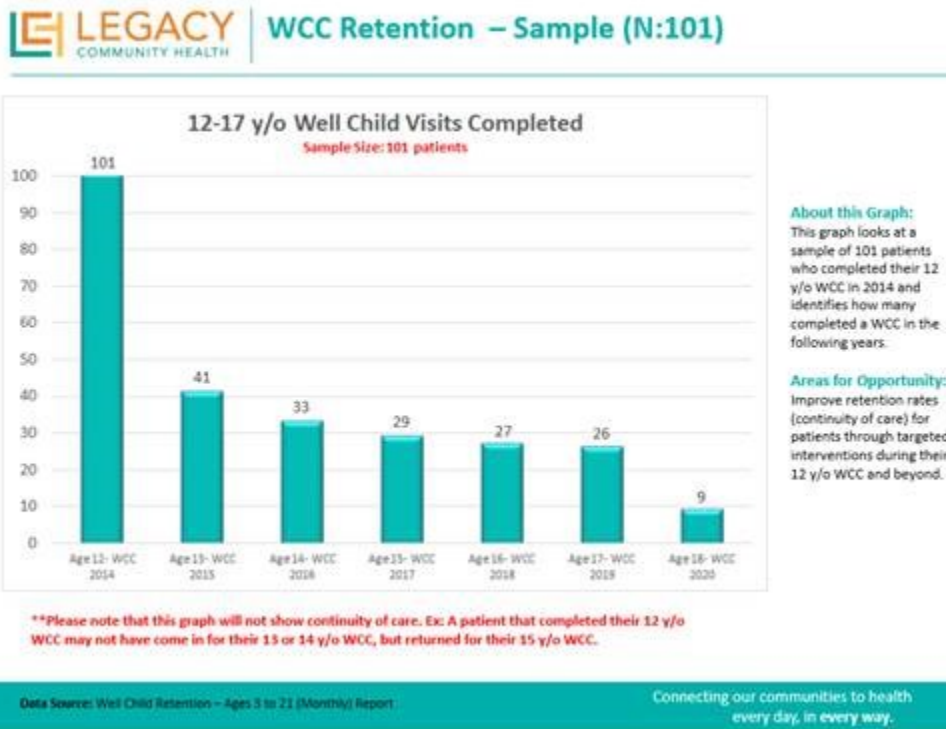
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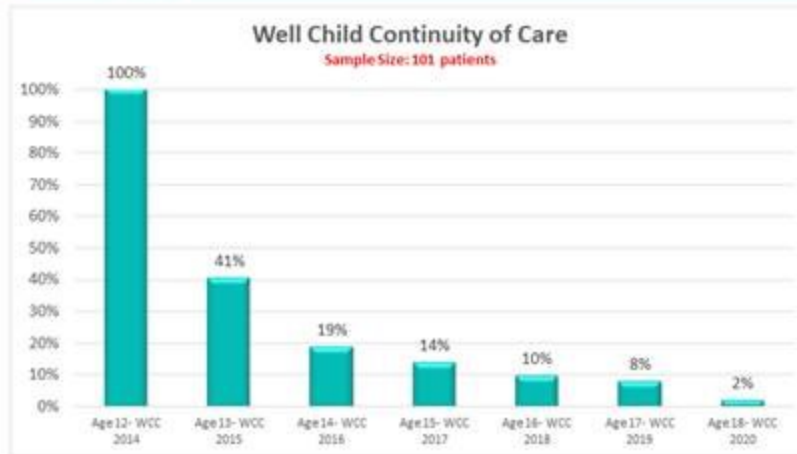
Data Shows Decline in Annual Checkups for Teens, Only 9% of 18 Year-Olds Getting Wellness Exams

TeenWell, Legacy Community Health’s New Program Engages, Educates Teens and Young Adults about Health Care

HOUSTON (May 6, 2021) – A local review of pediatric patient data at Legacy Community Health (“Legacy”) in the greater Houston area shows that as children age, they are less likely to receive routine preventative care. Legacy, one of the country’s largest federally-qualified health centers, is launching a new program called [TeenWell](#) that aims to fill this gap in care, while also engaging and retaining patients who have health care coverage.

Data collected by Legacy also reflects the decline in preventative care that happens during the adolescent years, a crucial period for growth and developments into adulthood.





This graph looks at a sample of 101 patients who completed their 12 y/o WCC in 2014 and the percentage of those patients who went on to complete all their remaining WCC's

**Please note that this graph shows continuity of care . Ex: Of the 41% of patients that completed their 13 y/o WCC, 19% of them also completed their 14 y/o WCC, and 14% of those completed their 15 y/o WCC, etc.

Data Source: Well Child Retention – Ages 3 to 21 (Monthly) Report

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- During the one-year period of summer 2019 to summer 2020, over 45,000 well child check-ups were conducted by Legacy for children between 0 and 35 months. However, only 4,100 check-ups were conducted for teenagers and young adults.
- Legacy also looked at a sample size of 101 patients between 2014 and 2020 and found 100% of 12-year-old children completed their annual well-child visits.
- This number then plummets drastically: the following year, only 41% (41 patients) of the now-13-year-olds completed their annual well-visits.
- The visits then decline consecutively. By 18 years old, only 2% had attended *all* of their well-child visits (see Well Child Continuity of Care graph).
- Overall, by age 18 there were only 9% from our sample who came in for a wellness exam.

“The teen and young adult years are generally healthy years of life, but they are also a critical period of development filled with distinctive and pivotal biological, cognitive, emotional, and social changes,” said [Dr. Tamisha Jones, Senior Medical Director of Clinical Affairs](#) at Legacy. “It’s important to develop healthy habits during these years to help reduce the risk of developing chronic diseases, like diabetes and heart disease in adulthood.”

According to the National Survey of Children’s Health, funded by the US Department of Health and Human Services, almost 31% of adolescents have 1 moderate to severe chronic illness, such as asthma or a mental health condition.

TeenWell, led by Dr. Jones, provides teens and young adults with the information and support they need to “own their health” in a way that is comfortable and nonjudgmental, tenets of care across all Legacy service lines. The TeenWell program promotes preventative health (e.g.,

annual exams, vaccinations, and screenings for health conditions), along with access to education and resources (e.g., teen website and specialty care). Just as important, it provides teens (and their parents) with a place to feel heard and supported. The goal is to raise health-literate teens into prepared adults.

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About Legacy Community Health

Legacy Community Health (Legacy) is a full-service network of community health clinics offering primary and specialty care in the Texas Gulf Coast region. Services include adult primary care, behavioral health services, community outreach, dental care, endocrinology, gender health, geriatrics, comprehensive HIV/AIDS care, nutrition and wellness, OB/GYN and maternity care, pediatrics, pharmacy, public health, school-based health, social services, and vision care. With more than 40 locations across Houston, Baytown, Deer Park, and Beaumont, Legacy is the largest Federally Qualified Health Center (FQHC) in Texas. Legacy has been a United Way-affiliated agency since 1990. To learn more, visit www.legacycommunityhealth.org.