



Physical Health

ACCESS TO HIGH-QUALITY, YOUTH-FRIENDLY
HEALTH CARE AND INFORMATION

Young people benefit from access to high-quality medical, dental, and mental health services and health information. They also benefit from health care providers who understand adolescent and young adult health and development.

Preventative care

Only 35% of Medicaid-enrolled youth ages 15-18 received **any health screening** in 2022.



Minnesota's adolescent well visit rate indicates **many teens do not get the care they need each year**. Promoting access to teen-friendly health care is one place to begin.

Only 69.6%

of Minnesota adolescents ages 12-17 had at least one **preventative visit** in 2022 and 2023.



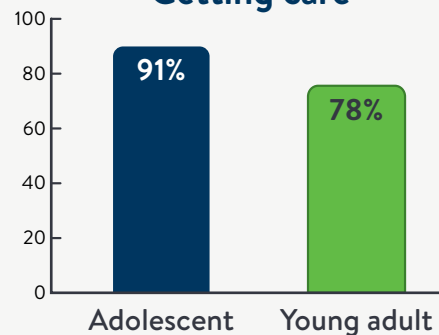
Minnesota youth have **higher immunization rates** compared to the national rate. However, compared to other recommended vaccines, Minnesota youth are least likely to get the cancer-preventing HPV vaccine.

Usual source of care

Young adults are less likely to **continue with a usual source of health care**.

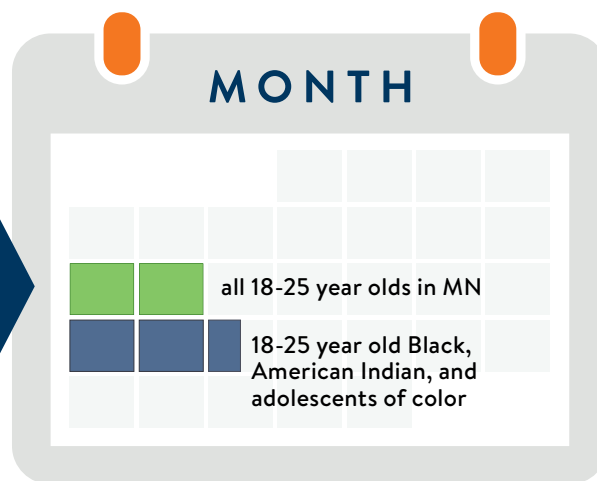
This could be due to moving to a new place for college or a job, not knowing how to find care with insurance, or not having support to navigate the health care system.

Getting care



Young people are physically healthy, but not all youth have equal supports to be healthy.

Of 18-25 year olds, Black, American Indian, and adolescents of color face more **unjust barriers** to the things everyone needs to be healthy. As a result, they reported 2.5 days a month of physically unhealthy days compared to 2 days a month for all young people this age.



For more information, read the complete [Adolescent Health Data Book](http://www.health.state.mn.us/people/adolescent/youth/databook.html) (www.health.state.mn.us/people/adolescent/youth/databook.html).

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