

Health History and Social Determinants of Health

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Health history guides primary care services and referrals and should be updated at each C&TC visit. The health history must include a review of social determinants of health (SDOH).

C&TC standards

General

A comprehensive health history according to medical standards is required for all new C&TC patients to help guide primary care services and referrals.

An interim history is required at subsequent C&TC visits to identify new or previously undetected concerns that may impact the child's health and development.

Personnel

The health history can be completed by the parent/guardian or collected by a medical assistant or other trained staff.

A licensed health care provider must review and interpret the health history: physician, nurse practitioner, physician assistant, or a registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health.

Documentation

Document personal and family health history, SDOH, and any related referrals or follow-up, as appropriate.

Refer to the [C&TC Provider Documentation Forms](#) for documentation examples or to use as a template with your electronic medical record.

Procedure

Health history includes but is not limited to:

- Complete medical and family history
- Foster care or out-of-home placement
- Medications (prescription and non-prescription) and supplements
- Identification of mental health needs or risks and history of trauma
- Sexual development and maturation
- Risk of exposure to lead, tuberculosis, and sexually transmitted infections
- Nutritional intake
- Substance use, abuse, and risks, including tobacco products
- Social history and SDOH: No specific tool or set of questions is required, however tools are available including tools that assess strengths, assets, and risks.

For suggested screening tools, refer to [Poverty and Child Health: Practice Tips](#) and [Social Needs Screening Tool](#).

One-to-one time

As early as age 11, providers should spend one-on-one time with adolescents to address their questions or concerns and to provide accurate and complete information about risks and prevention.

Parents can be asked to step out of the room briefly to respect the adolescent's need for privacy. The University of Minnesota Center for Healthy Youth Development offers a downloadable parent handout [Helping your teen navigate health care](#).

Professional recommendations

American Academy of Pediatrics

A health history is part of every preventive health visit from birth through 21 years, including screening for SDOH risk factors during patient encounters (American Academy of Pediatrics, 2025). Use a brief written screener or verbally ask about basic needs such as food, housing, and heat (AAP Council on Community Pediatrics, 2016).

Refer to [Foster Care Health Care Standards](#) for children and youth in foster care.

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)
- [Resources for Minnesota Families with Children](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)
- [Help Me Connect](#)

Other resources

- [Poverty and Child Health](#)

For more information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource links

- [C&TC Provider Documentation Forms \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources\)](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
- [Poverty and Child Health: Practice Tips \(https://www.aap.org/en/patient-care/poverty-and-child-health/poverty-and-child-health-practice-tips/\)](https://www.aap.org/en/patient-care/poverty-and-child-health/poverty-and-child-health-practice-tips/)
- [Social Needs Screening Tool \(https://www.aafp.org/dam/AAFP/documents/patient_care/everyone_project/hops19-physician-form-sdoh.pdf\)](https://www.aafp.org/dam/AAFP/documents/patient_care/everyone_project/hops19-physician-form-sdoh.pdf)
- [Helping your teen navigate health care \(https://chyd.umn.edu/sites/hyd.umn.edu/files/2024-05/talk_8_helping_your_teen_navigate_healthcare_2024.pdf\)](https://chyd.umn.edu/sites/hyd.umn.edu/files/2024-05/talk_8_helping_your_teen_navigate_healthcare_2024.pdf)
- [Foster Care Health Care Standards \(www.aap.org/en/patient-care/foster-care/health-care-standards\)](http://www.aap.org/en/patient-care/foster-care/health-care-standards)
- [C&TC Schedule of Age-Related Screening Standards \(https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG\)](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092\)](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092)
- [Resources for Minnesota Families with Children \(https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/resources\)](https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/resources)
- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us/divs/cfh/program/ctc/index.cfm\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)

- [Help Me Connect \(https://helpmeconnect.web.health.state.mn.us/HelpMeConnect\)](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect)
- [Poverty and Child Health \(https://www.aap.org/en/patient-care/poverty-and-child-health/\)](https://www.aap.org/en/patient-care/poverty-and-child-health/)

References

AAP Council on Community Pediatrics. (2016). Poverty and Child Health in the United States. *Pediatrics*.

American Academy of Pediatrics. (2025, February). *Recommendations for Preventive Pediatric Health Care*. Retrieved from https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf