

# Health History and Social Determinants of Health

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

### C&TC Requirements

#### 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 should 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 (MDH).

#### Documentation

Documentation must include personal and family health history and social determinants of health (SDOH) and related referrals or follow-up, as appropriate. No specific tool or set of questions is required.

For documentation examples, refer to the [C&TC Provider Documentation Forms \(mn.gov/dhs\)](https://mn.gov/dhs).

### 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 (STI)
- Nutritional intake
- Chemical use, abuse, and risks
- Social determinants of health
- Child, adolescent, and family protective factors

These topics are covered in this and other [C&TC Fact Sheets \(health.state.mn.us\)](https://health.state.mn.us).

### Adolescences and Young Adults

As early as age 11, providers should spend one-on-one time with adolescents to address 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 Centers for Disease Control and Prevention (CDC) offers a downloadable parent handout, [Teen Health Services and One-On-One Time with A Healthcare Provider \(cdc.gov\)](https://www.cdc.gov/teenhealth/one-on-one-time-with-a-healthcare-provider/).

## Social Determinants of Health

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks (Healthy People 2030, 2021). The new [Bright Futures Guidelines \(aap.org\)](#) identify a range of SDOH, such as:

- Family and youth strengths and protective factors such as strong social support, sense of community or spirituality, and personal resilience
- Socioeconomic factors such as neighborhood safety, housing stability, food security, adequate employment, and access to transportation
- Factors affecting family functioning, such as domestic or neighborhood violence, family substance use disorder or mental health issues, parental incarceration, youth involvement in the juvenile justice system, or other Adverse Childhood Experiences (ACEs) that may affect parent or child well-being

Find a sample screening questionnaire for SDOH at [Social Needs Screening Tool \(aafp.org\)](#).

## Professional Recommendations

### American Academy of Pediatrics

A health history is part of every preventive health visit from birth through 21 years (American Academy of Pediatrics, 2022).

Follow [Foster Care Health Care Standards \(aap.org\)](#) for out-of-home placement care.

## Resources

### Minnesota Department of Human Services

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

### Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us\)](#)
- [Help Me Connect \(helpmeconnect.web.health.state.mn.us\)](#)

## References

American Academy of Pediatrics. (2022, July). *Recommendations for Preventive Pediatric Health Care*. Retrieved from [https://downloads.aap.org/AAP/PDF/periodicity\\_schedule.pdf](https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)

Healthy People 2030. (2021). *Social Determinants of Health*. Retrieved from Healthy People 2030: <https://health.gov/healthypeople/objectives-and-data/social-determinants-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](mailto:health.childteencheckups@state.mn.us).

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