

**Adolescent Health Risk Screening in Primary Care Setting**

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**Objective:** To identify the most common health risks in adolescents and establish the value of health screening in primary care setting.

**Design:** Prospective cross sectional study.

**Setting:** Primary care clinics.

**Method:** Three hundred and ninety-six adolescents were randomly selected. The subjects were interviewed and assessed by general medical and physical examination.

**Result:** One hundred twenty-three (31%) adolescents are eating fast food almost daily. Fifty-four (13.6%) adolescents are eating fruits. One hundred and seven (27%) are either overweight or obese. Females are less active and more obese than males. Two hundred seventy-seven (69.9%) have sedentary life style. Thirty-two (8.1%) had seriously considered attempting suicide. Females are feeling alone and had suicidal thoughts more than males. Males are more involved in physical fights compared to females. Three hundred and five (77%) adolescents are not using seat belts in the car. The most common medical problems were acne, dermatitis and scoliosis, which were found in eighteen (4.5%) of the adolescents.

**Conclusion:** The high prevalence of risky behaviors in adolescents highlights the need for implementing comprehensive screening in primary care setting and to stress the role of psychosocial counseling.

Most of the adolescents are physically inactive, have unhealthy dietary habits and sedentary life style, which emphasize the urgent need to stimulate physical activity in schools and homes.

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