

Name:  
Date of Birth:  
Pronouns:

Family History:  
Risk Factors:

Allergies:

		Age 10	Age 11	Age 12	Age 13
Date					
Measurements (use WHO growth charts)	Wt	BMI			
	Ht	BMI percentile			
Specific Concerns					
Psychosocial history and Development	o School & Activities				
	o Peer relationships				
	o Family relationships				
	o Mental Health				
	o Poverty Screen				
	o Substances and Addictions				
	o Sleep Issues				
	o Body Image				
	o Body Changes				
	o Sexual Health & Relationships				
	o Menstrual issues ♀				

## Education & Advice:

Nutrition	Active healthy living	Behaviours and Habits	Injury Prevention And Safety
<ul style="list-style-type: none"> <li>o Refer to <a href="#">Canada's Food Guide</a></li> <li>o <b>Eat a variety of vegetables and fruits daily</b></li> <li>o <b>Choose whole grains</b></li> <li>o <b>Eat protein daily. Consume plant-based proteins more often.</b></li> <li>o <b>Choose mostly unsaturated rather than saturated fats</b></li> <li>o <b>Water is the beverage of choice.</b></li> <li>o Avoid sugar-sweetened beverages and diet drinks</li> <li>o Family meal-time and home-cooked meals can promote healthy eating</li> <li>o Ask about supplements and CAM</li> <li>o Vitamin D – through diet or supplement (400IU)</li> </ul>	<ul style="list-style-type: none"> <li>o Refer to <a href="#">CSEP guidelines</a></li> <li>o <b>Daily physical activity (PA)</b> 60 min of heart-pumping activity</li> <li>o Include vigorous PA for 60 min. <math>\geq 3</math> days/week</li> <li>o Include muscle and bone strengthening <math>\geq 3</math> days/week</li> <li>o <b>Stay active</b> - several hours of light physical activity/day, limit sitting for extended periods</li> <li>o <b>Screens</b> - <i>no more than 2 hrs per day of recreational screen time, less is better</i></li> <li>o <b>Sleep</b> - 9 to 11 hours/d – ages 6 to 13 years</li> </ul>	<ul style="list-style-type: none"> <li>o Ask about safe media use, TV and Internet</li> <li>o Hearing Protection</li> <li>o Effective Discipline &amp; Positive Parenting</li> <li>o <b>Dental care, fluoride</b></li> <li>o Substances &amp; Addictions <ul style="list-style-type: none"> <li>o Alcohol</li> <li>o Tobacco</li> <li>o Cannabis</li> <li>o Other</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>o Refer to <a href="#">Parachute Canada</a></li> <li>o <b>Helmet safety</b></li> <li>o <b>Vehicle Safety</b> (see local laws)</li> <li>o <b>Rear seat: <math>\geq 145</math> cm (57 in) and check fit of lap &amp; shoulder belts</b></li> <li>o Front seat: usually <math>\geq 13</math> years</li> <li>o <b>Violence &amp; Firearms</b></li> <li>o Trampoline Safety</li> <li>o Water Safety</li> <li>o <i>Sun Safety</i></li> <li>o <i>Smoke and Carbon Monoxide Detectors</i></li> <li>o Environmental Hazards –</li> <li>o incl. <b>Second Hand Smoke</b></li> </ul>

Examination	Blood Pressure				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating				
	Skin				
Assessment					
Immunization	Update immunizations: <b>Men-C-C or Men-C-ACYW</b> around age 12				
Medications	<b>Hep B, HPV</b> (ages 9 and older)				
	<b>Varicella vaccine</b> -2 doses (12mos to 12 years & susceptible adolescents)				
	Discuss Men B				
	Discuss flu & COVID vaccinations				
	Consider TB test				
Strength of Recommendations	Signature				

**Bold = Good**  
*Italics = Fair*  
Plain Text = consensus or inconclusive evidence

Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.