



1570 Midway Pl.
Menasha, WI 54952

May 9, 2016

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Jane Doe
1570 Midway Pl
Menasha, WI 54952-1165



Dear Parent of <child's name>:

This week is National Women's Health Week, and at Network Health, we believe all women should be aware of the health issues they face—including young women. We'd like to provide you with some health care topics that are important to consider as your daughter(s) grows into a young woman.

Please consider reviewing these topics with your daughter(s) and her doctor at an upcoming annual appointment. You can find further information by visiting networkhealth.com/members. Click Resources, click Learn More and then look for the Preventive Services Guide. While some of these topics may be difficult to discuss, <child's name>'s future health may be impacted by your decisions today.

- **Body Mass Index (BMI)**

The Centers for Disease Control and Prevention (CDC) estimates that childhood obesity has more than quadrupled in adolescents in the past 30 years. BMI measures a person's weight and height. In children, the scores are age- and gender-specific and are expressed as a percentile. Healthy adolescents generally range between the fifth and eighty-fifth percentile.

- **Nutrition**

Healthy eating is important to growth and development. According to the USDA Dietary Guidelines for Americans, teenage girls between the ages of 14-18 need to consume between 1,800-2,400 calories per day (based on activity level). For those not consuming enough calories, hunger and food insufficiency in children are associated with poor behavior and academic functioning.

- **Physical Activity**

It's important to help adolescents develop healthy exercise habits. Adolescent females need at least 60 minutes of exercise daily, but studies show that participation in all types of physical activity declines sharply as young women progress through their teen years. On the other end of the spectrum, excessive amounts of physical activity can also be a point of concern leading to injuries and other issues.

- **Tobacco and Alcohol Use**

Although underage drinking is illegal, CDC research shows people ages 12-20 drink 11 percent of the alcohol consumed in the U.S. Among high school students, 35 percent admit they have drunk some amount of alcohol in the last 30 days. Nearly nine out of 10 cigarette smokers first tried smoking by age 18. Talk to your child(ren) about how dangerous and addictive smoking and alcohol can be.

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- **Depression and Self-Harm**

Occasional bad moods or behavior is par for the course when raising young people, but depression is different. Despite being highly treatable, experts say only one in five depressed teens receive help. In fact, intentional self-harm (suicide) is one of the top three leading causes of death in young women ages 10-19.

If your child is showing signs of depression or talks about self-harm, take action right away. The Parent's Guide to Teen Depression on HelpGuide.org is a great resource, and if you suspect your child is in crisis, the National Suicide Prevention Lifeline is only a phone call away at 800-273-TALK.

- **Human Papillomavirus (HPV) Vaccine (Recommended for ages 9-13)**

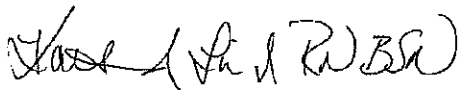
Human papillomavirus (HPV) is the most common STI, but it is preventable with the HPV vaccine. HPV can cause life-threatening cervical cancer as well as other cancers. The HPV vaccination is given in three shots between the ages of 9 and 13. Women can get the HPV vaccine through age 26, although the vaccine produces a more robust immune response during the preteen years.

- **Sexually Transmitted Infections (STIs) Screening to Prevent Infertility**

Sexually transmitted infections (STIs) can be a difficult topic to discuss with your daughter(s), but they are a very real threat to young people, especially young women. STIs often have no symptoms, which makes screening very important for future health and fertility. According to the CDC, if left untreated, curable STIs like chlamydia and gonorrhea can make it difficult—or even impossible—for a woman to get pregnant in adulthood. Encourage your daughter(s) to have an open and honest conversation with her doctor about potential risks.

If you haven't already, we encourage you to schedule an annual well-child appointment. Your doctor will be able to provide more information about the topics above and help you and your daughter(s) make informed decisions about her health. If you have questions about the topics mentioned above, feel free to contact me at 920-720-1759 or klind@networkhealth.com.

Sincerely,



Katherine Lind, RN, BSN
Quality Improvement Department

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