



A CUP OF HEALTH WITH CDC

Teen Vaccines

National, Regional, and State Vaccination Coverage Among Adolescents Aged 13-17 Years --- United States, 2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Just because children become preteens doesn't mean they're too old for vaccinations. Several immunizations are recommended for adolescents.

Dr. Laurie Elam-Evans is a researcher with CDC's National Center for Immunizations and Respiratory Diseases. She's joining us today to discuss the importance of ensuring that teenagers are up-to-date on their vaccinations. Welcome to the show, Laurie.

[Dr. Elam-Evans] Thank you, Bob.

[Dr. Gaynes] Laurie, what vaccines do older children need?

[Dr. Elam-Evans] We recommend three vaccines specifically for adolescents—one dose of Tdap which protects children against tetanus, pertussis, and diphtheria; two meningococcal vaccines which protect against bacteria that cause meningitis and other terrible infections; and three doses of human papillomavirus, or HPV, vaccine which can protect against certain forms of cancer.

[Dr. Gaynes] Are any of these required for school attendance?

[Dr. Elam-Evans] Requirements vary so you would need to check with your school system or your universities for the specific requirements.

[Dr. Gaynes] Should all of these vaccines be given during one visit?

[Dr. Elam-Evans] We recommend that the first dose of these vaccines be administered at a single visit. It's convenient, it's safe, and it's effective. You can discuss the schedule for the remaining doses at the time of the first visit.

[Dr. Gaynes] Laurie, are most teens up-to-date on their vaccines?

[Dr. Elam-Evans] Well, they're doing pretty well for Tdap and meningococcal vaccine but our main concern is about human papillomavirus, or HPV. Only 57 percent of girls are covered with the first dose and only 38 percent of boys are covered with the first dose, so we really need to get adolescents in and protected from cancer.

[Dr. Gaynes] What should parents do if their children are behind on vaccines?

[Dr. Elam-Evans] Parents should check with their child's health care professional. We have catch up schedules so they can get protected from vaccine-preventable diseases, including cancers.

[Dr. Gaynes] Where can listeners get more information about recommended vaccines for adolescents?

[Dr. Elam-Evans] Listeners can go to cdc.gov/vaccines.

[Dr. Gaynes] Thanks, Laurie. I've been talking today with CDC's Dr. Laurie Elam-Evans about the importance of ensuring that teenagers are up-to-date on their vaccines. Recommended vaccines can protect adolescents from certain infectious diseases and cancer. Check with your children's health care professional to make sure they are current on all vaccines.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.