

## PREVENTIVE CARE

Preventive health care, including counseling, education, and screening, can help prevent or minimize the effects of many serious health conditions. In 2007–2009, 68.3 percent of adults reported that they had received a routine check-up or general physical exam that was not for a specific injury, illness, or condition (data not shown). Women aged 18 and older were more likely than men to report having had a past-year preventive health care visit (73.4 versus 62.9 percent, respectively). This sex difference was most prominent among 18- to 44-year-olds, when women may receive annual reproductive health care, and was absent among those aged

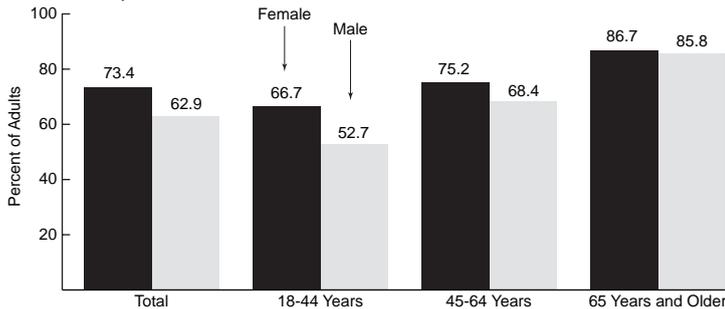
65 years and older. For both men and women, the receipt of preventive health care increased with age.

The U.S. Preventive Services Task Force recommends specific screening tests, counseling, immunizations, and preventive medications for a variety of diseases and conditions including several types of cancer, cardiovascular disease, injury, infectious diseases, mental health, and substance abuse.<sup>8</sup> For example, biennial breast cancer screenings (mammograms) are recommended for every woman aged 50–74 years and cervical cancer screenings (Pap smears) are recommended every 3 years after the onset of sexual activity or age 21, whichever comes first,

up to age 65. In 2008, 78.8 percent of women aged 50–74 years reported receiving a mammogram within the past 2 years and 81.8 percent of women aged 21–65 reported receiving a Pap smear within the past 3 years. There were no significant differences in receipt of a mammogram in the past 2 years among women of different races and ethnicities; however, non-Hispanic Asian women were less likely than women of other racial and ethnic groups to have reported receiving a Pap smear in the past 3 years (70.4 versus 81.8 percent overall). The Affordable Care Act requires that new insurance plans cover essential preventive services, including well woman visits, free of charge as of August 2012.<sup>9</sup>

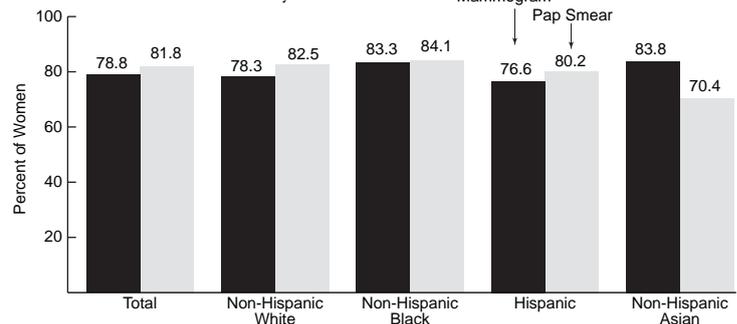
### Past Year Preventive Check-up Among Adults Aged 18 and Older.\* By Age and Sex, 2007–2009

Source II.6: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System



### Receipt of Recommended Breast and Cervical Cancer Screening Among Women,\* by Race/Ethnicity,\*\* 2008

Source II.1: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey



\*Based on U.S. Preventive Services Task Force recommendations of biennial mammography for women aged 50 to 74 years and a Pap smear every three years for women aged 21 to 65 years. \*\*The sample of American Indian/Alaska Native and Native Hawaiian/Pacific Islanders was too small to produce reliable results.

\*Reported a routine checkup in the past year, defined as a general physical exam that was not for a specific injury, illness, or condition.