



**FOR IMMEDIATE RELEASE**

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## **Child and Teen Checkups assess mental, physical health in teens**

As children grow and change, they need regular medical checkups. A Crow Wing County program helps youth under age 21 receive free health visits.

Child and Teen Checkups partners with local providers to offer complete health checkups at no cost to Crow Wing County residents under 21 on Medical Assistance.

Denise Sjodin, Crow Wing County public health nurse, said for teens, medical checkups are important to keep physical and mental health on track.

“As teens go through so many changes, it can lead to stress, both at home and at school,” she said. “Regular checkups make sure teens are physically and mentally healthy.”

The goal of Child and Teen Checkups is to help parents be proactive with their child’s health. Getting teens in for regular checkups rather than waiting until there’s a problem to see a doctor is one way to start.

More information, including a current list of local providers and mental health tips for parents of teenagers, can be found at [www.ChildAndTeenCheckups.com](http://www.ChildAndTeenCheckups.com). Or, by calling 1-877-724-1080. To schedule a checkup, contact the provider and ask for a Child and Teen Checkup.

People living outside of Crow Wing County can learn more from their local county public health department.

Community Services expends more than \$163 million dollars annually, of which 4.66%, \$7.6 million is funded by the county levy. In 2015, total program costs were \$163,133,479 with Medical Assistance programs being the highest spending area at \$110 million, or 67.5% of the total program costs. Social Service programs represent the second largest portion of the total at \$41.4 million, or 25.4%. Cash assistance programs were 6.3% of the total at \$10.2 million. While this is a large portion of the county budget we have seen a significant decrease. For example, from 2009 to our proposed 2017 budget, we have reduced tax levy dollars by \$1,209,306, a decrease of 14.3%.

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**Our Vision:** Being Minnesota’s favorite place.  
**Our Mission:** Serve well. Deliver value. Drive results.  
**Our Values:** Be responsible. Treat people right. Build a better future.

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