The Community Preventive Services Task Force (Task Force) has released the following findings on what works in public health to prevent excessive alcohol consumption and related harms. These findings are compiled in The Guide to Community Preventive Services (The Community Guide) and listed in the table below. Use the findings to identify intervention strategies you could use for your community.

Legend for Task Force Findings: 
- Green circle: Recommended
- Yellow diamond: Insufficient Evidence
- Red triangle: Recommended Against

Visit the “Preventing Excessive Alcohol Consumption” page of The Community Guide website at [www.thecommunityguide.org/alcohol](http://www.thecommunityguide.org/alcohol) to find summaries of Task Force findings and recommendations on preventing excessive alcohol consumption. Click on each topic area to find results from the systematic reviews, included studies, evidence gaps, and journal publications.

**Interventions Directed to the General Population**

- Increasing alcohol taxes
- Regulation of alcohol outlet density
- Dram shop liability
- Maintaining limits on days of sale
- Maintaining limits on hours of sale
- Electronic screening and brief interventions (e-SBI)
- Overservice law enforcement initiatives
- Responsible beverage service training
- Privatization of retail alcohol sales

**Interventions Directed to Underage Drinkers**

- Enhanced enforcement of laws prohibiting sales to minors

*The Centers for Disease Control and Prevention provides administrative, research, and technical support for the Community Preventive Services Task Force.*
UNDERSTANDING THE FINDINGS

The Task Force bases its findings and recommendations on systematic reviews of the scientific literature. With oversight from the Task Force, scientists and subject matter experts from the Centers for Disease Control and Prevention conduct these reviews in collaboration with a wide range of government, academic, policy, and practice-based partners. Based on the strength of the evidence, the Task Force assigns each intervention to one of the categories below.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended</td>
<td>There is strong or sufficient evidence that the intervention is effective. This finding is based on the number of studies, how well the studies were designed and carried out, and the consistency and strength of the results.</td>
</tr>
<tr>
<td>Insufficient Evidence</td>
<td>There is not enough evidence to determine whether the intervention is effective. This does not mean the intervention does not work. There is not enough research available or the results are too inconsistent to make a firm conclusion about the intervention’s effectiveness. The Task Force encourages those who use interventions with insufficient evidence to evaluate their efforts.</td>
</tr>
<tr>
<td>Recommended Against</td>
<td>There is strong or sufficient evidence that the strategy is harmful or not effective.</td>
</tr>
</tbody>
</table>

Visit the “Systematic Review Methods” page on The Community Guide website at www.thecommunityguide.org/about/methods.html for more information about the methods used to conduct the systematic reviews and the criteria the Task Force uses to make findings and recommendations.

RESOURCES

You can use the following resources to guide the implementation of evidence-based strategies and put the Task Force findings to work.

- **Prevention Status Reports on Excessive Alcohol Use**
  CDC Office for State, Tribal, Local, and Territorial Support
  www.cdc.gov/psr/alcohol

- **National Prevention Strategy**
  Preventing Drug Abuse and Excessive Alcohol Use

- **CDC Vital Signs**
  Binge Drinking
  www.cdc.gov/vitalsigns/bingedrinking

- **Preventing Excessive Alcohol Use Fact Sheet**
  CDC Alcohol Program
  www.cdc.gov/alcohol/fact-sheets/prevention.htm

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