

Appendix

The Guide to Community Preventive Services (Community Guide) encompasses population-based interventions across a range of topics using a variety of strategies—from laws to policies to education to changes in the systems that deliver health care—that can be applied in a wide variety of settings. This Appendix provides a comprehensive listing of all findings included in this book, presented in alphabetical order by topic.

It is important to note that “insufficient evidence to determine effectiveness” means that we were not able to determine whether or not the intervention works.

Cancer (Chapter 4)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Preventing skin cancer by reducing exposure to ultraviolet radiation and increasing sun-protective behaviors	<i>In Specific Settings</i>	
	Educational and policy interventions in primary schools	Recommended for improving children's sun-protective covering-up behavior
	Educational and policy interventions in recreational and tourism settings	Recommended for improving adult sun-protective covering-up behavior Insufficient evidence to determine effectiveness in improving children's sun-protective behaviors
	Educational and policy interventions in child care centers	Insufficient evidence to determine effectiveness
	Educational and policy interventions in secondary schools and colleges	Insufficient evidence to determine effectiveness
	Programs in outdoor occupational settings	Insufficient evidence to determine effectiveness
	Programs in healthcare system and provider settings	Insufficient evidence to determine effectiveness
	<i>In Diverse Settings</i>	
	Interventions oriented to children's parents and caregivers	Insufficient evidence to determine effectiveness
	Mass media campaigns alone	Insufficient evidence to determine effectiveness
	Community-wide multicomponent programs, including comprehensive community-wide interventions	Insufficient evidence to determine effectiveness
Promoting informed decision making for cancer screening	Informed decision making interventions to promote cancer screening	Insufficient evidence to determine effectiveness

Diabetes (Chapter 5)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
In the health-care system	Disease management	Recommended
	Case management	Recommended
Diabetes self-management education (DSME)	DSME in community gathering places	Recommended for adults with type 2 diabetes
	DSME in the home	Recommended for adolescents with type 1 diabetes Insufficient evidence to determine effectiveness for people of all ages with type 2 diabetes
	DSME in summer camps	Insufficient evidence to determine effectiveness
	DSME at the worksite	Insufficient evidence to determine effectiveness
	Educating school personnel about diabetes	Insufficient evidence to determine effectiveness

Motor Vehicle Occupant Injury (Chapter 8)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Increasing child safety seat use	Child safety seat laws	Recommended
	Distribution and education programs	Recommended
	Community-wide information and enhanced enforcement campaigns	Recommended
	Incentive and education programs	Recommended
	Education programs when used alone	Insufficient evidence to determine effectiveness
Increasing safety belt use	Safety belt laws	Recommended
	Primary enforcement laws (vs. secondary enforcement laws)	Recommended
	Enhanced enforcement	Recommended
Reducing alcohol-impaired driving	0.08% blood alcohol concentration (BAC) laws	Recommended
	Minimum legal drinking age laws	Recommended (maintaining at 21 years of age)
	Sobriety checkpoints	Recommended
	Lower BAC for young or inexperienced drivers	Recommended
	Intervention training for servers of alcoholic beverages	Recommended (under certain conditions)
	Mass media campaigns	Recommended (under certain conditions)

Oral Health (Chapter 7)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Preventing or controlling dental caries	Community water fluoridation	Recommended
	School-based or school-linked pit and fissure sealant delivery programs	Recommended
	Statewide or community-wide sealant promotion programs	Insufficient evidence to determine effectiveness
Preventing or controlling oral and pharyngeal cancers	Population-based interventions for early detection of pre-cancers and cancers	Insufficient evidence to determine effectiveness
Preventing or controlling sports-related craniofacial injuries	Population-based interventions to encourage use of helmets, facemasks, and mouthguards in contact sports	Insufficient evidence to determine effectiveness

Physical Activity (Chapter 2)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Informational approaches to increasing physical activity	Community-wide campaigns	Recommended
	Point-of-decision prompts	Recommended
	Mass media campaigns	Insufficient evidence to determine effectiveness
Behavioral and social approaches to increasing physical activity	Classroom-based health education focused on providing information	Insufficient evidence to determine effectiveness
	School-based physical education	Recommended
	Individually-adapted health behavior change programs	Recommended
	Social support interventions in community settings	Recommended
	College-based health education and physical education	Insufficient evidence to determine effectiveness
	Classroom-based health education focused on reducing television viewing and video game playing	Insufficient evidence to determine effectiveness
	Family-based social support	Insufficient evidence to determine effectiveness
Environmental and policy approaches to increasing physical activity	Creation of or enhanced access to places for physical activity combined with informational outreach activities	Recommended
	Point-of-decision prompts	Recommended

Social Environment (Chapter 3)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Early childhood development	Comprehensive, center-based, early childhood development programs for low-income children	Recommended to improve children’s readiness for school and to reduce retention in grade and placement in special education
		<p>Insufficient evidence to determine effectiveness for these outcomes:</p> <ul style="list-style-type: none"> • Behavioral assessments of child’s social interaction and social risks (e.g., teen pregnancy, teen fatherhood, high school drop out, unemployment, use of social services) • Use of child health screening, preventive services, dental care • Parental educational attainment, parental employment, access to health services
Housing	Tenant-based rental assistance programs	Recommended to improve family safety
		<p>Insufficient evidence to determine effectiveness for these outcomes:</p> <ul style="list-style-type: none"> • Substandard housing conditions that pose health and safety risks • Behavioral problems in school and at home, delinquent acts, arrests for violent crime, arrests for property crime • Self-reported symptoms of depression and anxiety by household head • Self-rated health status as good or excellent compared to fair or poor • Child needing medical attention for accidents or asthma, child use of preventive services
Culturally competent health care	Mixed income housing developments	Insufficient evidence to determine effectiveness
	Programs to recruit and retain staff who reflect the cultural diversity of the community served	Insufficient evidence to determine effectiveness
	Use of interpreter services or bilingual providers for clients with limited English proficiency	Insufficient evidence to determine effectiveness
	Cultural competency training for healthcare providers	Insufficient evidence to determine effectiveness
	Use of linguistically and culturally appropriate health education materials	Insufficient evidence to determine effectiveness
	Culturally specific health-care settings	Insufficient evidence to determine effectiveness

Tobacco (Chapter 1)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>	
Reducing tobacco use initiation	Increasing the unit price for tobacco products	Recommended	
	Mass media education campaigns, when combined with other interventions	Recommended	
	<i>Restricting Minors' Access to Tobacco Products</i>		
	Community mobilization, when combined with additional interventions (stronger local laws directed at retailers, active enforcement of retailer sales laws, retailer education with reinforcement) to restrict minors' access to tobacco products	Recommended	
	Sales laws directed at tobacco retailers to reduce illegal sales to minors when implemented alone	Insufficient evidence to determine effectiveness	
	Laws directed at minors' purchase, possession, or use of tobacco products when implemented alone	Insufficient evidence to determine effectiveness	
	Active enforcement of sales laws directed at retailers when implemented alone	Insufficient evidence to determine effectiveness	
	Retailer education with reinforcement and information on health consequences when implemented alone	Insufficient evidence to determine effectiveness	
	Retailer education without reinforcement when implemented alone	Insufficient evidence to determine effectiveness	
	Community education about minors' access to tobacco products when implemented alone	Insufficient evidence to determine effectiveness	
Increasing tobacco use cessation—interventions appropriate for communities	Increasing the unit price for tobacco products	Recommended	
	Mass media education campaigns combined with other interventions	Recommended	
	Mass media education—cessation series	Insufficient evidence to determine effectiveness	
	Mass media education—cessation contests	Insufficient evidence to determine effectiveness	
Increasing tobacco use cessation—interventions appropriate for healthcare systems	Healthcare provider reminder systems	Recommended	
	Healthcare provider reminder systems with provider education, with or without client education	Recommended	
	Reducing client out-of-pocket costs for effective cessation therapies	Recommended	

Tobacco (Chapter 1) *(continued)*

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Reducing exposure to environmental tobacco smoke (ETS)	Multicomponent interventions that include client telephone support	Recommended
	Healthcare provider education alone	Insufficient evidence to determine effectiveness
	Healthcare provider feedback and assessment	Insufficient evidence to determine effectiveness
	Smoking bans and restrictions	Recommended
	Community education to reduce exposure to ETS in the home	Insufficient evidence to determine effectiveness

Vaccine-Preventable Diseases: Universally Recommended Vaccines (Chapter 6, Section I)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Increasing community demand for vaccines	Client reminder and recall systems	Recommended
	Multicomponent interventions that include education	Recommended
	Vaccination requirements for child care, school, and college attendance	Recommended
	Community-wide education when used alone	Insufficient evidence to determine effectiveness
	Clinic-based education when used alone	Insufficient evidence to determine effectiveness
	Client or family incentives	Insufficient evidence to determine effectiveness
	Client-held medical records	Insufficient evidence to determine effectiveness
Enhancing access to vaccination services	Reducing out-of-pocket costs	Recommended
	Expanding access in healthcare settings	Recommended as part of a multicomponent intervention
		Insufficient evidence to determine effectiveness when used alone
	Vaccination programs in women, infants, and children (WIC) settings	Recommended
	Vaccination programs in schools	Recommended
	Home visits	Recommended
	Vaccination programs in child care centers	Insufficient evidence to determine effectiveness
Provider- or system-based interventions	Provider reminder and recall systems	Recommended
	Assessment plus feedback for vaccination providers	Recommended
	Standing orders	Recommended for adults
		Insufficient evidence to determine effectiveness for children
	Provider education only	Insufficient evidence to determine effectiveness

Vaccine-Preventable Diseases: Targeted Vaccines (Chapter 6, Section II)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Increasing community demand for targeted vaccinations	Clinic-based client education when used alone	Insufficient evidence to determine effectiveness
	Client reminder systems when used alone	Insufficient evidence to determine effectiveness
	Community-wide education when used alone	Insufficient evidence to determine effectiveness
	Client or family incentives when used alone	Insufficient evidence to determine effectiveness
	Vaccination requirements when used alone	Insufficient evidence to determine effectiveness
Enhancing access to targeted vaccination services	Reducing client out-of-pocket costs when used alone	Insufficient evidence to determine effectiveness
	Expanding access in healthcare settings when used alone	Insufficient evidence to determine effectiveness
Provider- or system-based interventions	Provider reminder systems when used alone	Recommended
	Provider education when used alone	Insufficient evidence to determine effectiveness
	Standing orders when used alone	Insufficient evidence to determine effectiveness
	Assessment plus feedback for vaccination providers when used alone	Insufficient evidence to determine effectiveness
Multiple interventions implemented in combination	One or more interventions to enhance access to vaccination services <i>plus</i>	Recommended
	At least one provider- or system-based intervention <i>and/or</i>	
	At least one intervention to increase community demand for vaccination services	

Violence (Chapter 9)

<i>Area of Focus</i>	<i>Intervention</i>	<i>Finding</i>
Early childhood home visitation	Early childhood home visitation	Recommended for prevention of violence against the child (maltreatment [abuse or neglect]) Insufficient evidence to determine effectiveness in preventing: <ul style="list-style-type: none"> • Intimate partner violence • Violence by visited parents (other than child maltreatment or intimate partner violence) • Violence by visited children
Therapeutic foster care	Therapeutic foster care	Recommended for the reduction of violence by chronically delinquent adolescents Insufficient evidence to determine effectiveness in reducing violence by children with severe emotional disturbance
Firearms laws	Bans on specific firearms or ammunition	Insufficient evidence to determine effectiveness
	Acquisition restrictions	Insufficient evidence to determine effectiveness
	Waiting periods for firearm acquisition	Insufficient evidence to determine effectiveness
	Firearm registration and licensing of firearm owners	Insufficient evidence to determine effectiveness
	“Shall issue” concealed weapon carry laws	Insufficient evidence to determine effectiveness
	Child access prevention (CAP) laws	Insufficient evidence to determine effectiveness
	Zero tolerance of firearms in schools	Insufficient evidence to determine effectiveness
	Combinations of firearms laws	Insufficient evidence to determine effectiveness