










### CPSTF FINDINGS ON NUTRITION

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to improve nutrition. 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 CPSTF Findings:  Recommended  Insufficient Evidence  Recommended Against (See detailed description on the next page.)

INTERVENTION	CPSTF FINDING
Fruit and Vegetable Incentive Programs	
Gardening interventions to increase vegetable consumption among children	
Home-delivered and congregate meal services for older adults	
Digital and telephone interventions to increase healthy eating and physical activity	
Among students at institutions of higher education	
At the worksite	
In the community	




CPSTF also recommends:

- [School-based intervention approaches](#) to prevent and control obesity by promoting nutrition and physical activity.
- Community-based intervention approaches to [prevent and manage diabetes](#) through nutrition and physical activity.
- [Healthy School Meals for All](#) to increase participation in school breakfast and lunch programs, reduce absenteeism, and address social determinants of health.



## UNDERSTANDING THE FINDINGS

CPSTF bases its findings and recommendations on systematic reviews of the scientific literature. With oversight from CPSTF, 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, CPSTF assigns each intervention to one of the categories below.

Category	Description	Icon
<b>Recommended</b>	There is strong or sufficient evidence that the intervention strategy is <b>effective</b> . 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.	
<b>Insufficient Evidence</b>	There is <b>not enough evidence</b> to determine whether the intervention strategy 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 strategy's effectiveness. CPSTF encourages those who use interventions with insufficient evidence to evaluate their efforts.	
<b>Recommended Against</b>	There is strong or sufficient evidence that the intervention strategy is <b>harmful or not effective</b> .	

Visit the [Community Guide Methodology](#) page on The Community Guide website for more information about the methods used to conduct the systematic reviews and the criteria CPSTF uses to make findings and recommendations.

For more information, visit the [nutrition](#) topic page.

