



The Community Guide: A Brief Overview

www.thecommunityguide.org



Content of this Presentation

- Part A: What is the Guide to Community Preventive Services?
- Part B: How does the Community Guide identify evidence-based interventions?

Part A:
What is the Guide to Community Preventive
Services?



What is the Guide to Community Preventive Services?

The Guide to Community Preventive Services, often called the Community Guide (CG), is an ever-expanding resource for recommendations on evidence-based interventions to improve public health.

What is the Community Guide?

- The CG complements the Guide to Clinical Preventive Services (Clinical Guide), developed by the Agency for Healthcare Research and Quality (AHRQ)
- Together they represent the gold standard for systematic reviews and recommendations across the prevention spectrum of clinical practice and public health

What is the Community Guide?

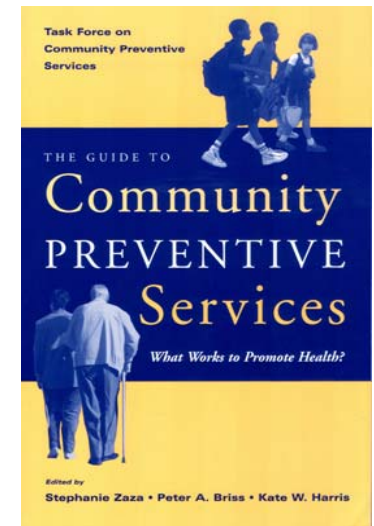
- Origin-

- Established in 1996 by the U.S. Department of Health and Human Services (HHS)
- Directed by Task Force on Community Preventive Services (Task Force)
- CDC provides scientific and administrative support to the Task Force

What is The Community Guide?

- Now -

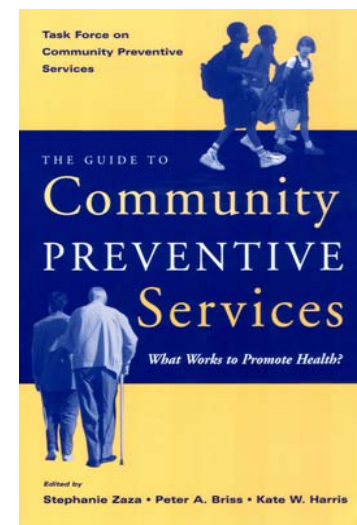
- A resource of evidence-based recommendations for public health policy and practice:
 - ◆ Based on Systematic Reviews of all available research
 - ◆ Developed by a team: Community Guide staff, in collaboration with federal and nonfederal experts in research, practice, and policy



The Community Guide is available:

As a “family of products”:

- ◆ Peer-reviewed publications
- ◆ Book (2006)
- ◆ Summaries of individual reviews
- ◆ www.thecommunityguide.org



The Task Force on Community Preventive Services

The Task Force is an independent, nonfederal, volunteer body of experts in public health and prevention research, practice and policy, appointed by the CDC Director to:

- ◆ Prioritize topics for systematic review
- ◆ Oversee systematic reviews done for the Community Guide
- ◆ Develop evidence-based recommendations on the basis of the systematic review results
- ◆ Identify areas in need of further research

Liaisons to the Task Force

Liaisons are federal agencies and health-related nonprofit organizations who serve in an official capacity with the Task Force by participating in Community Guide development, including:

- ◆ Sharing views, concerns, and needs of their organizations and constituents
- ◆ Serving on or helping to identify experts to serve on systematic review teams
- ◆ Helping to disseminate Community Guide findings to their organizations and constituents

Current Community Guide Topics

- The CG has assessed the effectiveness of more than 210 public health interventions in 18 topic areas and settings designed to:
 - ◆ Promote healthy behaviors/reduce unhealthy behaviors
 - ◆ Reduce specific diseases, injuries, or impairments
 - ◆ Promote healthy behaviors in community settings, e.g. schools or worksites

Examples of Community Guide Topics

- Risk Behaviors

- ◆ Excessive Alcohol Use
- ◆ Poor Nutrition
- ◆ Inadequate Physical Activity
- ◆ Tobacco Use
- ◆ Unhealthy Sexual Behaviors

- Settings

- ◆ Worksites
- ◆ Schools
- ◆ Communities
- ◆ Health care

- Specific Conditions

- ◆ Asthma
- ◆ Birth Defects
- ◆ Cancer
- ◆ Diabetes
- ◆ Mental Health/Mental Illness
- ◆ Motor Vehicle-Related Injuries
- ◆ Obesity
- ◆ Oral Health
- ◆ Vaccine-Preventable Disease
- ◆ Violence

Part B:
How does the Community Guide
identify evidence-based
interventions?

How does the Community Guide identify evidence-based interventions?

By conducting systematic reviews of research studies that tell us:

- ◆ What interventions have worked
- ◆ How to select interventions that work
- ◆ If an intervention has worked in multiple populations or settings
- ◆ Benefits or harms associated with an intervention

What is a Systematic Review?

The application of strategies that limit bias in the assembly, critical appraisal, and synthesis of all relevant studies on a specific topic (Last, 2000)

Why Use Systematic Reviews?

Makes it easier to identify and understand how:

- ◆ Relevant information was collected and assembled
- ◆ Conclusions were drawn
- ◆ Conclusions and recommendations relate



How does the Community Guide identify evidence-based recommendations?

The systematic reviews are conducted by teams led or supported by CG scientists in collaboration with:

- Scientists, program managers from within CDC
- Researchers, practitioners, policymakers from throughout U.S.
- Liaison organizations

How does the Community Guide identify evidence-based recommendations?

- The systematic review team informs the Task Force about all evidence gathered in the review process
- The Task Force carefully considers this evidence, along with input from review collaborators and Liaisons
- The Task Force develops recommendations based on the evidence

The Community Guide Systematic Review Process

- Convene a review team
- Develop a conceptual framework
- Develop a prioritized list of interventions
- Develop and refine research questions
- Search for evidence
- Abstract and critically evaluate available studies
- Summarize evidence
- Present to Task Force for discussion
- Disseminate findings and Task Force recommendations



Categories of Task Force Findings & Recommendations

The Task Force makes recommendations, which are reported in the Community Guide, using the following categories:

- ◆ **Recommended:** Strong or sufficient evidence that the intervention is effective
- ◆ **Recommended Against:** Strong or sufficient evidence that the intervention is harmful or not effective
- ◆ **Insufficient Evidence:** The available studies do not provide sufficient evidence to determine if the intervention is, or is not, effective. More research is necessary before a recommendation can be made

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For More Information on CG Systematic Review Methods

- Additional slides: “The Community Guide: Systematic Reviews to Inform Task Force Recommendations”
- Community Guide’s [Systematic Review Methods](#)



Visit the Community Guide Web site and find out what works to promote health and safety in your community. Learn about:

- Evidence-based Task Force findings and recommendations
- Systematic review methods
- Interventions on 18 public health topic areas
- How to use the Community Guide
- And more!

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