



### Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends person-to-person interventions that improve caregivers' parenting skills in modifying adolescent risk and protective behaviors based on sufficient evidence of effectiveness in reducing adolescent risk behaviors (i.e. sexual behaviors, violence, delinquency, suicide, self-harm, and the use of alcohol, tobacco, and other drugs).

### Major Findings

Caregivers who participated in person-to-person interventions experienced a 30% reduction in their adolescents' risk behaviors related to sex and violence, and a 20% reduction in their risk behaviors overall. Following the interventions, youth reported they had improved refusal skills and were better able to avoid risky behaviors in the future.

### What are Person-to-Person Interventions to Improve Caregivers' Parenting Skills?

Person-to-person interventions to improve caregivers' parenting skills involve direct, personal contact between program staff and caregivers of adolescents and occur outside of clinical settings. Interventions aim to decrease adolescents' risk behaviors, increase their protective behaviors, and improve health outcomes by changing caregivers' parenting behaviors.

Caregivers are taught to use effective communication dynamics, enhance nurturing, and initiate discussions about ways to avoid risk behaviors. Interventions may also teach caregivers how to explore alternative activities to replace risk behaviors with protective ones, or decrease opportunities for risky behaviors by setting limits.

### Facts about Adolescents and Risk Behaviors

- In 2015, nearly 40 percent of high school students reported having used marijuana one or more times and 56 percent said they had consumed alcohol.<sup>1</sup>
- Thirty percent of high school students said they were sexually active in 2015, with 43 percent reporting they did not use a condom and 21 percent reporting alcohol or drug use before intercourse.<sup>1</sup>
- Engagement in adolescent risk behaviors contributes to the leading causes of death, disability, and social problems in youth in the United States.<sup>2</sup>

### Learn More

**Summary of Evidence and CPSTF Finding and Full-text Publications**  
<http://www.thecommunityguide.org/adolescenthealth/PersonToPerson.html>

**Division of Adolescent and School Health, CDC**  
<http://www.cdc.gov/healthyyouth/index.htm>

**Adolescent Health, Healthy People 2020**  
<http://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>

<sup>1</sup> Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance – United States, 2015. Morbidity and Mortality Weekly Report. Accessed on June 9, 2017 from [https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2015/ss6506\\_updated.pdf](https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2015/ss6506_updated.pdf).

<sup>2</sup> Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance System (YRBSS) Overview. Accessed on June 9, 2017 from <https://www.cdc.gov/healthyyouth/data/yrbs/overview.htm>.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at [www.thecommunityguide.org](http://www.thecommunityguide.org).