

## Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force recommends comprehensive tobacco control programs based on strong evidence of effectiveness in reducing tobacco use and secondhand smoke exposure.

### What are Comprehensive Tobacco Control Programs?

Comprehensive tobacco control programs are coordinated efforts to implement population-level interventions to achieve the following goals:

- Reduce appeal and acceptability of tobacco use
- Increase tobacco use cessation
- Reduce secondhand smoke exposure
- Prevent initiation of tobacco use among young people

Programs combine evidence-based educational, clinical, regulatory, economic, and social strategies at local or state levels.

### Key Findings

Comprehensive tobacco control programs

- Decrease tobacco use in adults and youths, reduce tobacco product consumption, increase quitting, and contribute to reductions in tobacco-related diseases and deaths
- Are effective across groups with different racial and ethnic backgrounds, as well as educational and income levels
- Are cost-effective and healthcare savings exceed intervention costs

Program funding is directly associated with program effectiveness, with the greatest impact seen if programs are funded at CDC Best Practices-recommended levels.

### Facts about Tobacco Use

- Cigarette smoking and exposure to tobacco smoke causes more than 480,000 preventable deaths each year.<sup>1</sup>
- Among adults, 18.1% are current smokers, with the highest use seen among multiracial persons (26.1%), non-Hispanic American Indians/Alaska Natives (21.8%), persons with a general education development certificate (41.9%) and those living below the poverty level (27.9%).<sup>2</sup>



### Get Started

#### Best Practices for Comprehensive Tobacco Control Programs

[www.cdc.gov/tobacco/stateandcommunity/best\\_practices/index.htm](http://www.cdc.gov/tobacco/stateandcommunity/best_practices/index.htm)

### Learn More

#### Summary of Task Force Finding, Evidence, and Evidence Gaps

[www.thecommunityguide.org/tobacco/comprehensive.html](http://www.thecommunityguide.org/tobacco/comprehensive.html)

#### Surgeon General's Report on Smoking and Tobacco Use

[www.cdc.gov/tobacco/data\\_statistics/sgr/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/index.htm)

CDC, Office on Smoking and Health

[www.cdc.gov/tobacco/osh](http://www.cdc.gov/tobacco/osh)

The Community Preventive Services Task Force (Task Force) is an independent, nonfederal, unpaid body of public health and prevention experts. It is congressionally mandated to identify community preventive programs, services, and policies that save American lives and dollars, increase longevity, and improve quality of life. The Community Guide is a collection of all the evidence-based findings and recommendations of this Task Force. Find more information at [www.thecommunityguide.org](http://www.thecommunityguide.org).

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

<sup>1</sup>CDC. The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

<sup>2</sup>CDC. Cigarette Smoking among Adults – United States, 2005–2012. MMWR, 2014, 63(02):29–34.