



Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends the use of text messaging interventions to increase medication adherence among patients with chronic medical conditions.

Major Findings

The CPSTF recommendation is based on evidence from a systematic review published in 2016.¹

- Text messaging interventions improved short-term rates of medication adherence across a range of different chronic medical conditions.



What are Text Messaging Interventions for Chronic Disease Medication Adherence?

Patients who have at least one chronic medical condition receive text messages reminding or encouraging them to take their medications as prescribed. Messages must be the following:

- Accessible through patients' mobile phones
- Sent regularly, based on medication dose times or weekly reminders

Messages may be automated or personalized for patients, and may involve two-way communication between patients and healthcare providers.

Facts about Chronic Disease and Medication Adherence

- Chronic diseases are the leading causes of death, disability, and healthcare costs in the United States.²
- Today, 1 in 2 U.S. adults has a chronic disease, and 1 in 4 U.S. adults has two or more.²
- Poor medication adherence is linked to an increased need for healthcare services, increasing U.S. healthcare costs by almost \$100 billion annually.³

Learn More

Summary of Evidence and CPSTF Finding

<https://www.thecommunityguide.org/findings/health-information-technology-text-messaging-medication-adherence-chronic-disease>

CDC, Chronic Disease

<https://www.cdc.gov/chronicdisease/index.htm>

CDC Grand Rounds, Overcoming Barriers to Medication Adherence for Chronic Diseases

<https://www.cdc.gov/cdcgrandrounds/archives/2017/February2017.htm>

¹ The CPSTF considers recently published systematic reviews to provide public health professionals and decision-makers with effective intervention options. A team of specialists in systematic review methods and in nutrition research, practice, and policy selected and evaluated the following published review: Thakkar J, Kurup R, Laba TL, Santa K, Thiagalingam A, et al. Mobile telephone text messaging for medication adherence in chronic disease. *JAMA Internal Medicine* 2016;176(3):340-9.

² Centers for Disease Control and Prevention. (2017). National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). Chronic Disease Prevention and Health Promotion. Retrieved from <https://www.cdc.gov/chronicdisease/resources/infographic/nccdphp.htm>.

³ Osterberg L, Blaschke T. Adherence to medication. *N Engl J Med*. 2005;353:487-97.

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.