

CPSTF FINDINGS ON TOBACCO USE

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to control tobacco use. 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
Community mobilization with additional interventions to restrict minors' access to tobacco products	
Comprehensive tobacco control programs	
Incentives and competitions to increase smoking cessation among workers when combined with additional interventions	
Internet-based cessation interventions	
Interventions to increase the unit price for tobacco products	
Mass-reach health communication interventions	
Mobile phone text messaging cessation interventions	
Quitline interventions	
Reducing out-of-pocket costs for evidence-based cessation treatments	
Smoke-free policies	

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.

Category	Description	Icon
Recommended	There is strong or sufficient evidence that the intervention strategy is effective . 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.	
Insufficient Evidence	There is not enough evidence 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.	
Recommended Against	There is strong or sufficient evidence that the intervention strategy is harmful or not effective .	

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 [tobacco](#) topic page.

