



At a Glance

What works in public health? The *Guide to Community Preventive Services* (*Community Guide*) provides public health decision makers with recommendations regarding population-based interventions to promote health and to prevent disease, injury, disability, and premature death, appropriate for use by communities and health care systems. The independent Task Force on Community Preventive Services, makes its recommendations based on systematic reviews of topics in three general areas: changing risk behaviors; reducing diseases, injuries and impairments; and addressing environmental and ecosystem challenges (see *Am J Prev Med 2000; 18 (1S): 18-26*). The *Community Guide* is a federally sponsored initiative and is part of a family of federal public health initiatives including Healthy People 2010 and the Guide to Clinical Preventive Services.

Systematic reviews are conducted for selected interventions within each health topic and organized as a “chapter”. Within the Community Guide, systematic reviews evaluate the evidence of effectiveness which is then translated into a recommendation or a finding of insufficient evidence. For those interventions where there is insufficient evidence of effectiveness, the Community Guide will provide guidance for further prevention research. However, **it is important to note that a determination that evidence is insufficient should not be confused with evidence of ineffectiveness.**

More information about the Community Guide (including links to a variety of resources) are available at <http://www.thecommunityguide.org>. Community Guide topics are also published in supplements to the American Journal of Preventive Medicine.

Topic	Brief Description	Publication Date
Changing Health Risk Behaviors		
Tobacco Product Use Prevention and Control	<p>An in-depth review of interventions designed to prevent initiation of tobacco use, to increase or improve cessation, and to reduce exposure to environmental tobacco smoke through the use of:</p> <ul style="list-style-type: none"> • policies • mass media strategies • health care system strategies to improve the delivery of effective cessation therapies 	February 2001
Nutrition	<p>Reviews the effectiveness of nutrition interventions to improve knowledge/attitudes and consumption patterns and environments to enhance healthy food choices through:</p> <ul style="list-style-type: none"> • school-based programs • community fruit and vegetable promotion • consumer literacy • food and nutrition policy 	Fall 2005*
Physical Activity	<p>Reviews effectiveness of interventions to increase exercise opportunities and facilitate and maintain changes in knowledge/attitudes about physical activity through:</p> <ul style="list-style-type: none"> • School-based, skills-oriented interventions • Health education classes • Organizational policies • Social support mechanisms • Behavioral reinforcements • Physical environmental changes 	October 2001

Topic	Brief Description	Publication Date
Changing Health Risk Behaviors		
Sexual Behavior	<p>HIV, STD and unintended pregnancy prevention through</p> <ul style="list-style-type: none"> education and counseling service delivery and referral HIV counseling and testing Media campaigns policy youth development programs strengthening family, social networks and other support systems 	Summer 2005*
Addressing Specific Health Conditions		
Vaccine Preventable Diseases	<p>Increase vaccination coverage levels in children, adolescents, and adults by utilizing interventions designed to increase community demand, provide provider education and enhance access to vaccination services such as:</p> <ul style="list-style-type: none"> health care system strategies mass media campaigns policies 	January 2000
Cancer	<p>Addresses interventions to:</p> <ul style="list-style-type: none"> improve the use of breast, cervical, and colo-rectal cancer screening improve informed decision making about cancer screening reduce the occurrence of skin cancer. 	October 2003 (Skin cancer) Fall 2004* (Screening)*
Diabetes	<p>For persons with diabetes, examines the effect of health care system and community interventions on:</p> <ul style="list-style-type: none"> behavior change glycemic control long-term clinical and economic outcomes quality of life 	September 2001
Mental Health	<p>Investigates interventions with a focus on the prevention of depression and the co-occurrence of depression with other mental and physical conditions including:</p> <ul style="list-style-type: none"> relapse/recurrence prevention provider screening training policy interventions. 	Summer 2005*
Motor Vehicle Occupant Injury	<p>Addresses intervention strategies to:</p> <ul style="list-style-type: none"> promote child safety seat use promote safety belt use reduce alcohol-impaired driving <p>Interventions focus on:</p> <ul style="list-style-type: none"> laws enforcement communitywide behavioral interventions 	May 2001
Oral Health	<p>Reviews intervention strategies for preventing</p> <ul style="list-style-type: none"> dental caries oral and pharyngeal cancers oral and facial injuries 	November 2001
Violence	<p>Examines the following interventions to reduce violent behavior:</p> <ul style="list-style-type: none"> home visitation for high risk families social skill development community policing community organizing projects anti-hate crime programs therapeutic foster care 	October 2003
Addressing the Environment		
Social Environment	<p>Based on the premise that health is a product of social institutions and processes, interventions being examined are:</p> <ul style="list-style-type: none"> residential mixed income housing access to quality health care for all ages early childhood development programs 	February 2002

* Denotes tentative date of publication



The Centers for Disease Control and Prevention supports the independent Task Force on Community Preventive Services

For more information see www.thecommunityguide.org