



Tobacco Use Prevention And Control

Tobacco use is the single largest cause of preventable premature mortality in the United States. It also represents an enormous cost burden to the nation. The question is, what works to make tobacco use prevention and control successful at the population or community level? *The Guide to Community Preventive Services* addresses the effectiveness of community-based interventions within three strategic areas of tobacco use prevention and control: 1) **prevent tobacco product use initiation**, 2) **increase cessation** and 3) **reduce exposure to environmental tobacco smoke (ETS)**. The findings strengthen and complement existing guidelines on tobacco prevention and control.

Summary of Findings

The independent Task Force on Community Preventive Services issues the following findings for interventions within each of these strategic areas. Recommendations are based on the strength of the evidence of effectiveness found through a systematic review of published evidence conducted by a team of experts on behalf of the Task Force. **A determination that there is “insufficient evidence to determine effectiveness” does NOT mean that the intervention does not work**, but rather indicates that additional research is needed to determine whether or not the intervention is effective. Decision makers should consider these evidence-based recommendations in light of local needs, goals, and constraints when choosing interventions to implement.

Intervention	Recommendation
Strategies to Reduce Exposure to Environmental Tobacco Smoke (ETS)	
Smoking bans and restrictions	Recommended (Strong Evidence)
Community education to reduce ETS exposure in the home environment	Insufficient Evidence to determine effectiveness
Strategies to Reduce Tobacco Use Initiation by Children, Adolescents, and Young Adults	
Increasing the unit price for tobacco products	Recommended (Strong Evidence)
Mass media education (campaigns) when combined with other interventions	Recommended (Strong Evidence)
Strategies to Increase Tobacco Cessation	
Increasing the unit price for tobacco products	Recommended (Strong Evidence)
Mass media education	
Campaigns when combined with other interventions	Recommended (Strong Evidence)
Smoking cessation series	Insufficient Evidence to determine effectiveness
Smoking cessation contests	Insufficient Evidence to determine effectiveness
Interventions appropriate for health care systems	
Provider reminder systems (alone)	Recommended (Sufficient evidence)
Provider education programs (alone)	Insufficient Evidence to determine effectiveness
Provider reminder + Provider education (with or without patient education)	Recommended (Strong Evidence)
Provider feedback system	Insufficient Evidence to determine effectiveness
Reducing patient out-of-pocket costs for effective treatments for tobacco use and dependence	Recommended (Sufficient evidence)
Patient telephone support (quit lines) when combined with other interventions	Recommended (Strong Evidence)

Publications:

MMWR /Recommendations and Reports- [November 10, 2000/Vol. 49/No.RR-12](#). A report on findings.

American Journal of Preventive Medicine – [Am J Prev Med 2001; 20\(1S\)](#). A report on evidence, findings and expert commentaries. See www.thecommunityguide.org/tobacco for individual articles.

The **Guide to Community Preventive Services** (Community Guide) provides recommendations on population-based interventions to promote health and to prevent disease, injury, disability, and premature death, appropriate for use by communities and healthcare systems. For more information about the Community Guide (including links to publications and a variety of resources) see

www.thecommunityguide.org and for more information about the tobacco review see www.thecommunityguide.org/tobacco/

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