

CPSTF FINDINGS ON HEART DISEASE AND STROKE PREVENTION

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to prevent heart disease and stroke. 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 strategies and interventions 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
Clinical decision-support systems	
Interactive digital interventions for blood pressure self-management	
Interventions engaging community health workers	
Mobile health (mhealth) interventions for treatment adherence among newly diagnosed patients	
Exercise programs to prevent gestational hypertension	
Reducing out-of-pocket costs for cardiovascular disease preventive services for patients with high blood pressure and high cholesterol	
Tailored pharmacy-based Interventions to improve medication adherence	
Team-based care to improve blood pressure control	
Self-measured blood pressure monitoring interventions for improved blood pressure control	
When used alone	
When combined with additional support	

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. Based on the strength of the evidence, CPSTF assigns each intervention to one of the categories below.

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 [heart disease and stroke prevention](#) topic page.

