

CPSTF FINDINGS ON OBESITY

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to prevent and control obesity. 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
COMMUNITIES AND WORKSITES	
Behavioral interventions that aim to reduce recreational sedentary screen time among children	
Digital health interventions for adolescents with overweight or obesity	
Worksite programs	
Technology-supported multicomponent coaching or counseling interventions	
To maintain weight loss	
To reduce weight	
SCHOOLS	
Healthy eating interventions in schools	
Increasing water access in schools	
Meal or fruit and vegetable snack interventions to increase healthier foods and beverages provided by schools	
Multicomponent interventions to increase availability of healthier foods and beverages in schools	
Supporting healthier snack foods and beverages sold or offered as rewards in schools	
Healthy eating interventions in combination with physical activity interventions	
Increasing water access combined with physical activity interventions in schools	
Meal or fruit and vegetable snack interventions combined with physical activity interventions in schools	
Multicomponent interventions (meal or fruit and vegetable snack interventions + healthier snack foods and beverages) combined with a physical activity intervention in schools	
Supporting healthier snack foods and beverages sold or offered combined with physical activity interventions in schools	
HEALTHCARE SETTINGS	
Multicomponent provider interventions	
Multicomponent provider interventions with client interventions	
Provider education	
Provider education with a client intervention	
Provider feedback	
Provider reminders	

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 [obesity](#) topic page.

