













CPSTF FINDINGS ON WORKSITE HEALTH




The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to promote employee health. 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
Assessment of Health Risks with Feedback (AHRF) to Change Employees' Health – AHRF Plus Health Education With or Without Other Interventions	
Incentives and Competitions to Increase Smoking Cessation Among Workers - When Combined with Additional Interventions	
Smoke-Free Policies to Reduce Tobacco Use	
Worksite Programs to Prevent and Control Obesity	
Interventions for Non-Healthcare Workers	
Interventions with On-Site, Reduced Cost, Actively Promoted Vaccinations	
Interventions with Actively Promoted, Off-Site Vaccinations	
Worksite Digital Health and Telephone Interventions to Increase Healthy Eating and Physical Activity at the Worksite	
Interventions for Healthcare Workers	
Interventions with On-Site, Free, Actively Promoted Vaccinations	
Interventions with Actively Promoted, Off-Site Vaccinations	

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 [worksite health](#) topic page.

