



Summary of Community Preventive Services Task Force Recommendation*

The Community Preventive Services Task Force (CPSTF) recommends internet-based interventions for tobacco use cessation to increase the rate of adults who successfully quit.

Major Findings*

The CPSTF recommendation is based on evidence from a 2019 systematic review that included 45 studies, of which 31 measured outcomes six or more months following intervention.¹

- Internet-based interventions increased the rate of adults who stopped using tobacco by a median of 1.2 percentage points (31 studies).
- Differences in quit rates were slightly larger when internet-based interventions were compared to no intervention, usual care, printed materials, or basic website content (median increase of 1.3 percentage points; 17 studies).
- Differences in quit rates were smaller when internet-based interventions were compared to other interventions that provided cessation counseling or evidence-based medications (median increase of 0.8 percentage points; 14 studies).



What Are Internet-Based Cessation Interventions?*

Internet-based interventions use websites to provide evidence-based information, strategies, and behavioral support to motivate and assist tobacco users who want to quit. Interventions include interactive features that help clients monitor progress and provide guidance, feedback, and support; tailored guidance that matches users with services and advice; or coaching, counseling, or social support from peers or trained professionals. Content may be adapted for specific communities, and interventions may include text messaging, telephone calls, or medications.

Facts About Tobacco Use

- Smoking remains the leading preventable cause of death and disease in the United States.² Although the percentage of adults who smoke is at an all-time low nationally, 34 million adults still smoke.³
- More than 16 million people live with at least one disease caused by smoking,² and 58 million nonsmoking Americans are exposed to secondhand smoke.²
- On average, smokers die 10 years earlier than nonsmokers.⁵
- Smoking cessation is beneficial at any age. Smoking cessation improves health status, reduces the risk of premature death, and can add as much as a decade to life expectancy.⁶

Learn More

***Read a complete summary of the systematic review and CPSTF finding.**

www.thecommunityguide.org/findings/tobacco-use-and-secondhand-smoke-exposure-internet-based-cessation-interventions

CDC, Tobacco Cessation

www.cdc.gov/tobacco/quit_smoking/index.htm

National Cancer Institute

www.cancer.gov/

BecomeAnEx

www.becomeanex.org

References

¹ McCrabb S, Baker AL, Attia J, Skelton E, Twyman L, et al. Internet-based programs incorporating behavior change techniques are associated with increased smoking cessation in the general population: a systematic review and meta-analysis. *Annals of Behavioral Medicine* 2019;53(2):180-95.

² U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm

³ Creamer MR, Wang TW, Babb S, et al. Tobacco product use and cessation indicators among adults — United States, 2018. *MMWR* 2019; 68:1013–9. www.cdc.gov/mmwr/volumes/68/wr/mm6845a2.htm?s_cid=mm6845a2_w

⁴ Tsai J, Homa DM, Gentzke AS, et al. Exposure to secondhand smoke among nonsmokers — United States, 1988–2014. *MMWR* 2018; 67:1342–6. www.cdc.gov/mmwr/volumes/67/wr/mm6748a3.htm?s_cid=mm6748a3_w

⁵ Jha P, Ramasundarahettige C, Landsman V, et al. 21st Century Hazards of Smoking and Benefits of Cessation in the United States. *New England Journal of Medicine* 2013; 368:341–50.

⁶ U.S. Department of Health and Human Services. Smoking Cessation. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2020.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.

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