

The Community Guide's role in a national infrastructure to prevent behavioral health disorders

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National Academies: Committee on a Blueprint for a National Prevention Infrastructure for Behavioral Health Disorders

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Community Preventive Services Task Force

Established in 1996 by US Department of Health and Human Services to provide guidance on “what works” to improve the health of populations, based on available scientific evidence.

Understanding CPSTF and The Community Guide

CPSTF reviews evidence and issues findings and recommendations for interventions to improve the health of populations

The Community Guide is the online publication of CPSTF findings and recommendations



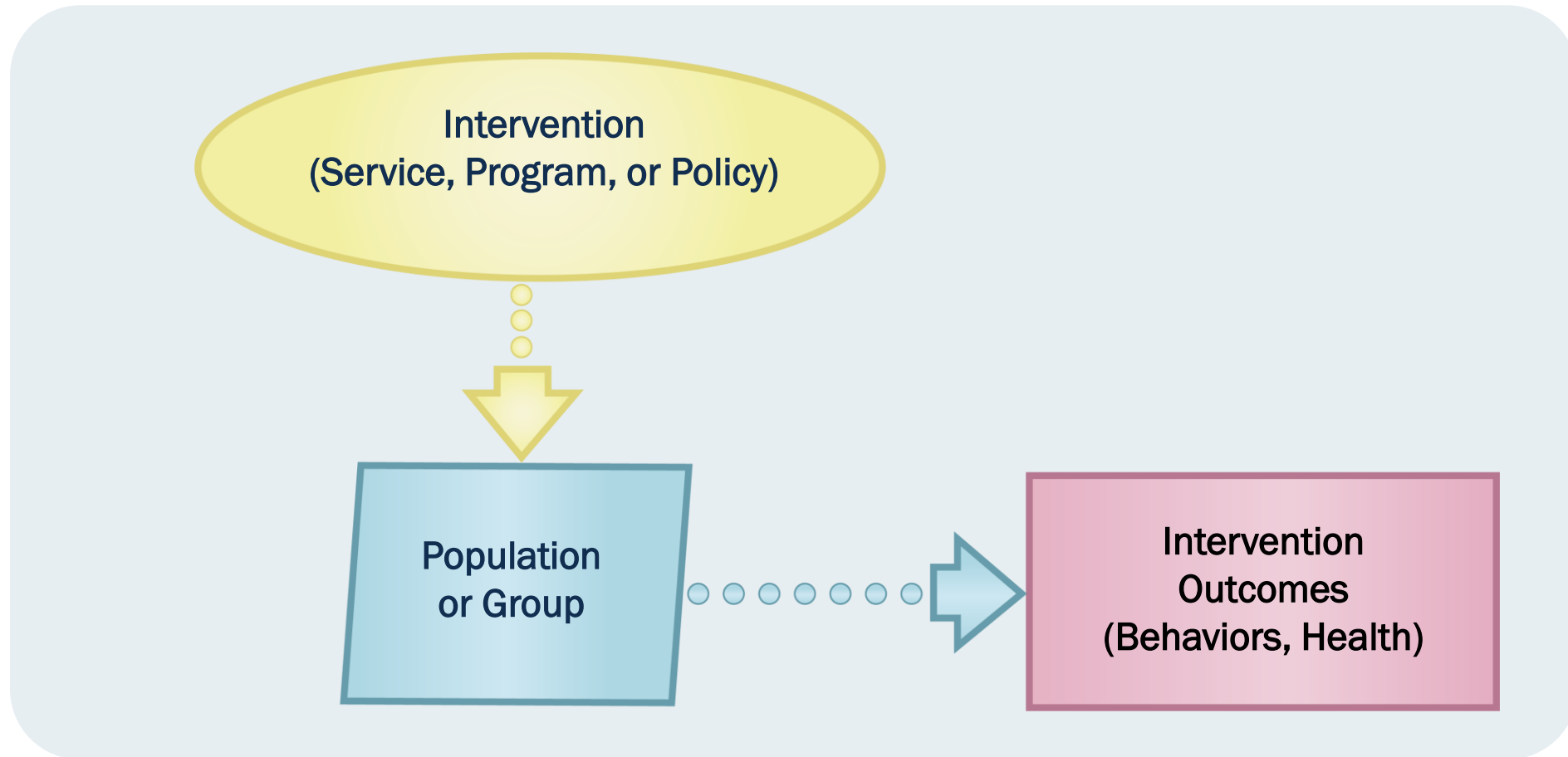
Liaison organizations help develop and disseminate findings and recommendations

CDC's Community Guide Program conducts systematic reviews of the evidence, disseminates findings and maintains partnerships with users

CPSTF: Why their work matters

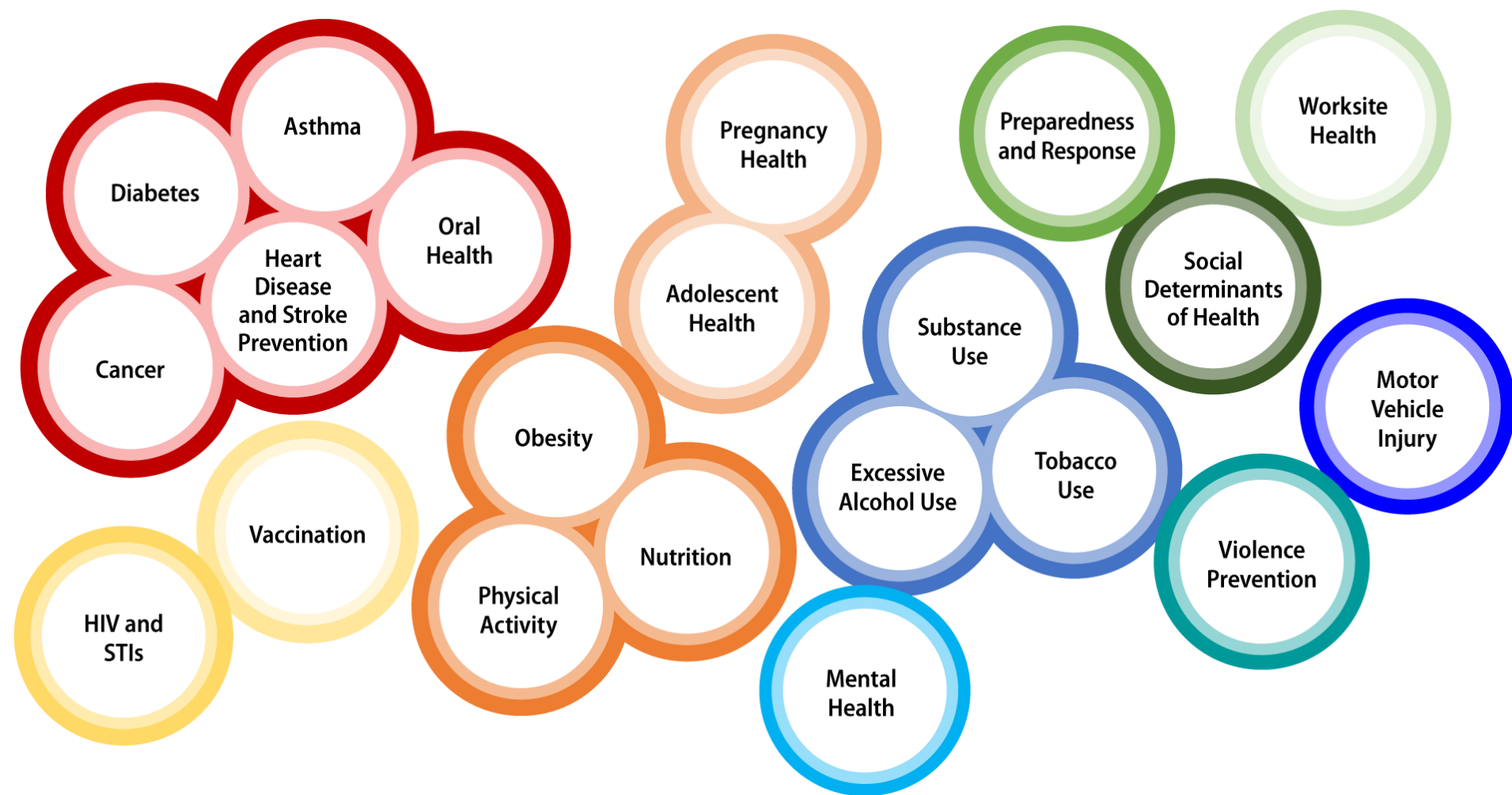
- The Community Guide is a reliable source for deciding how best to use limited resources to tackle a broad range of health challenges in a broad range of settings
- CPSTF recommended interventions enable confidence in users
 - Based on credible, rigorous, systematic reviews that consider all high-quality evidence
 - Not mandates for compliance or spending
 - Decision makers can determine what best meet the needs, preferences, available resources, and constraints of their constituents
- Identification of evidence gaps helps researchers, evaluators, and funders prioritize areas of study

CPSTF Evaluates Intervention Approaches Aimed at Populations



Is the evidence applicable to U.S. populations and settings?
Does the intervention impact health equity?

Since 1996, CPSTF Issued 170+ Recommendations Across 20+ Topics



Community Guide Systematic Reviews of Effectiveness serve as the basis for CPSTF Recommendations and Findings

1

Select Topic

Select a review topic based on CPSTF prioritization

2

Create Coordination Team

Create a team of CPSTF members, Community Guide staff and subject matter experts

3

Select Intervention

Select an intervention within the topic

4

Conceptualize

Define intervention, analytic framework and outcomes

5

Search

Systematically search and retrieve evidence

6

Screen

Narrow retrieved set of papers

7

Abstract

Evaluate studies for quality and collect information

8

Analyze

Analyze data from included studies

9

Make CPSTF recommendation

Translate evidence into CPSTF recommendations and findings

10

Disseminate

Disseminate CPSTF findings and evidence gaps

What makes Community Guide unique?

- Independent, nonfederal Task Force of public health and prevention experts
- Prioritization of topics and interventions
- Multidisciplinary research team conducts systematic reviews
- Rigorous systematic review process to determine what works
 - Assessment of Suitability of Study Design and Quality of Execution
 - Assessment of Applicability: What works where and for whom?
 - Determination of health equity relevance
- A standard Evidence to Decision framework applied to all reviews determines CPSTF recommendations and findings
- CPSTF also identifies evidence gaps and considerations for implementation
- Economic systematic review findings on cost effectiveness, cost benefit, ROI
- Information posted to The Community Guide and disseminated by 32 liaisons, CDC programs, and other partners

CPSTF Recommendations and Findings

Icon	
	Recommends an intervention if strong or sufficient evidence shows it is effective
	Issues insufficient evidence findings if not enough evidence to determine the effectiveness
	Recommends against an intervention if evidence shows it is ineffective or harmful (rare)

Translation of CPSTF Findings

Task Force Finding and Rationale Statement (TFFRS)

Web Intervention Summary (WIS)

One-Pager

Systematic Review

CPSTF Issues Recommendation

TFFRS - Physical Activity: Park, Trail, and Greenway Infrastructure Interventions to Increase Physical Activity

PDF version (PDF - 117 KB)

Return to the [Park, Trail, and Greenway Infrastructure Interventions when Implemented Alone Intervention Summary](#) or [Park, Trail, and Greenway Infrastructure Interventions when Combined with Additional Interventions Intervention Summary](#)

Community Preventive Services Task Force Finding and Rationale Statement

Intervention Definition

Park, trail, and greenway infrastructure interventions improve the built and natural environments by creating or enhancing public locations for physical activity, relaxation, social interaction, and enjoyment. Locations include the following:

- Parks—designated public areas that often combine greenery with paths, facilities for physical activity and recreation, and places for relaxation and social interaction.
- Trails or greenways—routes for walking, hiking, or cycling in urban, suburban, or rural areas (e.g., “trails to trails” conversion projects). These may involve street conversions that provide opportunities for walking and cycling (most often in urban areas).

Infrastructure improvements may be combined with one or more of the following interventions:

- Community engagement to ensure community participation in intervention planning
- Public awareness activities (e.g., banners, flyers, promotional campaigns, event days)
- Programs that offer structured opportunities for physical activity and social interaction (e.g., walking groups, exercise classes, organized sports)
- Access enhancements including transportation connections, street crossings, and expanded hours of operation

Community Preventive Services Task Force Finding

The [Community Preventive Services Task Force \(CPSTF\)](#) recommends interventions that combine park, trail, or greenway infrastructure improvements with one or more additional interventions to increase physical activity and infrastructure use. Additional interventions may engage the community, increase awareness, expand programs, or enhance access. Sufficient evidence shows these interventions increase the number of people who engage in moderate-to-vigorous physical activity. Evidence also shows meaningful increases in the number of people who use the park, trail, or greenway.

CPSTF finds [insufficient evidence](#) to determine the effectiveness of infrastructure improvements alone (i.e., implemented without additional interventions) for increasing physical activity. Evidence shows inconsistent results for physical activity (considered the primary outcome) and meaningful increases in the number of people who use the park, trail, or greenway following infrastructure improvements.

Rationale

Basis of Finding

The CPSTF findings are based on a systematic review of 18 studies (published through July 2020). The review combined 10 studies of park, trail, or greenway interventions identified from a published systematic review (Hunter et al. 2019; search period through August 2016) with 8 studies identified in an updated search that used the same search terms (search period August 2016 to July 2020).

Physical Activity: Park, Trail, and Greenway Infrastructure Interventions when Combined with Additional Interventions

Snapshot What the CPSTF Found Supporting Materials Considerations for Implementation

Summary of CPSTF Finding

The [Community Preventive Services Task Force \(CPSTF\)](#) recommends park, trail, and greenway infrastructure interventions when combined with additional interventions to increase physical activity. Evidence from the systematic review shows these interventions increase the number of people who engage in moderate-to-vigorous physical activity in the park, trail, or greenway. Studies also show increases in the number of people who use the park, trail, or greenway.

CPSTF finds [insufficient evidence](#) for each trail- and greenway infrastructure intervention when implemented alone.

Intervention

These interventions combine infrastructure interventions with one or more additional interventions. Park, trail, and greenway infrastructure interventions improve the built and natural environments by creating or enhancing public locations for physical activity, relaxation, social interaction, and enjoyment. Locations include the following:

- Parks—designated public areas that often combine greenery with paths, facilities for physical activity and recreation, and places for relaxation and social interaction

[Read more](#)

CPSTF Finding and Rationale Statement

Read the full [CPSTF Finding and Rationale Statement](#) for details including implementation issues, possible added benefits, potential harms, and evidence gaps.

Promotional Materials

Physical Activity: Park, Trail, and Greenway Infrastructure Interventions when Combined with Additional Interventions

Summary of Community Preventive Services Task Force Recommendation *

The Community Preventive Services Task Force (CPSTF) recommends park, trail, and greenway infrastructure interventions when combined with additional interventions to increase physical activity.

CPSTF finds insufficient evidence for park, trail, and greenway infrastructure interventions when implemented alone.

Major Findings *

CPSTF recommends park, trail, and greenway infrastructure interventions when combined with additional interventions based on evidence from a systematic review of 21 studies from 20 publications (search period through March 2019). Evidence showed interventions led to the following:

- Median increase of 17% in the number of people engaging in moderate-to-vigorous physical activity (7 studies).
- Median increase of 18.3% in the number of people using the park, trail, or greenway (9 studies).

What are Park, Trail, and Greenway Infrastructure Interventions? *

These interventions improve the built and natural environments by creating or enhancing one of the following public locations for physical activity, relaxation, social interaction, and enjoyment.

- Parks—designated public areas that often combine greenery with paths, facilities for physical activity and recreation, and places for relaxation and social interaction.
- Trails and Greenways—routes for walking, hiking, or cycling in urban, suburban, or rural areas (e.g., “trails to trails” conversion projects). These may involve street conversions that provide opportunities for walking and cycling (most often in urban areas).

What are additional interventions? These include community engagement; public awareness activities; programs that offer structured opportunities for physical activity and social interaction; access enhancements such as transportation connections, street crossings, and expanded hours of operation; or a combination of these components.

Why is This Important?

- Physical activity has immediate benefits, such as reducing anxiety and improving sleep.¹
- Regular physical activity can produce long-term health benefits, including the prevention or reduction of risk for more than 20 chronic diseases like heart disease, some cancers, stroke, and type 2 diabetes.²
- Overall, 11.1% of aggregate healthcare expenditures are associated with inadequate physical activity (i.e., inactive and insufficiently active levels).³
- To attain substantial health benefits, federal [physical activity guidelines](#) recommend adults perform at least 150 minutes a week of moderate-intensity physical activity.⁴

Learn More

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

www.thecommunityguide.org/findings/physical-activity-park-trail-greenway-infrastructure-interventions-combined-additional-interventions

CDC, Division of Nutrition, Physical Activity, and Obesity

www.cdc.gov/nccdphp/dnpao

Active People, Healthy Nation™

www.cdc.gov/physicalactivity/buildpeoplehealthnation/index.html

April 2022

**Recommended
June 2023**

CPSTF recommends family-based interventions to prevent substance use among youth.

What is a family-based intervention?

Family-based interventions provide instruction or training to parents and caregivers to enhance substance use preventive skills and practices for children and adolescents. Interventions include individual or small group sessions, web-based modules, printed instruction manuals and workbooks, or a combination of formats.

Major Findings

Interventions reduced initiation and use of cannabis, alcohol, tobacco, and illicit substances among youth as well as initiation and misuse of prescription drugs. They also reduced sexual risk behaviors among youth and led to improvements in mental health symptoms and school-related outcomes.

Why is this important?

Preventing or delaying substance use initiation among youth reduces later risk for substance use, substance use disorders, and overdose.

Evidence gaps

- How effective are interventions for families of American Indian, Alaskan Native, Native Hawaiian, Pacific Islander, and Asian youth?
- How effective are interventions for families of youth who identify as a sexual or gender minority?

Learn more: www.thecommunityguide.org/findings/substance-use-family-based-interventions-to-prevent-substance-use-among-youth.html

Community Preventive Services Task Force (CPSTF) Recommendation
Mental Health: Universal School-Based Cognitive Behavioral Therapy Programs to Reduce Depression and Anxiety Symptoms

**Recommended
February 2019**

CPSTF recommends universal school-based cognitive behavioral therapy programs to prevent or reduce depression and anxiety symptoms among school-aged children and adolescents.

What is universal school-based cognitive behavioral therapy?

These programs are delivered to all students, regardless of the presence or absence of mental health conditions. The programs help students develop strategies to solve problems, regulate emotions, and establish helpful patterns of thought and behavior.

Major Findings

Small decreases were reported for symptoms of depression and anxiety.
Intervention effectiveness was similar for interventions delivered by external mental health professionals and trained school staff

Why is this important?

Depression and anxiety are common among children and adolescents, and they can persist into adulthood, increasing risks for suicide, substance abuse, teenage pregnancy, conduct disorder, delinquency, and poor academic outcomes.

Evidence gaps

- How can advances in technology be used to improve intervention reach and availability at a population level?
- What are the infrastructure and personnel needs required to sustain programs?

Learn more:

www.thecommunityguide.org/findings/mental-health-universal-school-based-cognitive-behavioral-therapy-programs-reduce-depression-anxiety-symptoms.html

The Community Guide Supports the Pathway from Evidence to Action to Impact

CPSTF Recommendations

Dissemination & Translation

Implementation



Community Preventive Services Task Force

Substance Use: Family-based Interventions to Prevent Substance Use among Youth

Community Preventive Services Task Force
Finding and Rationale Statement
Ratified June 2023



The Community Guide

Substance Use: Family-based Intervention to Prevent Substance Use Among Youth

Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends family-based interventions to prevent substance use among youth. Evidence from the systematic review shows these interventions reduce initiation and use of cannabis, alcohol, tobacco, and illicit substances among youth as well as initiation and misuse of prescription drugs. Studies also report reductions in sexual risk behaviors among youth and improvements in mental health symptoms and school-related outcomes.





Creating **Drug-Free Communities** To Prevent Substance Use Among America's Youth

Did you know family-based interventions prevent substance use among youth?







Home Learn Grants Search Grants

VIEW GRANT OPPORTUNITY

CDC-RFA-CE-24-0050

Drug-Free Communities (DFC) Support Program - NEW (Year 1)

Department of Health and Human Services

Centers for Disease Control - NCIPC

SYNOPSIS

VERSION HISTORY

RELATED DOCUMENTS

PACKAGE

Applications due 4/17/2024

Community Guide Resources

Community Guide in Action: Success Stories

The Community Guide in ACTION
www.thecommunityguide.org

Community-Academic Partnerships: A Win for Communities, Schools, and Public Health - Improving Nutrition in a Faith-Based Setting

The Community Guide in ACTION
www.thecommunityguide.org

BuchananCares Program: A Team-based Care Pilot Led by a Rural Community Hospital and Local Pharmacist

This is the first in a series on how community-academic partnerships enhance implementation of evidence-based interventions from the Community Preventive Services Task Force (CPSTF).

"Georgia College University (GCU) prepares their students for life beyond college by providing a life-altering, real-world experience. This is the time to develop a team to develop a team based on a CPSTF finding that forged community-academic partnerships positively impact nutritional habits in more than 600 churches."

Kristen C. Rodge, Public Health

Hospital readmission rates are a major preventable healthcare burden in the United States.

Team-based care is a health-system strategy of enhancing patient care through the collaboration of health professionals, the patient, and the patient's primary care physician.

Source: Team-based Care to Improve Blood

"We're a small town in southern Virginia. Our program's success is contributing to our town's success. Another pharmacy has joined the BuchananCares program. We're growing because of our commitment level to our patients, college, hospital, and town."

Dr. Randall Cole, BuchananCares

What Works Fact Sheets

WHAT WORKS
Vaccination
Evidence-Based Interventions for Your Community

CPSTF FINDINGS ON VACCINATION

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to improve vaccination rates. 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
BEHAVIORAL AND SOCIAL APPROACHES	
Classroom-based Physical Activity Break Interventions	Recommended
Classroom-based Physically Active Lesson Interventions	Recommended
Digital Health Interventions for Adults 55 Years and Older	Recommended
Enhanced School-Based Physical Education	Recommended
Family-Based Interventions	Recommended
Individually Adapted Health Behavior Change Programs	Recommended
Interventions Including Activity Monitors for Adults with Overweight or Obesity	Recommended
Social Support Interventions in Community Settings	Recommended
CAMPAIGNS AND INFORMATIONAL APPROACHES	
Community-Wide Campaigns	Recommended
Stand-Alone Mass Media Campaigns	Insufficient Evidence
ENVIRONMENTAL AND POLICY APPROACHES	
Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design	Recommended
Creating or Improving Places for Physical Activity	Recommended
Interventions to Increase Active Travel to School	Recommended
Point-of-Decision Prompts to Encourage Stair Use	Recommended

The Centers for Disease Control and Prevention provides administrative, scientific, and technical support for CPSTF.

WHAT WORKS
Physical Activity
Evidence-Based Interventions for Your Community

CPSTF FINDINGS ON PHYSICAL ACTIVITY

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to increase physical activity. 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
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What works fact sheets: Behavioral Health Topics



WHAT WORKS

Mental Health

Evidence-Based Interventions for Your Community

CPSTF FINDINGS ON MENTAL HEALTH

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to improve mental 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
Collaborative care for the management of depressive disorders	
Mental health benefits legislation	
Targeted school-based cognitive behavioral therapy programs to reduce depression and anxiety symptoms	
Universal school-based cognitive behavioral therapy programs to reduce depression and anxiety symptoms	
INTERVENTIONS TO REDUCE DEPRESSION AMONG OLDER ADULTS	
Clinic-based depression care management	
Community-based exercise interventions	
Home-based depression care management	



WHAT WORKS

Excessive Alcohol Consumption

Evidence-Based Interventions for Your Community

CPSTF FINDINGS ON EXCESSIVE ALCOHOL CONSUMPTION

The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to prevent excessive alcohol consumption. 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
Dram shop liability	
Electronic screening and brief intervention (e-SBI)	
Enhanced enforcement of laws prohibiting sales to minors	
Increasing alcohol taxes	
Maintaining limits on days of sale	
Maintaining limits on hours of sale	
Overservice law enforcement initiatives	
Privatization of retail alcohol sales	
Regulation of alcohol outlet density	
Responsible beverage service training	

The Community Guide can contribute to a national infrastructure to prevent behavioral health disorders

- **Opportunity** to leverage existing structure, maximize investments
- **Model** for
 - Scientific Rigor
 - Collaboration
 - Dissemination and Uptake Strategies
- **Source** of recommended behavioral health prevention interventions

Thank You!

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For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

