



The U.S. Preventive Services Task Force (USPSTF) provides evidence-based prevention guidance for 90 health conditions and diseases.

Listed below are the **most impactful final recommendations** (new topic to the portfolio, a change in grade, or topics that address the prevention of leading causes of death or injury/illness, and garnered significant attention) that published in 2024.



## SCREENING FOR BREAST CANCER

- **B Grade** All women should get screened for breast cancer every other year starting at age 40.
- **I Statement** There is not enough evidence to recommend for or against screening women 75 and older.
- **I Statement** There is not enough evidence to recommend for or against additional screening with breast ultrasound or MRI for women with dense breasts.



**Population:** Women at average risk of breast cancer, as well as those with a family history of breast cancer and those with dense breasts.

Read the full recommendation statement [here](#).



## INTERVENTIONS FOR HIGH BODY MASS INDEX IN CHILDREN & ADOLESCENTS

- **B Grade** Healthcare professionals should provide or refer children and teens with a high BMI to comprehensive, intensive behavioral interventions.



**Population:** Children and adolescents age 6 and older with a high BMI.

Read the full recommendation statement [here](#).

To find a full list of all recommendations, visit the [USPSTF Recommendations Page](#).





## INTERVENTIONS TO PREVENT FALLS IN COMMUNITY-DWELLING OLDER ADULTS

- **B Grade** Healthcare professionals should recommend exercise for adults 65 and older who live at home and who are more likely to fall.
- **C Grade** Healthcare professionals should talk with older patients who are at increased risk about whether additional interventions might be helpful to reduce their risk of falling.



**Population:** Adults 65 years who live at home and not in a nursing home or other institutional care setting and are at increased risk of falls.

Read the full recommendation statement [here](#) .



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Download the [Prevention TaskForce app](#) to identify clinical preventive services for patients.

## In case you heard...

about some of our [draft recommendations](#) that posted this year on topics like screening for cervical cancer, osteoporosis, and food insecurity remember this guidance is not final yet. Check the [Task Force's website](#) for the latest guidance on these recommendations.

## Grade Definitions

<b>A</b>	Recommended
<b>B</b>	Recommended
<b>C</b>	Recommended depending on the patient's situation
<b>D</b>	Not recommended
<b>I Statement</b>	There is not enough evidence to make a recommendation for or against service