

Clinician Summary of USPSTF Recommendation Primary Care Interventions for Prevention and Cessation of Tobacco Use in Children and Adolescents

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What does the USPSTF recommend?



School-aged children and adolescents who have not started to use tobacco

Provide interventions, including education or brief counseling, to **prevent initiation** of tobacco use.



School-aged children and adolescents who use tobacco

The evidence is **insufficient** to assess the balance of benefits and harms of primary care–feasible interventions for **cessation** of tobacco use.



To whom does this recommendation apply?

School-aged children and adolescents younger than 18 years.



What's new?

This recommendation is consistent with the 2013 USPSTF recommendation, with some key updates:

- Adds a new “I statement” on interventions for the cessation of tobacco use in school-aged children and adolescents.
- Includes e-cigarettes as a tobacco product.



How to implement this recommendation?

Definition of tobacco use: Tobacco use refers to any tobacco product, including cigarettes, cigars (including cigarillos and little cigars), as well as vaping e-cigarettes.

1. Determine if youth are using tobacco.

2. If youth are not using tobacco:

- **Provide behavioral counseling interventions** to all youth to prevent tobacco use.
 - Effective behavioral counseling interventions to prevent initiation of tobacco use include face-to-face counseling, telephone counseling, and computer-based and print-based interventions.

3. If youth are using tobacco:

- The **evidence is insufficient** to recommend for or against providing interventions to youth for cessation of tobacco use.
 - Existing studies on behavioral interventions to help youth quit tobacco use have been too heterogeneous and too small to detect a benefit.
 - No medications are currently approved by the US Food and Drug Administration for tobacco cessation in children and adolescents.
- Use clinical judgement to decide how to best help youth who use tobacco.



What are other relevant USPSTF recommendations?

The USPSTF has made recommendations on [behavioral and pharmacotherapy interventions for tobacco smoking cessation in adults, including pregnant women](#), and [primary care behavioral interventions to reduce illicit drug and nonmedical pharmaceutical use in children and adolescents](#).



Where to read the full recommendation statement?

Visit the USPSTF website to read the [full recommendation statement](#). This includes more details on the rationale of the recommendation, including benefits and harms; supporting evidence; and recommendations of others.