



## What does the USPSTF recommend?



### Nonpregnant adults:

- **Ask** about tobacco use
- **Provide behavioral interventions and pharmacotherapy** for cessation to those who use tobacco



### Pregnant persons:

- **Ask** about tobacco use
- **Provide behavioral interventions** for cessation to those who use tobacco



### Pregnant persons who use tobacco:

- The **evidence is insufficient** to assess the balance of benefits and harms of **pharmacotherapy** for tobacco cessation



### Adults and pregnant persons who use tobacco:

- The **evidence is insufficient** to assess the balance of benefits and harms of using **e-cigarettes** for tobacco cessation. Clinicians should direct patients to other cessation interventions with proven effectiveness and established safety



## To whom does this recommendation apply?

Adults 18 years or older, including pregnant persons.



## What's new?

This recommendation is consistent with the 2015 USPSTF recommendation. This recommendation incorporates newer evidence and language in the field of tobacco cessation, including new evidence on the harms of e-cigarettes (ie, vaping).



## How to implement this recommendation?

1. Ask all adults, including pregnant persons, about tobacco use, using methods such as:
  - “5 A’s”: Ask, Advise, Assess, Assist, Arrange follow-up
  - “Ask, Advise, Refer”
  - “Vital Sign”: Treat smoking status as a vital sign

## 2. Provide cessation interventions to persons who use tobacco

- For nonpregnant adults who use tobacco, provide behavioral counseling and pharmacotherapy for cessation
  - o Effective behavioral counseling interventions include physician advice, nurse advice, individual counseling, group behavioral interventions, telephone counseling, and mobile phone–based interventions
  - o US Food and Drug Administration approved pharmacotherapy for cessation includes nicotine replacement therapy, bupropion sustained-release, and varenicline
  - o Combined behavioral counseling and pharmacotherapy includes at least 4 or more behavioral counseling sessions with 90 to 300 minutes of total contact time
- For pregnant persons who use tobacco, provide behavioral counseling for cessation
  - o Effective behavioral counseling includes cognitive behavioral, motivational, and supportive therapies such as counseling, health education, feedback, financial incentives, and social support



### What are other relevant USPSTF recommendations?

The USPSTF has made a recommendation on [Primary Care Interventions for Prevention and Cessation of Tobacco 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.