

The U.S. Preventive Services Task Force (USPSTF) makes evidence-based recommendations for preventive services such as screenings, counseling, and preventive medications. These recommendations provide guidance on more than 80 health conditions and are for people without signs or symptoms of a disease. 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, and garnered significant attention) and published between January 1, 2023, and December 31, 2023.



### SCREENING FOR DEPRESSION AND SUICIDE RISK IN ADULTS

- **B Grade** Screen all adults for depression.
- **I Statement** There is not enough evidence to recommend for or against screening for suicide risk in adults.



**Population:** Adults, including pregnant and postpartum people, who have no recognized signs or symptoms of depression or suicide risk.

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

### NEW TOPIC



### SCREENING FOR ANXIETY IN ADULTS

- **B Grade** Screen adults younger than 65 for anxiety.
- **I Statement** There is not enough evidence to recommend for or against screening for anxiety in adults 65 or older.



**Population:** Adults, including pregnant and postpartum people, who have no recognized signs or symptoms of anxiety.

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

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





## PREEXPOSURE PROPHYLAXIS TO PREVENT ACQUISITION OF HIV

- **A Grade** People at increased risk of HIV should take preexposure prophylaxis (PrEP) to prevent HIV.



**Population:** Adolescents and adults who do not have HIV and are at increased risk of HIV.

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



## SCREENING FOR HYPERTENSIVE DISORDERS OF PREGNANCY

- **B Grade** All pregnant people should have their blood pressure measured at each prenatal visit.



**Population:** All pregnant women and pregnant people of all genders without a known diagnosis of a hypertensive disorder of pregnancy or chronic hypertension.

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

### 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



To receive notifications about the posting of USPSTF recommendations, sign up for [email updates](#).



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 breast cancer, interventions for weight management in children, and falls prevention in older adults, remember this guidance is not final yet. Check the [Task Force's website](#) for the latest guidance on these recommendations.