What does the USPSTF recommend?

Nonpregnant adults:

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

Pregnant persons:

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

Pregnant persons who use tobacco:

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

Adults and pregnant persons who use tobacco:

- **I Statement**
- 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.