

Section 1: Preventive Services Recommended by the USPSTF

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians discuss these preventive services with eligible patients and offer them as a priority. All these services have received an "A" or a "B" (recommended) grade from the Task Force. Refer to the endnotes for each recommendation for population-specific clinical considerations.

For definitions of all grades used by the USPSTF, see Appendix A (beginning on p. 97). The full listings of all USPSTF recommendations for adults begin on p. 5 and recommendations for children begin on p. 65.

Recommendation	Adults		Special Populations	
	Men	Women	Pregnant Women	Children/ Adolescents
Abdominal Aortic Aneurysm, Screening ¹	✓			
Alcohol Misuse Screening and Behavioral Counseling	✓	✓	✓	
Aspirin for the Prevention of Cardiovascular Disease ²	✓	✓		
Bacteriuria, Screening ³			✓	
BRCA-Related Cancer in Women, Screening ⁴		✓		
Breast Cancer, Preventive Medications ⁵		✓		
Breast Cancer, Screening ⁶		✓		
Breastfeeding, Counseling ⁷		✓	✓	
Cervical Cancer, Screening ⁸		✓		
Chlamydial Infection, Screening ⁹		✓	✓	
Colorectal Cancer, Screening ¹⁰	✓	✓		
Congenital Hypothyroidism, Screening ¹¹				✓
Depression in Adults, Screening ¹²	✓	✓		
Diabetes Mellitus, Screening ¹³	✓	✓		
Falls in Older Adults, Counseling, Preventive Medication, and Other Interventions ¹⁴	✓	✓		

Section 1 Preventive Services Recommended by the USPSTF (continued)

Recommendation	Adults		Special Populations	
	Men	Women	Pregnant Women	Children/ Adolescents
Folic Acid Supplementation to Prevent Neural Tube Defects, Preventive Medication ¹⁵		✓		
Gestational Diabetes Mellitus, Screening ¹⁶			✓	
Gonococcal Ophthalmia Neonatorum, Preventive Medication ¹⁷				✓
Gonorrhea, Screening ¹⁸		✓		
Hearing Loss in Newborns, Screening ¹⁹				✓
Hepatitis B Virus Infection in Pregnant Women, Screening ²⁰			✓	
Hepatitis C Virus Infection in Adults, Screening ²¹	✓	✓	✓	✓
High Blood Pressure in Adults, Screening	✓	✓		
HIV Infection, Screening ²²	✓	✓	✓	✓
Intimate Partner Violence and Elderly Abuse, Screening ²³		✓		
Iron Deficiency Anemia, Prevention ²⁴				✓
Iron Deficiency Anemia, Screening ²⁵			✓	
Lipid Disorders in Adults, Screening ²⁶	✓	✓		
Lung Cancer, Screening ²⁷	✓	✓		
Major Depressive Disorder in Children and Adolescents, Screening ²⁸				✓
Obesity in Adults, Screening ²⁹	✓	✓		
Obesity in Children and Adolescents, Screening ³⁰				✓
Osteoporosis, Screening ³¹		✓		

Section 1: Preventive Services Recommended by the USPSTF (continued)

Recommendation	Adults		Special Populations	
	Men	Women	Pregnant Women	Children/ Adolescents
Phenylketonuria (PKU), Screening ¹²				✓
Sexually Transmitted Infections, Counseling ³³	✓	✓		✓
Sickle Cell Disease in Newborns, Screening ³⁴				✓
Skin Cancer, Counseling ³⁵	✓	✓	✓	✓
Syphilis Infection (Pregnant Women), Screening			✓	
Tobacco Use in Adults, Counseling and Interventions ³⁶	✓	✓	✓	
Tobacco Use in Children and Adolescents, Primary Care Interventions ³⁷				✓
Visual Impairment in Children Ages 1 to 5, Screening ³⁸				✓

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¹One-time screening by ultrasonography in men aged 65 to 75 who have ever smoked.

²When the potential harm of an increase in gastrointestinal hemorrhage is outweighed by a potential benefit of a reduction in myocardial infarctions (men aged 45-79 years) or in ischemic strokes (women aged 55-79 years).

³Pregnant women at 12-16 weeks gestation or at first prenatal visit, if later.

⁴Refer women whose family history is associated with an increased risk for deleterious mutations in *BRCA1* or *BRCA2* genes for genetic counseling and evaluation for *BRCA* testing.

⁵Engage in shared, informed decisionmaking and offer to prescribe risk-reducing medications, if appropriate, to women aged ≥35 years without prior breast cancer diagnosis who are at increased risk.

⁶Biennial screening mammography for women aged 50 to 74 years. Note: The Department of Health and Human Services, in implementing the Affordable Care Act, follows the 2002 USPSTF recommendation for screening

mammography, with or without clinical breast examination, every 1-2 years for women aged 40 and older.

⁷Interventions during pregnancy and after birth to promote and support breastfeeding.

⁸Screen with cytology every 3 years (women ages 21 to 65) or co-test (cytology/HPV testing) every 5 years (women ages 30-65).

⁹Sexually active women 24 and younger and other asymptomatic women at increased risk for infection. Asymptomatic pregnant women 24 and younger and others at increased risk.

¹⁰Adults aged 50-75 using fecal occult blood testing, sigmoidoscopy, or colonoscopy.

¹¹Newborns.

¹²When staff-assisted depression care supports are in place to assure accurate diagnosis, effective treatment, and followup.

¹³Asymptomatic adults with sustained blood pressure greater than 135/80 mg Hg.

¹⁴Provide intervention (exercise or physical therapy and/or vitamin D supplementation) to community-dwelling adults ≥65 years at increased risk for falls.

¹⁵All women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid.

¹⁶Asymptomatic pregnant women after 24 weeks of gestation.

¹⁷Newborns.

¹⁸Sexually active women, including pregnant women 25 and younger, or at increased risk for infection.

¹⁹Newborns.

²⁰Screen at first prenatal visit.

²¹Persons at high risk for infection and adults born between 1945 and 1965.

²²All adolescents and adults ages 15 to 65 years and others who are at increased risk for HIV infection and all pregnant women.

²³Asymptomatic women of childbearing age; provide or refer women who screen positive to intervention services.

²⁴Routine iron supplementation for asymptomatic children aged 6 to 12 months who are at increased risk for iron deficiency anemia.

²⁵Routine screening in asymptomatic pregnant women.

²⁶Men aged 20-35 and women over age 20 who are at increased risk for coronary heart disease; all men aged 35 and older.

²⁷Asymptomatic adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit smoking within the past 15 years.

²⁸Adolescents (age 12 to 18) when systems are in place to ensure accurate diagnosis, psychotherapy, and followup.

²⁹Patients with a body mass index of 30 kg/m² or higher should be offered or referred to intensive, multicomponent behavioral interventions.

³⁰Screen children aged 6 years and older; offer or refer for intensive counseling and behavioral interventions.

³¹Women aged 65 years and older and women under age 65 whose 10-year fracture risk is equal to or greater than that of a 65-year-old white woman without additional risk factors.

³²Newborns.

³³All sexually active adolescents and adults at increased risk for STIs.

³⁴Newborns.

³⁵Children, adolescents, and young adults aged 10 to 24 years.

³⁶Ask all adults about tobacco use and provide tobacco cessation interventions for those who use tobacco; provide augmented, pregnancy-tailored counseling for those pregnant women who smoke.

³⁷Provide interventions to prevent initiation of tobacco use in school-aged children and adolescents.

³⁸Screen children ages 3 to 5 years.