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Guide to Clinical Preventive Services

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Section 1. Preventive Services Recommended by the USPSTF

Guide to Clinical Preventive Services, 2014

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, go to Appendix A. The full listings of all USPSTF recommendations for adults and children are in Section 2 and Section 3.



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Recommendation	Adults		Special Populations	
	Men	Women	Pregnant Women	Children
Abdominal Aortic Aneurysm, Screening ¹	X			
Alcohol Misuse Screening and Behavioral Counseling	X	X	X	
Aspirin for the Prevention of Cardiovascular Disease ²	X	X		
Bacteriuria, Screening ³			X	
BRCA-Related Cancer in Women, Screening ⁴		X		
Breast Cancer, Preventive Medications ⁵		X		
Breast Cancer, Screening ⁶		X		
Breastfeeding, Counseling ⁷		X	X	
Cervical Cancer, Screening ⁸		X		
Chlamydial Infection, Screening ⁹		X	X	
Colorectal Cancer, Screening ¹⁰	X	X		
Congenital Hypothyroidism, Screening ¹¹				X
Depression in Adults, Screening ¹²	X	X		
Diabetes Mellitus, Screening ¹³	X	X		
Falls in Older Adults, Counseling, Preventive Medication, and Other Interventions ¹⁴	X	X		
Folic Acid Supplementation to Prevent Neural Tube Defects, Preventive Medication ¹⁵		X		
Gestational Diabetes Mellitus, Screening ¹⁶			X	
Gonococcal Ophthalmia Neonatorum, Preventive Medication ¹⁷				X
Gonorrhea, Screening ¹⁸		X	X	
Hearing Loss in Newborns, Screening ¹⁹				X
Hepatitis B Virus in Pregnant Women, Screening ²⁰			X	
Hepatitis C Virus Infection in Adults, Screening ²¹				
High Blood Pressure in Adults, Screening	X	X		
HIV Infection, Screening ²²	X	X	X	X

Intimate Partner Violence and Elderly Abuse, Screening ²³		X		
Iron Deficiency Anemia, Prevention ²⁴				X
Iron Deficiency Anemia, Screening ²⁵			X	
Lipid Disorders in Adults, Screening ²⁶	X	X		
Lung Cancer, Screening ²⁷	X	X		
Major Depressive Disorder in Children and Adolescents, Screening ²⁸				X
Obesity in Adults, Screening ²⁹	X	X		
Obesity in Children and Adolescents, Screening ³⁰				X
Osteoporosis, Screening ³¹		X		
Phenylketonuria (PKU), Screening ³²				X
Sexually Transmitted Infections, Counseling ³³	X	X		X
Sickle Cell Disease in Newborns, Screening ³⁴				X
Skin Cancer, Counseling ³⁵	X	X	X	X
Syphilis Infection (Pregnant Women), Screening			X	
Tobacco Use in Adults, Counseling and Interventions ³⁶	X	X	X	
Tobacco Use in Children and Adolescents, Primary Care Interventions ³⁷				X
Visual Impairment in Children Ages 1 to 5, Screening ³⁸				X

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

² When 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).

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

⁴ Refer 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.

⁵ Engage 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.

⁶ Biennial 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.

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

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

⁹ Sexually 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.

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

¹¹ Newborns.

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

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

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

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

¹⁶ Asymptomatic pregnant women after 24 weeks of gestation.

¹⁷ Newborns.

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

¹⁹ Newborns.

²⁰ Screen at first prenatal visit.

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

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

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

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

²⁵ Routine screening in asymptomatic pregnant women.

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

²⁷ Asymptomatic 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.

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

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

- ³⁰ Screen children aged 6 years and older for obesity; offer or refer for intensive counseling and behavioral interventions.
- ³¹ Women 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.
- ³² Newborns
- ³³ All sexually active adolescents and adults at increased risk for STIs.
- ³⁴ Newborns.
- ³⁵ Children, adolescents, and young adults aged 10 to 24 years.
- ³⁶ Ask 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.
- ³⁷ Provide interventions to prevent initiation of tobacco use in school-aged children and adolescents.
- ³⁸ Screen children ages 3-5 years.

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