



## **USPSTF-Recommended Interventions for the General Population**

### **Screening**

Height and weight (periodically)

Blood pressure (every 2 y)

Problem drinking

Depression

Diabetes mellitus

Total and HDL cholesterol (men age  $\geq 35$  y; women age  $\geq 45$  y; others with cardiovascular risk factors, every 5 y)

Colorectal cancer screening (men and women age  $\geq 50$  y)

Mammogram  $\pm$  clinical breast exam (every 1 to 2 y for women age  $\geq 40$  y)

Papanicolaou test (at least every 3 y until age 65 y)

Chlamydia (sexually active women age  $\leq 25$  y, and older at-risk women)

Bone mineral density test (women age  $\geq 65$  y and at-risk women ages 60-64 y)

AAA screening (men age 65 to 75 y who ever smoked)

Vision screening (age  $\geq 65$  y)

Assess for hearing impairment (age  $\geq 65$  y)

### **Sexual Behavior**

Contraception for unintended pregnancy

STD prevention (educate about avoiding high-risk behavior, condoms/female barrier protection with spermicide)

### **Injury Prevention**

Lap/shoulder belts  
Motorcycle/bicycle/ATV helmets  
Smoke detectors  
Safe storage/removal of firearms

### **Dental Health**

Regular visits to dental care provider  
Floss, brush with fluoride toothpaste daily

### **Counseling – Substance Abuse**

Tobacco cessation  
Reduce at-risk or harmful alcohol use  
Avoid alcohol/drug use while driving, swimming, and boating

### **Counseling – Diet and Exercise**

Limit saturated fat, maintain caloric balance, emphasize grains, fruits, and vegetables  
Adequate calcium intake (women)  
Regular physical activity

### **Chemoprevention**

Multivitamin with folic acid (women planning pregnancy)  
Discuss benefits and harms of aspirin for prevention of MI in middle-aged adults and others at increased risk for heart disease

CRF = cardiac risk factors; AAA = abdominal aortic aneurysm; HDL = high-density lipoprotein; STD = sexually transmitted diseases; ATV = all-terrain vehicle; MI = myocardial infarction.

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