ADA Screening Guidelines for Pre-diabetes and Diabetes in Medical Setting

1. Age

- **Children < 10** → **Routine screening NOT recommended *unless* onset of puberty has occurred, IF SO,** → **BMI is: >85TH percentile for age & gender Or >85th percentile weight for height Or weight is >120% of ideal for height AND Two (2) Risk Factors**
- **Children/Adolescents 10-17 years AND** → **BMI is: >85TH percentile for age & gender Or >85th percentile weight for height Or weight is >120% of ideal for height AND Two (2) Risk Factors**
- **Adults 18-45 years** → **BMI ≥ 25 kg/m² AND 1 risk factor below**
- **Adults > 45** → **BMI ≥ 25 kg/m² AND 1 risk factor below**
- **Adults > 45** → **Normal weight AND no risk factors (skip to step 4)**

2. Overweight

3. Other Risk Factors

TWO (2) OF THE FOLLOWING:
- Family history of type 2 diabetes (1st/2nd degree)
- Race ethnicity (Native American, African American)
- Hispanic American, Asian/South Pacific Islander
- Signs of insulin resistance (acanthosis nigricans, hypertension, dyslipidemia, polycystic ovary syndrome)

OTHER RISK FACTORS:
- Physical inactivity (<30 min of moderate activity 5+ days/week or < 20 min vigorous activity 3+ days/week)
- Family history of diabetes (especially 1st degree relatives)
- High risk ethnic population (see list under children)
- Delivered baby weighing > 9 lbs or has been diagnosed with Gestational Diabetes
- Hypertension (> 140/90 mmHg)
- History of vascular disease
- Dyslipidemia – HDL cholesterol <35 mg/dl (0.90 mmol/l) and/or triglyceride level >250 mg/dl (2.82 mmol/l)
- Previous impaired glucose tolerance (IGT) or impaired fasting glucose (IFG)
- Clinical conditions associated with insulin resistance (e.g., acanthosis nigricans)
- Polycystic Ovary Syndrome (PCOS)

4. Screening Tests

SCREENING TESTS	REQUIRES ADDITIONAL TESTING IF:
Fasting Plasma Glucose (FPG)	100-125 mg/dl (pre-diabetes)
Fasting Plasma Glucose (FPG)	≥126 mg/dl (diabetes)
Impaired Glucose Tolerance (IGT)	2 hrs. after 75g glucose, value is >140-199 (pre-diabetes), >200 (diabetes)

5. Frequency

- **Every 2 Years (Includes children if in puberty)**
- **Annually**
- **Annually**
- **Every 3 Years**

6. Results/Action

Results Abnormal
1. Repeat tests on subsequent day to diagnose
2. Implement treatment plan including lifestyle modification
3. Screen and treat for other Cardiovascular Disease Risk Factors:
   - Hypertension
   - Dyslipidemia
   - Tobacco Use

Results Normal
Screen as in 1 through 3

Reference: American Diabetes Association Clinical Practice Recommendations 2007 Diabetes Care January 2007
Adapted from the State of Missouri Screening Guidelines for Prediabetes and Diabetes in a Medical Setting 2005
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