

Summary of American Diabetes Association's Criteria For Testing For Diabetes In Asymptomatic Individuals

ADULTS: Testing should be considered in all adults who are overweight (BMI > 25 kg/m²*) AND have additional risk factors. (See Table 1)

*At-risk BMI may be lower in some ethnic groups

Table 1 Risk Factors for Type 2 Diabetes in Adults

- Have a first-degree relative with diabetes (i.e., parents or siblings)
 - Physical inactivity
 - High-Risk Race/ethnicity (e.g., African American, Latino, Native American, Asian American and Pacific Islander)
 - Women diagnosed with GDM or delivery of a baby weighing > 9 lbs
 - Hypertension (> 140/90 mmHg or on therapy for hypertension)
 - HDL cholesterol level <35 mg/dl (0.90 mmol/l) and/or triglyceride level >250 mg/dl (2.82 mmol/l)
 - Women with polycystic ovarian syndrome (PCOS)
 - A1C ≥5.7%, IGT or IFG on previous testing
 - Other clinical conditions associated with insulin resistance (e.g., severe obesity and acanthosis nigricans)
 - History of cardio vascular disease (CVD)
- In the absence of the above criteria, testing for pre-diabetes and diabetes should begin at age 45 years. If results are normal, testing should be repeated at least at three-year intervals, with consideration of more frequent testing depending on initial results and risk status.

CHILDREN AND ADOLESCENTS Testing should be considered for overweight children (see Table 2) starting at age 10 years (or at the onset of puberty if it occurs at a younger age) **and** have any two of the risk factors listed in Table 3. Repeat testing every two years. Fasting Plasma Glucose Preferred Test.

Table 2 Definitions of Overweight for Children & Adolescents

1. BMI >85th percentile for age and sex, or
2. Weight for height >85th percentile, or
3. Weight >120% of ideal (50th percentile) for height.

Table 3 Risk Factors for Type 2 Diabetes in Children and Adolescents

1. Family history of Type 2 diabetes in first- or second-degree relative
2. Race/ethnicity (e.g., African American, Latino, Native American, Asian American and Pacific Islander)
3. Signs of insulin resistance or conditions associated with insulin resistance (acanthosis nigricans, polycystic ovary syndrome, or small-for-gestational-age birth weight, hypertension or dyslipidemia).
4. Maternal history of diabetes or Gestational Diabetes during the child's gestation.

NOTE: Clinical judgment should be used to test for diabetes in high-risk patients who do not meet these criteria.

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