

Screening Criteria for Type 2 Diabetes

American Diabetes Association Criteria for Screening for Type 2 Diabetes in Asymptomatic Adults

1. Screening should be considered in adults with a BMI ≥ 25 kg/m² (or ≥ 23 kg/m² for Asian individuals) who have one or more of the following risk factors:
 - First degree relative with diabetes
 - High-risk race and ethnicity (e.g., American Indian, Asian American, Black, Hispanic, Pacific Islander)
 - History of cardiovascular disease
 - Hypertension ($\geq 130/80$ mmHg or on therapy for hypertension)
 - HDL cholesterol level < 35 mg/dL (< 0.9 mmol/L) and/or a triglyceride level > 250 mg/dL (> 2.8 mmol/L)
 - Individuals with polycystic ovary syndrome
 - Physical inactivity
 - Other clinical conditions associated with insulin resistance (e.g., BMI ≥ 35 kg/m², acanthosis nigricans)
2. People with prediabetes (HbA1c $\geq 5.7\%$ (≥ 39 mmol/mol), impaired glucose tolerance (IGT), impaired fasting glucose (IFG) should be screened annually.
3. People who were diagnosed with gestational diabetes should be screened at least every three years.
4. For all other people, screening should begin at age 35 years.
5. If results are normal, screening should be repeated at a minimum of 3-year intervals, with considerations for more frequent testing depending on initial results and risk status.
6. People with HIV, exposure to high-risk medicines, history of pancreatitis.

Diagnostic Cutoffs



Hemoglobin A1c

$\geq 6.5\%$ Diabetes
 $\geq 5.7\%$ - $< 6.5\%$ Prediabetes
 $< 5.7\%$ Normal

Fasting Plasma Glucose

≥ 126 mg/dL
 ≥ 100 - < 126 mg/dL Prediabetes
 < 100 mg/dL Normal

Oral Glucose Tolerance Test

≥ 200 mg/dL Diabetes
 ≥ 140 - < 200 mg/dL Prediabetes
 < 140 mg/dL Normal

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