Consensus Panel Recommendations: Although the entire Missouri population is at risk for diabetes, current evidence is insufficient to recommend for or against routinely screening asymptomatic individuals for type 2 diabetes, impaired glucose tolerance, or impaired fasting glucose. The purpose of screening is to identify persons previously not diagnosed with pre-diabetes or diabetes. To effectively utilize resources, screening efforts should be directed to individuals exhibiting risks for diabetes as outlined below. Additional research is needed to determine effective approaches for screening in venues outside the medical setting.

1. Age
   - Children <10
   - Children/Adolescents 10-17 years
   - Adults 18-45 years
   - Adults >45

2. Overweight
   - BMI is: >85th percentile for age & gender
     or >95th percentile weight for height
     or Weight is >120% of ideal for height
     AND Two (2) Risk Factors

3. Other Risk Factors
   - 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)
   - 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 a 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 (2.82mmol/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
   - TWO (2) OF THE FOLLOWING:
     - Fasting Plasma Glucose (FPG)………..100-125 mg/dL (may indicate pre-diabetes)
     - Fasting Plasma Glucose (FPG)………..≥126 mg/dL (may indicate diabetes)
     - Impaired Glucose Tolerance (IGT)……..2 hrs. after 75g glucose, value is ≥140-199 (pre-diabetes); ≥200 (diabetes)

5. Frequency
   - Normal weight AND No risk factors:
     - Adult: Annually
     - Children: Every 2 Years (includes children if in puberty)
   - Other Risk Factors:
     - BMI >25 kg/m² OR 1 risk factor below:
       - Every 2 Years (includes children if in puberty)

6. Results/Action
   - Results Normal: Screen as in 1 through 3
   - Results Abnormal:
     1. Repeat tests on subsequent day to diagnose
     2. Implement treatment plan including lifestyle modification
     3. Screen for other Cardiovascular Disease Risk Factors:
        - HDL ≤40 mg/dL
        - Fasting Triglycerides ≥150 mg/dL
        - Blood Pressure >130/85 mmHg