



Screening for Abnormal Blood Glucose and Type 2 Diabetes Mellitus: Clinical Summary

Population	Adults aged 40 to 70 y who are overweight or obese
Recommendation	Screen for abnormal blood glucose. Offer or refer patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity. Grade: B

Risk Assessment	Risk factors for abnormal glucose metabolism include overweight and obesity or a high percentage of abdominal fat, physical inactivity, and smoking. Abnormal glucose metabolism is also frequently associated with other cardiovascular risk factors, such as hyperlipidemia and hypertension.
Screening Tests	Glucose abnormalities can be detected by measuring hemoglobin A _{1c} or fasting plasma glucose or with an oral glucose tolerance test. Diagnosis of IFG, IGT, or type 2 diabetes should be confirmed with repeated testing (the same test on a different day is the preferred method of confirmation).
Screening Interval	Evidence on the optimal rescreening interval for adults with an initial normal glucose test is limited. Studies suggest that rescreening every 3 y may be a reasonable approach.
Treatment and Interventions	Effective behavioral interventions combine counseling on a healthful diet and physical activity and involve multiple contacts over extended periods. There is insufficient evidence that medications have the same benefits as behavioral interventions.
Balance of Benefits and Harms	The overall benefit of screening for IFG, IGT, and diabetes and implementing intensive lifestyle interventions is moderate.
Other Relevant USPSTF Recommendations	The USPSTF recommends screening and appropriate interventions for modifiable risk factors for cardiovascular events (overweight and obesity, physical inactivity, abnormal lipid levels, high blood pressure, and smoking). These recommendations are available on the USPSTF Web site (www.uspreventiveservicestaskforce.org).

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to www.uspreventiveservicestaskforce.org.

Abbreviations: IFG = impaired fasting glucose; IGT = impaired glucose tolerance.