

Understanding Task Force Draft Recommendations

This fact sheet explains the U.S. Preventive Services Task Force's (Task Force) draft recommendation statement on screening for prediabetes and type 2 diabetes in children and adolescents. It also tells you how you can send comments about the draft recommendation to the Task Force. Comments may be submitted from December 14, 2021 to January 17, 2022. The Task Force welcomes your comments.

Screening for Prediabetes and Type 2 Diabetes in Children and Adolescents

The Task Force issued a **draft recommendation statement** on *Screening for Prediabetes and Type 2 Diabetes in Children and Adolescents*.

After reviewing the existing research on screening for prediabetes and type 2 diabetes in children and teens, the Task Force has concluded that there is not enough evidence to recommend for or against screening and is calling for more research.

This recommendation applies to children and teens under age 18 and who have shown no signs of diabetes.

Facts About Type 2 Diabetes in Children and Adolescents

Type 2 diabetes is when the body does not use insulin the way it should and isn't able to keep blood sugar at a normal level. When blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes, a person has prediabetes. While type 2 diabetes was once considered a health condition only found in adults, the number of children and teens with prediabetes and type 2 diabetes is rising, most likely due to increasing rates of overweight and obesity.

Youth who have obesity and carry excess weight, especially in the mid-section, are at the highest risk for developing prediabetes or type 2 diabetes. Children and teens who have a family history of diabetes are also at higher risk. There are also large health disparities in type 2 diabetes. American Indian/Alaska Native, Black, and Hispanic/ Latino youth are at a much higher risk than white youth of developing type 2 diabetes.

It is important for children and teens to be physically active and have a healthy diet. This can help maintain a healthy weight and lower the risk of diabetes.

Potential Benefits and Harms of Screening for Type 2 Diabetes in Children and Adolescents

The Task Force found limited evidence on the benefits of screening, early detection, and early treatment of prediabetes and type 2 diabetes. As a result, the Task Force cannot conclude whether screening improves the health of children and teens.

While the Task Force also found a lack of evidence on the harms of screening for type 2 diabetes in youth without symptoms, there is the potential of spending time on screening, unnecessary tests, and follow-up visits when a child's blood sugar may return to normal without intervention.

In the absence of this evidence, clinicians should use their judgment when deciding whether or not to screen youth for diabetes.



What is diabetes?

Diabetes is a disease that occurs when blood sugar, or glucose, is too high. Prediabetes is when blood sugar levels are higher than normal but not high enough to be considered diabetes.

Screening for Prediabetes and Type 2 Diabetes in Children and Adolescents

The Draft Recommendation on Screening for Prediabetes and Type 2 Diabetes in Children and Adolescents: What Does It Mean?

Here is the Task Force's draft recommendation on screening for prediabetes and type 2 diabetes in children and adolescents. It is based on the quality and strength of the evidence about the potential benefits and harms of screening for this purpose. It is also based on the size of the potential benefits and harms. Task Force recommendation grades are explained in the box at the end of this fact sheet.

When the Task Force issues an **I Statement**, it means the current evidence is insufficient to assess the balance of benefits and harms of the service.

Before you send comments to the Task Force, you may want to read the **draft recommendation statement**. The recommendation statement explains the evidence the Task Force reviewed and how it decided on the grade. An **evidence document** provides more detail about the scientific studies the Task Force reviewed.

1 The USPSTF concludes that the current **evidence is insufficient** to assess the balance of benefits and harms of **screening** for **prediabetes** and **type 2 diabetes** in **children and adolescents**. (**I Statement**)

Notes

1 **evidence is insufficient**
There is not enough information to make a recommendation for or against screening.

screening

A blood test that measures sugar in the blood.

prediabetes

Blood sugar levels that are high but not high enough to be considered diabetes.

type 2 diabetes

A disease that occurs when blood sugar, or glucose, is too high.

children and adolescents

Youth under age 18.

Screening for Prediabetes and Type 2 Diabetes in Children and Adolescents

What is the U.S. Preventive Services Task Force?

The Task Force is an independent, non-federal, volunteer group of national experts in prevention and evidence-based medicine. The Task Force works to improve the health of people nationwide by making evidence-based recommendations about clinical preventive services, such as screenings, counseling services, and preventive medicines. The recommendations apply to people with no signs or symptoms of the disease being discussed.

To develop a recommendation statement, Task Force members consider the best available science and research on a topic. For each topic, the Task Force posts draft documents for public comment, including a **draft recommendation statement**. All comments are reviewed and considered in developing the final recommendation statement. To learn more, visit the [Task Force website](#).

USPSTF Recommendation Grades	
Grade	Definition
A	Recommended.
B	Recommended.
C	Recommendation depends on the patient's situation.
D	Not recommended.
I statement	There is not enough evidence to make a recommendation.

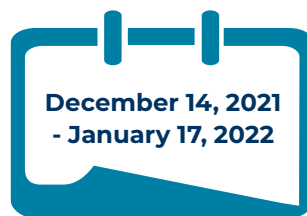
[Click Here to Learn More About Type 2 Diabetes in Children and Adolescents](#)

-  **Prevent Type 2 Diabetes in Kids**
(Centers for Disease Control and Prevention)
-  **Diabetes in Children and Teens**
(MedlinePlus)
-  **Help Your Child Stay at a Healthy Weight**
(MyHealthfinder)
-  **Preventing Type 2 Diabetes**
(National Institutes of Health)

[Click Here to Comment on the Draft Recommendation](#)



The Task Force welcomes comments on this draft recommendation.



Comments must be received between December 14, 2021 - January 17, 2022.



All comments will be considered for use in writing final recommendations.