

## U.S. Preventive Task Force Recommends Screening Adults at Increased Risk for Diabetes

*Task Force recommends screening as part of a cardiovascular risk assessment in overweight or obese adults ages 40 to 70 years*

WASHINGTON, D.C. – October 27, 2015 – The U.S. Preventive Services Task Force (Task Force) today published a final recommendation statement on screening to prevent type 2 diabetes, a potentially debilitating illness that has risen in prevalence over the past 15 years. The Task Force recommends screening for abnormal blood glucose in adults ages 40 to 70 years who are overweight or obese. Clinicians should offer or refer patients with abnormal blood glucose, also known as abnormal blood sugar, to intensive behavioral counseling interventions to promote healthful diet and physical activity. This is a grade **B recommendation**.

In 2012, 12 percent of American adults had diabetes and 37 percent had abnormal blood sugar levels that put them at increased risk for developing diabetes and cardiovascular disease. Type 2 diabetes, which occurs when the body cannot maintain a normal blood sugar level, is the most common type of diabetes in the United States. Abnormal blood sugar levels occur when the body does not consistently break down and use sugar adequately.

### Grades in this recommendation:

**B:** Recommended.

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“Diabetes is a leading cause of heart attacks and strokes” said Task Force member Michael Pignone, M.D., M.P.H. “The good news is, we can identify people at risk and help them make lifestyle changes that may ultimately prevent or delay complications associated with this serious illness.”

“Losing weight reduces the chances of developing diabetes, which is why our recommendation focuses on diet and exercise,” said Task Force member William Phillips, M.D., M.P.H. “Patients who have abnormal blood sugar levels can be referred to programs that help them eat a more healthful diet and exercise more often.”

The Task Force’s final recommendation statement has been published online in *Annals of Internal Medicine*, as well as on the Task Force Web site at [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org). A fact sheet that explains the recommendation statement in plain language is also available. A draft recommendation was available for public comment from October 7 to November 3, 2014.

### About the USPSTF:

The Task Force is an independent, volunteer panel of national experts in prevention and evidence-based medicine that works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications.

Dr. Pignone is a professor of medicine at the University of North Carolina Department of Medicine and chief of the Division of General Internal Medicine. He also serves as director of the university's Institute for Healthcare Quality Improvement.

Dr. Phillips is the Theodore J. Phillips Endowed Professor in Family Medicine and Clinical Professor of health services and epidemiology at the University of Washington, Seattle. Dr. Phillips is also senior associate editor of the *Annals of Family Medicine*.

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