

716 **Table III: Guidelines for Diabetes Screening in Asymptomatic Patients⁴⁴**

Target Population	Screening Recommendation*	Level of Evidence
<p data-bbox="165 493 581 527">Yes to both of the following:**</p> <ul style="list-style-type: none"> <li data-bbox="165 594 565 627">• Age 40 to 70 years old*** <li data-bbox="165 669 846 779">• Overweight or obese (i.e., body mass index ≥ 25 kg/m²) 	Screen every 3-years****	II-IV

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718 *Screen with any one of the following: hemoglobin A1C, fasting plasma glucose, oral glucose
719 tolerance test.

720 **Persons who have a family history of diabetes, history of gestational diabetes or polycystic
721 ovarian syndrome, or are members of certain racial/ethnic groups (i.e., African Americans,
722 American Indians or Alaskan Natives, Asian Americans, Hispanics or Latinos, or Native
723 Hawaiians or Pacific Islanders) may be at increased risk of diabetes at a younger age or at a
724 lower BMI and should be considered for earlier screening.

725 ***The American Diabetes Association recommends screening for diabetes in adults aged 45
726 years or older and screening in persons with multiple risk factors regardless of age.^{46,95}

727 ****More frequent testing may be considered for those with abnormal tests results or those at
728 higher risk.

729 Level of evidence definitions: IA, evidence from meta-analysis of randomized controlled trials;
730 IB, evidence from at least one randomized controlled trial; IIA, evidence from at least one
731 controlled study without randomization; IIB, evidence from at least one other type of

732 experimental study; III, evidence from nonexperimental descriptive studies, such as comparative
733 studies, correlation studies, and case-control studies; IV, evidence from expert committee reports
734 or opinions or clinical experience of respected authorities, or both.