

Randall Children's Hospital

Co-Management and Referral Guidelines

Screening for Type 2 Diabetes in Overweight/Obese Children

Randall Children's Diabetes and Endocrine Center

Phone: 503-413-1600

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Introduction

- Type 2 diabetes mellitus (T2DM) has markedly increased in prevalence among children and now accounts for one in three new cases of diabetes mellitus diagnosed in patients under 18 years of age.
- The incidence of T2DM in children has increased because of the epidemic of childhood obesity.
- The actual incidence is likely higher than reported because of under-diagnosis.
- More than 85 percent of children with T2DM are overweight or obese (BMI \geq 85 percent).
- T2DM can be asymptomatic.

Evaluation and Management

Who and when to screen

- Overweight teens should be screened at least every three years based on the risk factors below.
- Testing should begin at 10 years of age or at pubertal onset, whichever comes first.

Overweight or obese (BMI \geq 85 percent) with any two of the following risk factors:

- Family history of T2DM
- High-risk race/ethnicity (American Indian, African American, Hispanic/Latino or Pacific Islander)
- Signs of insulin resistance (acanthosis nigricans)
- Any additional risk factor: hypertension, dyslipidemia, history of small for gestational age, fatty liver, polycystic ovary syndrome

How to screen

Fasting or random glucose and Hemoglobin A1c as screening

How to assess the screening

Fasting Glucose (mg/dl)	and/or	Random/Postprandial Glucose (mg/dl)	Diagnosis
\geq 100–125	and/or	\geq 140–199	Impaired glucose tolerance
\geq 126	and/or	\geq 200	T2DM
Hemoglobin A1c			Diagnosis
> 6.5 percent			T2DM

When to refer

All children and adolescents whose screening tests are consistent with T2DM or impaired glucose tolerance should be referred to a pediatric endocrinologist.

Urgent referral

- Type 2 diabetes mellitus (T2DM)
 - Contact on-call pediatric endocrinologist via Legacy One Call Consult & Transfer.
 - Clinic visit including parents/caregivers will be scheduled within one to three business days.

Routine referral

- Impaired glucose tolerance
 - Clinic visit within two weeks

(continued)



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Referral process

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For urgent referrals, call Legacy One Call Consult & Transfer: 1-800-500-9111 to speak with the on-call pediatric endocrinologist.

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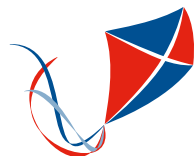
Additional resources

Type 2 Diabetes Mellitus in Children and Adolescents, *Pediatrics in Review* 2013 Vol. 34 No. 12 pp. 541–548

Management of Type 2 Diabetes Mellitus in Children and Adolescents, *Pediatrics* 2013; 131: e648–e664

Updated February 2017

Find this and other co-management/referral guidelines online at: www.legacyhealth.org/randallguidelines



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