

Public Act 93-0530 Diabetes Risk Assessment

Public Act 93-0530 requires that diabetes screening shall be completed as a required part of each health examination. Rules developed by the Illinois Department of Public Health require that each student, at the time of their physical be assessed for risk of having or developing Type 2 diabetes.

The Consensus Panel of the American Diabetes Association (ADA) suggests that if an individual is overweight and has any two of the risk factors listed below, they are at risk of developing type 2 diabetes.

Overweight is defined as:

- BMI > 85th percentile for age and sex
- BMI = weight in pounds divided by (height in inches squared) multiplied by 703.

(BMI = wt (lbs) / (height {in})²) x 703)

Use calculated BMI and refer to appropriate CDC chart for age and sex of individual to determine BMI percentile.

Risk Factors:

1. Family history of type 2 diabetes in first/second-degree relatives.
2. Belonging to a certain race/ethnic groups including American Indians, African-Americans, Hispanic Americans, Asian/South Pacific Islanders.
3. Showing signs of insulin resistance or conditions associated with insulin resistance including: acanthosis nigricans, hypertension, dyslipidemia, polycystic ovarian syndrome.

Results of the diabetes risk assessment must be documented on the Certificate of Child Health Examination form.

DIABETES SCREENING (as outlined on form)

BMI > 85% age/sex Yes No (If yes, continue to assess for any two of the following:) {tc "BMI > 85% age/sex Yes No (If yes, continue to assess for any two of the following:)" }

- **Family History** Yes No {tc "• Family History Yes No" }
- **Ethnic Minority** Yes No {tc "• Ethnic Minority Yes No" }
- **Signs of Insulin Resistance**
(hypertension, dyslipidemia, polycystic ovarian syndrome, acanthosis nigricans) Yes No
- **At Risk** Yes No

Growth/BMI charts (Set 2) available for download:

http://www.cdc.gov/nchs/about/major/nhanes/growthcharts/clinical_charts.htm

A free online refresher course in the use of BMI charts:

<http://www.128.248.232.56/cdcgrowthcharts/module1/text/mainmodules.htm>

Note: Blood or urine testing is not required. ADA recommends that for individuals defined as at risk, diabetes testing should be done every 2 years starting at age 10 years or at onset of puberty, if it occurs at an earlier age. Clinical judgment should be used to test for diabetes in high-risk children who do not meet these criteria.

For further information contact:

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