

Parent Notification of Screening Information for Possible Risk of Type 2 Diabetes

This information is for parent notification purposes only and is strictly confidential. School staff may not be able to determine additional risk factors other than height and weight. Parents may need to determine if there are any additional risk factors from the information provided below and take action as recommended below.

Student: _____ **Date:** _____

Name of school staff recording information: _____

School Nurse: _____ **Contact phone number:** _____

Screening results:

Weight: _____ lbs.

Height: _____ inches

BMI (body mass index)=lbs divided by inches, divided by inches x 703 = BMI kg/m²

BMI Percentage for age and gender (consult BMI chart): _____

Other signs of insulin resistance: _____

Measuring height and weight is done at school as is screening for vision, hearing and scoliosis. If children > 10 years of age or at the onset of puberty are overweight (*BMI greater than 85th percentile for age and sex) plus one or more of the following risk factors, they should be screened for diabetes:

- **Family history of Type 2 diabetes: parent, aunt, uncle or sibling**
- **Race: Hispanic, Native American, African American, Asian American and Pacific I slanders**
- **Signs of insulin resistance:**

Acanthosis nigricans (dark, velvety textured skin found at the base of the neck, armpits, and groin area)

High blood pressure

High levels of blood fats

Polycystic ovary syndrome

(Reference: American Diabetes Association Consensus Statement, January 2001)

*BMI (body mass index) = a key index for relating body weight to height

Your child has been identified as possibly being at risk for Type 2 diabetes. The incidence of Type 2 diabetes has significantly increased among adults as well as children. Type 2 diabetes often goes undiagnosed and contributes to long term complications of ulcerating sores, blindness, kidney failure, strokes, and heart disease. Early identification and referral can perhaps prevent or delay the onset of Type 2 diabetes and its complications.

A fasting plasma glucose is the ideal diagnostic test for Type 2 diabetes (American Diabetes Consensus Statement, January 2001). This can be done by your healthcare provider or the school nurse can refer you to a medical facility that can do the test. Type 2 diabetes is diagnosed with a fasting glucose of greater than or equal to 126 mg/dl. If the results are normal and risk factors are present then the school nurse can provide additional resources to assist in prevention of Type 2 diabetes.

The risk of getting Type 2 diabetes can be decreased by avoiding obesity through healthy eating and plenty of exercise. If you or your child is at risk for Type 2 diabetes a referral for prevention and treatment is needed.

Please refer to the attached page for resources on Type 2 diabetes.