

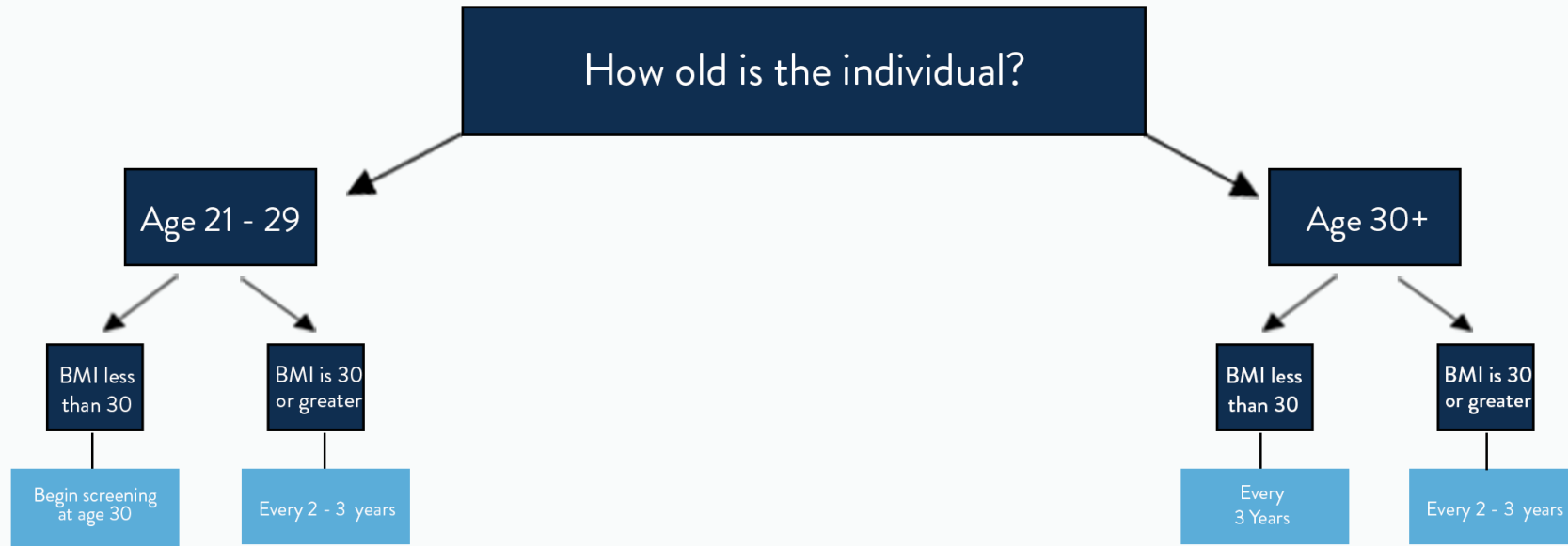
GLOBAL GUIDELINES DIABETES TOOLKIT:

Part 1 of 2 - Decision Maker

This tool is intended to support the health of adults with Down syndrome directly or through their caregivers. We encourage this tool to be shared with your medical provider.

Per the GLOBAL Medical Care Guidelines for Adults with Down syndrome (2020), Body Mass Index (BMI) should be monitored annually. The results of the BMI test will dictate how often screening for diabetes (using HGB A1C or Fast Acting Glucose) should take place and at what age screening should begin.

The decision maker below can help you determine which screening guideline your adult with Down syndrome should follow.



Body Mass Index (BMI)

Use the chart below to identify the weight at which your BMI ≥ 30. If your height is not represented below, you can use the following formula to calculate your Body Mass Index. **BMI = weight (kilograms) ÷ height² (meters)**

Height (Feet & Inches)	4' 5"	4' 6"	4' 7"	4' 8"	4' 9"	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"
Weight (Lbs) BMI ≥ 30	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195

This tool is not intended to be diagnostic. Presentation of medical or mental health conditions for people with Down syndrome may be atypical. Similar signs and symptoms may be a consequence of multiple reasons, including different disease processes. Thus, the patient evaluation should include considerations of additional causes for any detected sign or symptom. The development of new and/or changes in signs or symptoms should prompt a comprehensive evaluation with your medical provider.

GLOBAL GUIDELINES DIABETES TOOLKIT:

Part 2 of 2 - Tracker



This tool is intended to support the health of adults with Down syndrome directly or through their caregivers. We encourage this tool to be shared with your medical provider.

Per the GLOBAL Guidelines, Body Mass Index (BMI) should be monitored annually. The results of the BMI test will dictate how often screening for diabetes (using HGB A1C or Fast Acting Glucose) should take place and at what age screening should begin. The checklist below only allows for 10 years' worth of data and should be reprinted once it is full.

Current Age: _____

Screening Test	Frequency	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr
BMI	Annually										
Screening Test	Frequency	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr	Mo/Yr
If BMI is less than 30 HGB A1C OR Fasting blood glucose	Every 3 years beginning at age 30										
If BMI is 30 or greater HGB A1C OR Fasting blood glucose	Every 2-3 years beginning at age 21										

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