

Section 2**INDIVIDUALS FOR SCREENING****2.1 Asymptomatic Individuals**

Asymptomatic individuals fulfilling the following criteria may be screened for diabetes:

- Age \geq 30 yrs
- Over weight – Body Mass Index \geq 23 kg /m²
- Central obesity - Waist Hip Ratio: men $>$ 0.90, women $>$ 0.85
- Family history of diabetes
- Sedentary lifestyle
- Previously identified Impaired Fasting Glucose (IFG) or Impaired Glucose Tolerance (IGT)
- History of gestational diabetes mellitus, recurrent fetal loss or delivery of large baby \geq 3.5 kg
- Hypertension ($>$ 140/90 mm Hg in adults)
- Dyslipidemia

2.2 Individuals at High Risk

Symptoms of hyperglycemia (polyuria, polydipsia, polyphagia, weight loss) or complications of diabetes (*e.g.* undue tiredness, burning feet, generalized/genital pruritis, recurrent infections, tingling and numbness, delayed / non-healing wounds/ ulcer, balanitis, impotency, premature cataract)

- Adults with tuberculosis
- Persons on diabetogenic drugs, steroids, thiazide diuretics
- Women with polycystic ovary syndrome (PCOS)
- History of premature vascular disease