



## Description

### Problem:

More than half of Asian Americans with type 2 diabetes, and even more Asian Americans with prediabetes, are undiagnosed. To make treatment, intervention, and even prevention of diabetes possible, we need to first ensure that it is revealed. We need to call for appropriate screening practices for Asian Americans. We need to screen at 23.

### Goals:

We want physicians and health providers to consider testing an Asian American patient who has a BMI of 23 and one or more of the prevalent risk factors for diabetes (i.e., implement the new ADA screening guideline for Asian Americans).

We want all Asian Americans to be aware that a BMI of 23 is a risk factor and to talk to their doctor about it.

### Points of Emphasis

- *Over half of all Asian Americans with diabetes remain undiagnosed. The number of undiagnosed Asian Americans with prediabetes is even higher. Of these, a significant portion of Asian Americans at risk for diabetes or prediabetes appear to be at a "healthy weight", and aren't being tested.*
- *The American Diabetes Association, National Institutes of Health, and the Centers for Disease Control have all recently acknowledged that Asian Americans should be screened for diabetes at a lower body mass index, and 23 is that number.*
- *23 isn't a redefinition of overweight or obesity, it's an indicator of potential risk, and it's a number to keep in mind to get checked by our doctors and live healthier.*
- *BMI can be calculated [HERE: https://aadi.joslin.org/en/am-i-at-risk/asian-bmi-calculator](https://aadi.joslin.org/en/am-i-at-risk/asian-bmi-calculator) (Courtesy of Joslin Diabetes Center)*
- *We need to push the Screen at 23 campaign ([www.screenat23.org](http://www.screenat23.org)) among doctors, patients, and the public at large to help ensure that Asian Americans are Screened at 23. Together we can help uncover hundreds of thousands of patients with diabetes so they can start getting the treatment they need before complications arise, and help thousands more prevent diabetes outright.*

For More Information on the campaign, spreading the message, writing an op-ed, or hosting a live event in your city, email David Hawks at [dhawks@ncapip.org](mailto:dhawks@ncapip.org) or call 202-441-1192. Thank you.

