Prevention or delay of diabetes and associated comorbidities: standards of care in diabetes-2026.

Guideline ID: 917 Published: 2026 Jan 1

American Diabetes Association (ADA)

American Diabetes Association Professional Practice Committee for Diabetes. Prevention or delay of diabetes and associated comorbidities: standards of care in diabetes-2026. Diabetes Care. 2026 Jan 1;49(Supplement_1):S50-S60. [142 references]
PubMed(https://pubmed.ncbi.nlm.nih.gov/41358891/ "PubMed)

View Original Guideline

Overview

Guideline Objective

- To provide the components of diabetes care, general treatment goals and guidelines, and tools to evaluate quality of care
- To offer guidance on the prevention or delay of type 2 diabetes and associated comorbidities

Patient Population

Patients at risk for type 2 diabetes

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Frequency of monitoring and risk assessment for those with prediabetes or presymptomatic type 1 diabetes
- Lifestyle behavior changes, including weight loss, physical activity, and nutrition/eating pattern
- Pharmacologic interventions and consideration of complications, including use of metformin and vitamin B12 deficiency
- Screening for, and treatment of, cardiovascular risk factors
- Person-centered care goals, including pharmacotherapy and intensive preventive approaches

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Introduction and Methodology: *Standards of Care in Diabetes—2026*; 2026 Jan 1.
- Summary of Revisions: *Standards of Care in Diabetes—2026*; 2026 Jan 1.

- Disclosures: *Standards of Care in Diabetes—2026*; 2026 Jan 1.

Implementation Tools

- Slide Set: *Standards of Care in Diabetes—2026*; 2026.
- Standards of Care App for iOS or Android.
- Continuing Medical Education.

Patient Education

No patient education materials available.

Disclaimer

If you desire to use content from the original clinical practice guideline cited herein, you must contact the guideline developer directly to obtain permission rights.

ECRI's Guideline Profiles are designed to provide information and assist decision-making. Variations in practice will inevitably, and appropriately, occur when clinicians take into account the needs and preferences of individual patients, available resources, and limitations unique to an institution or type of practice. Every healthcare professional using these Guideline Profiles is responsible for evaluating the appropriateness of applying them in a clinical setting.

Copyright © 2026 ECRI