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Comparative Assessment of ADA, IDRS, and FINDRISC in Predicting Diabetes Mellitus - A Cross-Sectional Study

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Introduction: Diabetes is a chronic, metabolic disease characterized by increased blood glucose levels, the most common is type 2 diabetes. Diabetes risk-screening tools are validated and implemented across various countries. A simple risk-assessment scoring system will be beneficial to identify the high-risk adults and thus taking adequate preventive measures in combating DM. Early diagnosis and management are important in delaying the progression and complication of the disease, in addition to preventing socioeconomic burden.

Aims: To assess and compare the diagnostic utility of IDRS, ADA risk score, and FINDRISC in predicting the risk of diabetes mellitus in healthy individuals.

Methods and Materials: A hospital-based cross-sectional study, conducted in a Tertiary care hospital, Salem. A total of 110 participants attending the outpatient department of a tertiary care hospital were included in the study. The study period was between March to June, 2023. Details obtained using the questionnaires were assessed as per the three diabetic risk scores. Fasting blood sugar/random blood sugar and HbA1c were estimated.

Results: The majority of the study participants belonged to the age group of 36-49 years (60.5%), 63.0% males and 65.5% belonged to Urban region. Maximum number of the study participants had Normal BMI (41.5%) followed by Overweight (39.5%) and obese (14.5%). IDRS categorized 36.5 % of individuals at 'high risk' of developing diabetes followed by ADA (22.4 %).

Conclusion: Differences were observed in predicted high-risk individuals using different risk assessments tools. Therefore, these risk assessment scores should be used with caution when

scategorizing individuals. IDRS or ADA risk score were recommended for screening diabetes in the Indian population, and the comparison needs to be validated in a larger population.
Keywords: *Diabetes mellitus, IDRS, ADA risk score, FINDRISC*