

Are USPSTF Recommendations Effective?

An Evaluation of the 2015 Prediabetes/Diabetes Recommendation

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Disclosures

- No relationships to disclose

The Research Question

- Has the 2015 USPSTF recommendation had an impact on the US Healthy People 2030 objective D-02 to reduce the proportion of adults with undiagnosed prediabetes?

Research Design and Method

- Data Source: National Health and Nutrition Examination Survey (NHANES) cycles
 - 2011-2014 (pre-recommendation) vs. 2017-2023 (post-recommendation)
 - Overall population (≥ 20 years old) represented ~203.6 million US adults & USPSTF-targeted population (aged 40-70 years with overweight or obesity) ~82.1 million US adults
- Computed weighted prevalence of diagnosed and undiagnosed prediabetes and diabetes and compared across recommendation periods
- Assessed whether the proportion diagnosed vs undiagnosed changed after the 2015 USPSTF recommendation using Modified Rao-Scott Chi-Square tests
 - Stratified analyses performed by poverty status & health insurance status
- Unadjusted & adjusted survey-weighted logistic regression models estimated the odds of being diagnosed among individuals with prediabetes or diabetes and compared across recommendation periods

What the Research Found

- The prevalence of diabetes and prediabetes increased post-recommendation
- The recommendation significantly improved prediabetes identification, with larger increases for those in poverty or uninsured, but it did not change diabetes diagnosis rates in any group
- The odds of prediabetes diagnosis post recommendation was about 2x as high in both study populations with the strongest effect in uninsured individuals [OR 2.61 (1.77-3.84) overall, OR 3.82 (2.49-5.86) USPSTF-targeted], but there was no significant effect on the odds of diabetes diagnosis

What this means for Clinical Practice

- Policy impact of the 2015 USPSTF recommendation for prediabetes/diabetes screening was substantial for prediabetes, reducing the proportion of adults with undiagnosed prediabetes which was a U.S. Healthy People 2030 objective, and it may have helped mitigate health disparities.
- There is room for improvement as it only prevented the prevalence of undiagnosed prediabetes from increasing rather than reducing it
 - Some of the mechanisms to incentivize prevention are still under debate, and prevention of disease should remain a focus for the U.S. healthcare system
- As valuable as these results suggest USPSTF recommendations can be, the continuing existence of the USPSTF and its ability to influence evidence-based care has come into question
 - Kennedy v. Braidwood Management lawsuit argued that members of the USPSTF were illegally appointed
 - On June 27, 2025, the U.S. Supreme Court opinion upheld the constitutionality of USPSTF member appointments