

DISCOVERY of Risk Factors for Type 2 Diabetes in Youth

Status: RECRUITING

Eligibility Criteria

Sex: ALL

Age: 8 years to 15 years old

Healthy Volunteers:

Inclusion Criteria:

Screening will occur to enrich the yield of individuals who are highly predisposed to develop youth-onset T2D and include those with all of the following criteria:

- Overweight or obesity with BMI $\geq$ 85th percentile
- Age 8-13 year for girls, 9-15 year for boys (inclusion younger for girls as puberty tends to start a year earlier in girls)
- Tanner Stage 2, 3, or 4
- Elevated HbA1c 5.5-6.4%

Exclusion Criteria:

An individual who meets any of the following criteria will be excluded from participation:

- Diabetes based on history, or HbA1c $\geq$ 6.5% in the medical record or at screening
- Unable/unwilling to provide consent/participate fully
- Conditions predisposing to diabetes or altering the trajectory of puberty
- Medications affecting glucose dynamics during the screening and enrollment period
- Prior treatment with insulin
- Use of glucagon-like peptide-1 (GLP-1) receptor agonist or any weight loss medications in the 6 weeks prior to enrollment
- Planning treatment with glucagon-like peptide-1 (GLP-1) receptor agonist or any weight loss medications
- Use of metformin or any glucose lowering medication for a reason other than treatment of diabetes (e.g., for PCOS) in the 6 weeks prior to enrollment
- Planning treatment with metformin or any glucose lowering medication or planning to use such medications for a reason other than treatment of diabetes (e.g., for PCOS)
- Known syndromic/monogenic obesity
- Blood disorders impacting HbA1c (e.g., anemia, hemoglobin variants)
- Major systemic organ disease
- History of bariatric surgery or currently planning bariatric surgery
- Current pregnancy or currently planning pregnancy
- Use of GnRH agonist, estrogen, or testosterone
- Individuals who do not speak English or Spanish, given validation of the questionnaires to be utilized

Conditions & Interventions

Conditions:

Diabetes Mellitus Type 2, Childhood-Onset

More Information

Description:

The goal of the DISCOVERY study is to provide innovative critical information regarding the unique natural history of glycemic control, insulin sensitivity, and β -cell function, and their mechanistic determinates, in obese adolescents at risk for developing type 2 diabetes.

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Principal Investigator:

Principal Investigator ID:

Phase:

IRB Number:

System ID: NCT06525259

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