Introduction and Methodology: Standards of Care in Diabetes—2025

*American Diabetes Association Professional Practice Committee**

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Diabetes is a complex, chronic condition requiring continuous medical care with comprehensive risk-reduction strategies beyond glycemic management. Ongoing diabetes self-management education and support are critical to empowering people, preventing acute complications, and reducing the risk of long-term complications. Significant evidence exists that supports a range of interventions to improve diabetes outcomes.

The American Diabetes Association (ADA) "Standards of Care in Diabetes," referred to here as the Standards of Care, serves as a comprehensive resource to clinicians, researchers, policy makers, and other stakeholders. It outlines key elements of diabetes care, sets treatment goals, and provides tools to assess care quality, all aimed at improving diabetes care and outcomes across diverse populations.

The ADA Professional Practice Committee (PPC) updates the Standards of Care annually and includes discussion of emerging clinical considerations in the text, and as evidence evolves, clinical guidance is added to the recommendations in the Standards of Care. The Standards of Care is a "living" document where important updates are published online should the PPC determine that new evidence or regulatory changes (e.g., drug or technology approvals, label changes) merit immediate inclusion. More information on the "Living Standards" can be found on the ADA professional website DiabetesPro at professional.diabetes.org/standards-of-care/living-standards-update. The Standards of Care supersedes all previously published ADA statements—and the recommendations therein—on clinical topics within the purview of the Standards of Care; while still containing valuable analysis, ADA statements should not be considered the current position of the ADA. The Standards of Care receives annual review and approval by the ADA Board of Directors and is reviewed by the ADA scientific team and clinical leadership. The Standards of Care also undergoes external peer review annually.

SCOPE OF THE GUIDELINES

The recommendations in the Standards of Care include screening, diagnostic, and therapeutic actions that are scientifically proved or known based on expert clinical practice or believed to favorably affect health outcomes of people with diabetes. They also cover the prevention, screening, diagnosis, and management of diabetes-associated complications and comorbidities. The recommendations encompass care throughout the life span for youth (children aged birth to 11 years and adolescents aged 12–17 years), adults (aged 18–64 years), and older adults (aged ≥65 years). The recommendations cover the management of type 1 diabetes, type 2 diabetes, gestational diabetes mellitus, and other types of diabetes and/or hyperglycemic conditions.

The Standards of Care does not provide comprehensive treatment plans for complications associated with diabetes, such as diabetic retinopathy or diabetic foot ulcers, but offers guidance on how and when to screen for diabetes complications, management of complications in the primary care and diabetes care settings, and referral to specialists as appropriate. Similarly, regarding the psychosocial and behavioral health factors often associated with diabetes and that can affect diabetes care, the Standards of Care provides guidance on how and when to screen, management in the primary care and diabetes care settings, and referral but does not provide comprehensive management plans for conditions that require specialized care, such as mental illness.

INTENDED AUDIENCE

The intended audience for the Standards of Care includes primary care physicians, endocrinologists, nurse practitioners, physician associates/assistants, pharmacists, registered dietitian nutritionists, diabetes care and education specialists, and all members of the diabetes care team. The Standards of Care also provides guidance to specialists caring for people with diabetes and its multitude of complications, such as cardiologists, nephrologists, emergency physicians, internists, pediatricians, psychologists, neurologists, ophthalmologists, and podiatrists. Additionally, these recommendations help payors, policy makers, researchers, research funding organizations,

The "Standards of Care in Diabetes," formerly called "Standards of Medical Care in Diabetes," was originally published in 1988. The most recent full review and revision was in December 2024.

**A complete list of members of the American Diabetes Association Professional Practice Committee is provided in this section.*

Duality of interest information for each author is available at https://doi.org/10.2337/dc25-SDIS.

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