

Commonly Used Indices for Insulin Sensitivity (Resistance)

| Quantity | Measurements Used | Reference |
|---|---|-----------------------------|
| Glucose AUC (mmol-min/L) | Fasting insulin | |
| Fasting Glucose (mmol/L) | Fasting glucose and insulin (c-peptide) | Wallander, et al. (2005) |
| HOMA-S (%) | Fasting glucose and insulin | Katz, et al. (2000) |
| OGIS (ml min ⁻¹ m ⁻²) | Glucose and insulin from OGTT (MMTT) | Mari, et al. (2001) |
| log(PREDIM) | Glucose and insulin from OGTT (MMTT) | Tura et al. (2018) |
| QUICKI | Glucose and insulin from OGTT (MMTT) | Bergman et al. (1979) |
| SI (min ⁻¹ (μU/ml) ⁻¹) | Glucose and insulin from OGTT (MMTT) | |
| Insulin AUC (uIU-min/ml) | Glucose and insulin from OGTT (MMTT) | Matsuda and DeFronzo (1999) |
| Fasting Insulin (uIU/ml) | Euglycemic clamp test | DeFronzo, et al. (1979) |

This is not an inclusive list. OGTT, oral glucose tolerance test; MMTT, mixed meal tolerance test

- ▶ M-value is generally considered the gold standard
- ▶ HOMA-S is a widely used index based fasting glucose and insulin
- ▶ Matsuda index is a widely used index based on OGTT or MMTT