# HOMA-IR (Homeostatic Model Assessment for Insulin Resistance)

## INPUTS

|  |  |
| --- | --- |
| Insulin | **Options:** |
| Glucose | **Options:** |

## FORMULA

Score = (Fasting insulin, uIU/mL)\*(Fasting glucose, mg/dL) / 405

## FACTS & FIGURES

The HOMA-IR is used to measure severity of insulin resistance, though normal insulin resistance varies depending on the population. Common reference levels for HOMA-IR insulin resistance range from 0.7 - 2.

## EVIDENCE APPRAISAL