

Reference Card for Detection, Evaluation and Referral for Pre-Diabetes and Diabetes*

Screening Guidelines

- Testing should be considered in all adults who are overweight (BMI > 25) AND have any of these additional risk factors:
 - Physical inactivity
 - First-degree relative with diabetes
 - High-risk ethnicity (African American, Latino, Native American, Asian American, Pacific Islander)
 - A woman who delivered a baby weighing > 9 pounds or was diagnosed with gestational diabetes
 - Hypertension (> 140/90 or on therapy for hypertension)
 - HDL cholesterol level < 35 and/or a triglyceride level > 250
 - A woman with polycystic ovarian syndrome
 - A1C > 5.7%, IGT or IFG on previous testing
 - Other clinical conditions associated with insulin resistance
 - History of CVD
- In those without these risk factors, testing should begin at age 45

Evaluation

Classification of Pre-Diabetes and Diabetes (repeat testing on subsequent day to confirm)

	FPG mg/dl	A1C	OGTT 2 hour
Normal	< 100	< 5.7	< 140
Pre-diabetes	100-125	5.7-6.4	140-199
Diabetes	≥ 126	≥ 6.5	> 200

The committee chose to present the guidelines from the American Diabetes Association in an effort to better identify, treat and refer people with pre-diabetes or diabetes. The committee realizes some providers may follow other guidelines and hopes some of this information will be useful to all providers.

Treatment

If screening results are normal

- Repeat screening every 3 years
- Test more frequently depending on risk status
 - Refer to Living Well for Better Health
 - Refer to community resources promoting physical activity (Let's Go)

If screening results indicate pre-diabetes

- Refer to National Diabetes Prevention Program (NDPP) Lifestyle Coach and peer group support
- Refer to community resources promoting physical activity (Let's Go)
- Monitor for development of diabetes every year, follow up on referrals and action plans

If screening results indicate diabetes

- Treat or refer to DSMT at the Diabetes & Nutrition Center
- Refer to Living Well with Diabetes
- Refer to community resources promoting physical activity (Let's Go)
- Follow up on referrals and action plans