ASSESSING RISK AND TESTING FOR TYPE 2 DIABETES PATHWAY

Test all persons ≥ age 45

Consider testing any adult with BMI ≥ 25 kg/m² and/or one or more risk factors listed below:

- Physical inactivity
- □ A1C ≥ 5.7%, history of impaired glucose tolerance (IGT), or impaired fasting glucose (IFG)
- Race/ethnicity (Hispanic/Latino, African American, Native American, Asian American, or Pacific Islander)
- ☐ Family history (first-degree relative with diabetes)
- ☐ History of hypertension (> 140/90 mmHg) or on therapy for hypertension
- ☐ History of cardiovascular disease
- ☐ History of dyslipidemia: HDL < 35 mg/dL and/or triglycerides ≥ 250 mg/dL</p>
- ☐ Markers of insulin resistance: (e.g., Acanthosis nigricans and/or waist circumference > 40 inches in men and > 35 inches in women*)
- ☐ Women with Polycystic Ovary Syndrome (PCOS)
- History of Gestational Diabetes Mellitus (GDM) in women or delivery of a baby weighing more than 9 pounds at birth
- ☐ Schizophrenia and/or severe bipolar disease, or long-term antipsychotic therapy
 - * Waist circumference > 35 inches in Asian men and > 31 inches in Asian women
 - ♦ Very high risk of developing type 2 diabetes

Check Fasting Plasma Glucose (FPG), Oral Glucose Tolerance Test (OGTT), or A1C

Use code 790.29 (pre-diabetes not otherwise specified)

FPG < 100 mg/dL OGTT < 140 mg/dL A1C < 5.7% FPG 100-125 mg/dL OGTT 140-199 mg/dL A1C 5.7-6.4% FPG ≥ 126 mg/dL OGTT > 200 mg/dL A1C ≥ 6.5%

Results Normal; No Pre-Diabetes Detected

People ≥ 45 years old and with any risk

factors for type 2 Diabetes benefit from:

· Assessment, education, and support for

(goal of > 7% of body weight or more)

· Strategies to assist with behavior change

· Positive support and guidance

- Aerobic activity (goal of 150 min/wk or more)

Annual screening test to assure early detection

Retest in 3 years if:

- ≥ 45 years old
- · Prior normal FPG

lifestyle change:

- Weight reduction

No risk factors

Retest in 1 year if:

- One or more risk factors
- · History of GDM
- · History of PCOS

A1C < 5.7% Consider

FPG < 100 mg/dL

OGTT < 140 mg/dL

Repeat test in 3-6 months

Especially for those with:

- One prior abnormal FPG
- · History of GDM
- Women with PCOS
- · Multiple risk factors

FPG, OGTT, A1C

FPG < 100 mg/dL OGTT < 140 mg/dL A1C < 5.7%

FPG 100-125 mg/dL OGTT 140-199 mg/dL A1C 5.7-6.4%

FPG ≥ 126 mg/dL OGTT > 200 mg/dL A1C ≥ 6.5%

Dx Pre-Diabetes

Confirm/Repeat Test (prefer using the same test)

FPG 100-125 mg/dL

OGTT 140-199 mg/dL

A1C 5.7-6.4%

Use code 790.21 (IFG) or 790.22 (IGT)

Refer for or provide:

- Assessment, education and support lifestyle changes
- Assess Cardiovascular Disease (CVD) risk (see section 5)
- Consider Metformin in very high risk individuals
- Follow-up annually

Dx Type 2 Diabetes

FPG ≥ 126 ma/dL

OGTT > 200 mg/dL

A1C ≥ 6.5%

Refer for:

- Self-Management Education and Medical Nutrition Therapy
- Start metformin
- Assess
 Cardiovascular
 Disease (CVD) risk
 (see section 5)
- Implement WI Essential Diabetes Care Guidelines

A1C ≥ 6.5%