



# Prevent type 2 Diabetes

## What you need to know as a Provider

(For more information, see [http://ndep.nih.gov/diabetes/pubs/GP\\_Toolkit.pdf](http://ndep.nih.gov/diabetes/pubs/GP_Toolkit.pdf).)

### Identification of High-Risk Patients

Identify high-risk patients based upon these risk factors:

#### PRE-DIABETES RISK FACTORS

- **Age**—The risk of pre-diabetes increases with age.
  - **Overweight**—Defined as a body mass index (BMI)  $\geq 25$  ( $\geq 23$  if Asian American or  $\geq 26$  if Pacific Islander).
  - **Family History**—Parent, brother, or sister with diabetes.
  - **Ethnicity**—African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander heritage.
- In addition to age and weight, these factors increase risk for pre-diabetes:
- **Blood pressure**—  $> 140/90$  mm/Hg
  - **History of gestational diabetes**—Or gave birth to at least one baby weighing 9 pounds or more.
  - **Abnormal lipid levels**—HDL cholesterol  $< 40$  mg/dL for men and  $< 50$  mg/dL for women; triglyceride level  $\geq 250$  mg/dL
  - **Inactive lifestyle**—Exercises less than three times a week.

### Blood Glucose Testing & Diagnosis of Pre-diabetes

- **Age 45 or older and overweight**, testing for diabetes and pre-diabetes is strongly recommended.
- **Age 45 or older without any other risk factors**, consider the risks and discuss with your patient before deciding on testing.
- **Younger than 45, overweight, and have checked any other items above**, consider the risks and discuss with patient before deciding on testing.

#### DIAGNOSTIC CRITERIA

TEST	VALUE	DIAGNOSIS
FPG	110-125 mg/dL	Pre-diabetes (IFG)
FPG	$\geq 126$ mg/dL	Diabetes
OGTT	2-hr. value 140-199 mg/dL	Pre-diabetes (IGT)
OGTT	2-hr. value $\geq 200$ mg/dL	Diabetes

Information from "Small Steps, Big Rewards." Your GAME PLAN for Preventing Type 2 Diabetes Health Care Provider Toolkit, National Diabetes Education Program, sponsored by National Institutes of Health and Centers for Disease Control and Prevention. Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 1-800-316-0935. Hearing impaired citizens telephone 1-800-735-2966. An equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis. This publication was supported in part by Grant/Cooperative Agreement Number U32/CCU722693-02 from Centers for Disease Control & Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.