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.)

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) ≥ 25 (≥ 23 if Asian American or ≥ 26 if Pacific Islander).

In addition to age and weight, these factors increase risk for pre-diabetes:

- **Blood pressure**—> 140/90 mm/Hg
- **Abnormal lipid levels**—HDL cholesterol < 40 mg/dL for men and < 50 mg/dL for women; triglyceride level ≥ 250 mg/dL
- **Family History**—Parent, brother, or sister with diabetes.
- **Ethnicity**—African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander heritage.
- **History of gestational diabetes**—Or gave birth to at least one baby weighing 9 pounds or more.
- **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.

<table>
<thead>
<tr>
<th>TEST</th>
<th>VALUE</th>
<th>DIAGNOSIS</th>
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</thead>
<tbody>
<tr>
<td>FPG</td>
<td>110-125 mg/dL</td>
<td>Pre-diabetes (IFG)</td>
</tr>
<tr>
<td>FPG</td>
<td>≥ 126 mg/dL</td>
<td>Diabetes</td>
</tr>
<tr>
<td>OGTT</td>
<td>2-hr. value 140-199 mg/dL</td>
<td>Pre-diabetes (IGT)</td>
</tr>
<tr>
<td>OGTT</td>
<td>2-hr. value ≥ 200 mg/dL</td>
<td>Diabetes</td>
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</tbody>
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1-800-316-0935