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
- 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 lifestyle change:
  - Weight reduction (goal of > 7% of body weight or more)
  - Aerobic activity (goal of 150 min/wk or more)
- Strategies to assist with behavior change
- Positive support and guidance
- Annual screening test to assure early detection

Confirm/Repeat Test (prefer using the same test)

Re-test in 3 years if:
- ≥ 45 years old
- Prior normal FPG
- No risk factors

Re-test in 1 year if:
- One or more risk factors
- History of GDM
- History of PCOS

Consider

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
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
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