

Pre-Diabetes Identification and Intervention

algorithm

Screen patient if age ≥ 45 **OR**

Patient is overweight (BMI ≥ 25) **AND** has at least one of the following additional risk factors

- Physical inactivity
- First degree relative with diabetes
- History of gestational diabetes mellitus (GDM) or baby over nine pounds
- High risk ethnicity: African American, Latino, Native American, Asian American, Pacific Islander
- Hypertension $\geq 140/90$ or on therapy for hypertension
- HDL cholesterol <35 and/or triglyceride level >250
- History of cardiovascular disease (CVD)
- A1C $\geq 5.7\%$, IGT or IFG on previous testing
- Polycystic ovarian syndrome (PCOS)
- Other clinical conditions associated with insulin resistance

YES

Utilize one of the following diagnostic tests to determine pre-diabetes or diabetes status:

- Fasting Plasma Glucose (FPG)
- Oral Glucose Tolerance Test (OGTT)
- A1C

NO

Patient doesn't meet the screening criteria at this time:

- If indicated, provide National Diabetes Prevention Program (NDPP) materials
- Re-assess for pre-diabetes and diabetes risk annually

RESULTS

DIAGNOSTIC TEST	NORMAL RANGE	PRE-DIABETES RANGE	DIABETES RANGE
FPG (mg/dl)	≤ 99 mg	100-125	≥ 126
OGTT (mg/dl)	≤ 139	140-199	≥ 200
A1C (%)	≤ 5.6	5.7-6.4	≥ 6.5

TREATMENT

NORMAL RANGE

- Repeat screening every 3 years
- Test more frequently depending on risk status
- Refer to community resources

PRE-DIABETES RANGE

- Refer to NDPP and peer group support
- Explain NDPP and provide patients with materials
- Refer to community resources
- Reevaluate for progression to diabetes annually
- Give positive feedback around lifestyle changes

DIABETES RANGE

- Conduct second test to confirm diagnosis
- Counsel patient on diabetes diagnosis and answer questions
- Follow-up on referrals and action plans
- Refer patient to Diabetes Educator and Diabetes Self-Management Training (DSMT)



Maine Center for Disease Control and Prevention

An Office of the Department of Health and Human Services

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