Decision Pathway for Diabetes and Prediabetes

Identify patients at high risk for developing diabetes
Perform FPG, A1C, or 2-hour 75 gram glucose challenge

Fasting plasma glucose (FPG)
- ≥ 126 mg/dL
- 100–125 mg/dL

A1C
- 5.7–6.4%
- ≥ 6.5%

2-hour 75 g oral glucose challenge
- 140–199 mg/dL
- ≥ 200 mg/dL

Diabetes
- Confirm diagnosis
- Initiate treatment

Prediabetes
- Help patient understand the seriousness of prediabetes
- Determine whether patient is ready to make changes
- Help patient identify action-oriented goals to achieve 5–7% weight loss through increased physical activity and healthier food choices
- Review LDL cholesterol, BP, aspirin use, and smoking status
- Consider referral to a lifestyle intervention program based on the NIH-sponsored Diabetes Prevention Program study
- Consider use of metformin

Diabetes
- Confirm diagnosis
- Initiate treatment

Prediabetes identifies an intermediate stage in the development of type 2 diabetes. It is important to intervene at this stage to prevent progression. Patients should be counseled on the need to lose weight by adopting a healthier lifestyle, including making healthy food choices and increasing physical activity. Consider referral to a lifestyle intervention program based on the principles of the National Institutes of Health-sponsored Diabetes Prevention Program such as the National Diabetes Prevention Program. Also consider metformin for patients under 60 years of age with prediabetes plus other risk factors, such as A1C>6%, hypertension, low HDL cholesterol, elevated triglycerides or family history of diabetes in a first-degree relative and who are obese (BMI of 30 or greater).