ALGORITHM FOR PRE-DIABETES IDENTIFICATION & INTERVENTION IN ADULTS

### Screen for Diabetes
- A1C or
- Fasting Plasma Glucose (FPG) or
- 75 gm 2-h Oral Glucose Tolerance Test

**YES**

#### Patient has Diabetes
- Recommend 7% weight loss
- Recommend exercise 150 minutes per week (ie: 30 minutes x 5 times per week) of physical activity (such as brisk walking)
- Consider refer to structured lifestyle program (such as Group Lifestyle Balance™), registered dietitian or diabetes educator
- Consider Metformin therapy in those with highest risk**
  - (multiple risk factors, progression of A1C > 6.0 despite lifestyle modification)
- Identify and treat other CVD risk factors

**NO**

#### Patient has Pre-Diabetes
- A1C = 5.7-6.4 or
  - FPG = 100-125 (IFG) or
  - OGTT = 140-199 (IGT)

**YES**

#### Repeat screen in 3 years
(Consider more frequent if very high risk)

**NO**

#### Repeat screen annually for diabetes

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* Monitoring for the development of diabetes in those with pre-diabetes should be performed every year.

**Additional notes about the use of Metformin:**

1. Although the effectiveness of metformin was about half that achieved with lifestyle modification in the Diabetes Prevention Program, substantially greater benefit was seen in a subset of younger and obese individuals. In addition to lifestyle counseling, metformin may be considered in those who are at very high risk (combined IFG and IGT plus other risk factors such as HbA1c > 6.0, hypertension, low HDL level, elevated cholesterol, or family history in first degree relative) and with BMI ≥ 35 kg/m² and under 60 years of age.

*This product is part of the Basic Guidelines for Diabetes Care Packet and may be reproduced with the citation:
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For further information: www.diabetescoalitionofcalifornia.org or www.caldiabetes.org or (916) 552-9888*