



Algorithm for Pre-Diabetes Identification & Intervention

Everyone Age \geq 45 Years

OR

BMI is \geq 25kg/m² **PLUS** any of the following risk factors

- 1st degree relative with diabetes
- Habitual physical inactivity
- Hypertension (\geq 140/90 mmHg or on therapy)
- HDL $<$ 35mg/dL and/or triglyceride $>$ 250mg/dL
- A1C \geq 5.7%, IGT or IFG on previous testing
- Previous gestational diabetes or larger-for-gestational age infant ($>$ 9lbs.)
- History of cardiovascular disease
- Acanthosis Nigricans
- Obesity (BMI $>$ 30)
- Polycystic Ovary Syndrome (PCOS)
- High risk groups (Hispanic/Latin Black/African American, Asian, American Indian/Alaska Native, Native Hawaiian/Pacific Islander)

* testing should be considered in children and adolescents who are overweight/obese and have \geq 2 diabetes risk factors

