

Screen, Test, Refer

Prediabetes & Diabetes

Is your patient:

Age 45 or older

OR

Age 18 or older and overweight or obese

(BMI \geq 25, BMI \geq 23 if Asian) with at least 1 risk factor?

Yes

A patient that meets the above criteria should be tested for diabetes.

No

Patient doesn't meet the screening criteria. Reevaluate patients every year.

Has your patient been tested for diabetes in the past year?

Yes

Review the diagnostic test results to determine the appropriate referral

No

Order a diagnostic test:
Hemoglobin A1c (HbA1C) or Fasting Plasma Glucose (FPG) or Oral Glucose Tolerance (OGTT)

Known Risk Factors for Diabetes

- Physical Inactivity
- Family history of diabetes
- High risk race or ethnicity: African-American, Alaska Native, American Indian, Asian American, Hispanic, or Pacific Islander
- Hypertension (140/90 mmHg or higher)
- HDL-C $<$ 35 or Triglyceride $>$ 250 mg/dL
- History of gestational diabetes or gave birth to a baby weighing more than 9 pounds
- History of heart disease
- Conditions associated with insulin resistance
- Polycystic ovary syndrome

	Normal	Prediabetes	Diabetes
Hemoglobin A1c	$<$ 5.7%	5.7% - 6.4%	\geq 6.5%
Fasting Plasma Glucose	$<$ 100 mg/dL	100 - 125 mg/dL	\geq 126 mg/dL
Oral Glucose Tolerance	$<$ 140 mg/dL	140 - 199 mg/dL	\geq 200 mg/dL

Make a Referral

Take action to prevent or treat diabetes and follow up with your patient.

Encourage healthy lifestyle maintenance. Retest every 3 years.

Refer to a Diabetes Prevention Program to help reverse prediabetes. Retest every 6-12 months.

Confirm diagnosis by retesting. If possible, test using a different diagnostic test. Refer patients to a Diabetes Self-Management Education program and Medical Nutrition Therapy.

The Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is a one-year, evidence-based program led by a trained lifestyle coach that helps patients reduce their risk of developing type 2 diabetes. The program is based on a randomized-control trial showing changes in lifestyle (losing 5-7% body weight and achieving 150 minutes of physical activity a week) **reduced the risk of type 2 diabetes among participants by 58%*** (70% for those over the age of 60).

Patients can find out more about DPP and find a program location by visiting www.mass.gov/dph/preventdiabetes or www.healthyliving4me.org/programs.

Eligibility: Adults 18 and over who are overweight or obese (BMI \geq 25 or 23 if Asian) and have prediabetes.

Cost: Varies depending on the site/location.



Diabetes Self-Management Education

Diabetes Self-Management Education (DSME) is an ongoing program that helps patients acquire the knowledge and skills necessary for diabetes self-care.

DSME is offered at various locations throughout MA. Patients can find more information about DSME and program locations at www.mass.gov/dph/diabetes

New England QIN-QIO offers the Stanford University Diabetes Self-Management Program, a 6-session workshop, for people with diabetes. QIN-QIO also helps providers identify and refer patients to DSME classes. To learn more about classes, patients can call 781-287-9150 or find more information about the NE QIN-QIO programs at www.healthcarefornewengland.org

Patients can also visit the Healthy Living Center of Excellence at www.healthyliving4me.org/programs or call (978) 946-1211 to find out more about DSME programs in MA.

Learn about MA Department of Public Health's diabetes prevention initiatives at www.mass.gov/dph/preventdiabetes

Massachusetts
Department of
Public Health

