# Screen, Test, Refer
## Prediabetes & Diabetes

### Is your patient:
- Age 45 or older
- OR
- Age 18 or older and overweight or obese (BMI ≥ 25, BMI ≥ 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

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

- No
  - Has your patient been tested for diabetes in the past year?

### 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

### Hemoglobin A1c

<table>
<thead>
<tr>
<th>Normal</th>
<th>Prediabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 5.7%</td>
<td>5.7% - 6.4%</td>
<td>≥ 6.5%</td>
</tr>
</tbody>
</table>

### Fasting Plasma Glucose

<table>
<thead>
<tr>
<th>Normal</th>
<th>Prediabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 100 mg/dL</td>
<td>100 - 125 mg/dL</td>
<td>≥ 126 mg/dL</td>
</tr>
</tbody>
</table>

### Oral Glucose Tolerance

<table>
<thead>
<tr>
<th>Normal</th>
<th>Prediabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 140 mg/dL</td>
<td>140 - 199 mg/dL</td>
<td>≥ 200 mg/dL</td>
</tr>
</tbody>
</table>

### Make a Referral
**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.**

*Based on the American Diabetes Association Standards of Medical Care in Diabetes - 2016.*
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 ≥ 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