

# PREDIABETES ALGORITHM: CENTRAL OREGON

## RISK FACTORS

- BMI >25 (BMI >23 in Asian Americans)
- 1st degree relative with diabetes
- HDL cholesterol level <35 mg/dL
- Hypertension / history of CVD
- Physical inactivity
- High risk race / ethnicity (e.g. African American, Latino, Native American, Asian American, Pacific Islander)
- Women with polycystic ovary syndrome
- Women who delivered a baby weighing >9lbs or were diagnosed with gestational diabetes
- Other clinical conditions associated with insulin resistance (severe obesity, acanthosis nigricans)

## ORIGINATING VISIT

- Non-PCP screening (dentist, specialist, community event)
- Referred to PCP
- PCP visit
- Fasting bloodwork (A1c or FBS)

## DIAGNOSIS

A1c of 5.7 - 6.4 (FBS 100-125)

PCP Diagnosis of Prediabetes

Assess comorbidities

- Tobacco use
- Obesity
- Sedentary lifestyle
- Chronic kidney disease
- Cardiovascular disease
- Congestive heart failure
- Retinopathy
- Peripheral vascular disease
- Stroke
- Sleep apnea
- Neuropathy
- Depression or chronic disease-related depression
- Anxiety
- Poor dental hygiene or dental disease

Refer to external resources as appropriate

## TREATMENT PLAN

Discuss diagnosis, develop treatment plan, and refer to care coordination (Diabetes Educator, RN Care Coordinator, Case Manager, Diabetes Panel Manager)

## PCP FOLLOW-UPS

Schedule follow-up: Check A1c in 3 months

Follow-up appointment

Consider Metformin for BMI ≥ 35, age < 60, prior GDM, or rising A1c

## Care Coordination Discussion & Education

Refer to community resources (exercise groups, cooking classes, WIC, etc.)

Refer to Registered Dietitian

If a prescription is involved, refer to Pharmacist. Request: "New diagnosis, please educate on prevention."

Refer to Clinical Pharmacist or Medication Therapy Management (MTM). Provide basic diabetes prevention info.

Assess for Social Determinants of Health:

- Food insecurity
- Ability to pay bills
- Safe housing
- Social support
- Language/literacy
- Culture
- Transportation to appointments

Refer to Diabetes Prevention Program (DPP) based on patient readiness.

## REFERRALS



# DO YOU HAVE PREDIABETES?

## Prediabetes Risk Test

- 1** How old are you?

Less than 40 years (0 points)  
 40—49 years (1 point)  
 50—59 years (2 points)  
 60 years or older (3 points)
- 2** Are you a man or a woman?

Man (1 point) Woman (0 points)
- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)
- 4** Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)
- 5** Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)
- 6** Are you physically active?

Yes (0 points) No (1 point)
- 7** What is your weight status?  
 (see chart at right)

Write your score in the box.










Add up your score.




Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

### If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

## LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

