

RECOMMENDATIONS FOR DIAGNOSIS AND CLASSIFICATION OF DIABETES – 2019

CRITERIA FOR TESTING FOR DIABETES IN ASYMPTOMATIC ADULT INDIVIDUALS – TABLE 1

DIABETES TYPE	RISK FACTORS and FREQUENCY OF SCREENING
<i>Type 1</i>	There is evidence to suggest that early diagnosis may limit acute complications and extend long-term endogenous insulin production. While there is currently a lack of accepted screening programs, consider referring relatives of those with type 1 diabetes for antibody testing for risk assessment in the setting of a clinical research study (www.trialnet.org)
<i>Type 2</i>	<ol style="list-style-type: none"> 1. Screen all adults for prediabetes and diabetes starting at age 45 and all adults of any age who are overweight (BMI \geq 25) or BMI \geq 23 in Asian Americans with 1 or > additional risk factor: <ul style="list-style-type: none"> • History of cardiovascular disease • first degree relative with diabetes • polycystic ovary syndrome • HDL \leq 35 mg/dl or triglyceride \geq 250 mg/dl • Other clinical conditions associated with insulin resistance (obesity, Acanthosis Nigricans) • high risk ethnic population (African American, Latino, Native American, Asian American, Pacific Islanders) • habitual physical inactivity • History of GDM* • HTN \geq 140/90 or on meds • A1c \geq 5.7%, IGT or IFG* 2. If results normal, repeat test at 3 year intervals or more frequently based on risk status 3. *Lifelong annual testing if diagnosed with Prediabetes, at least every 3 years with GDM

TESTS TO DIAGNOSE DIABETES – TABLE 2

STAGE	For all the below tests, in the absence of unequivocal hyperglycemia, results should be confirmed by repeat testing.			
	A1C <i>NGSP certified & standardized assay</i>	Fasting* Plasma Glucose (FPG) <i>*No intake 8 hrs</i>	Random Plasma Glucose	Oral Glucose Tolerance Test (OGTT) 75-g
Diabetes	A1C \geq 6.5%	FPG \geq 126 mg/dl	Random plasma glucose \geq 200 mg/dl plus symptoms ¹	Two-hour plasma glucose (2hPG) \geq 200 mg/dl
Increased risk of diabetes	A1C 5.7 - 6.4%	Impaired Fasting BG (IFG) = FPG 100-125 mg/dl	¹ Random = any time of day w/out regard to time since last meal; symptoms include usual polyuria, polydipsia, and unexplained wt loss.	Impaired Glucose Tolerance (IGT) = 2hPG 140 -199 mg/dl
Normal	A1C < 5.7%	FPG < 100 mg/dl		2hPG < 140 mg/dl

GESTATIONAL DIABETES (GDM)*

SCREENING	TEST	DIAGNOSTIC CRITERIA
At the first prenatal visit, screen for undiagnosed type 2 in those w/ risk factors as listed in Table 1	Standard Diagnostic Testing and Criteria as listed in Diagnosing Diabetes -Table 2	Standard Diagnostic Testing and Criteria as listed in Diagnosing Diabetes -Table 2
Screen for GDM at 24-28 weeks of gestation for all pregnant women not known to have diabetes. Screen women w/ GDM for diabetes 6-12 wks postpartum <i>*Please see reference below for complete guidelines.</i>	Can use either IADPSG consensus: "One Step" 75-g OGTT fasting and at 1 and 2 h (perform after overnight fast of at least 8 h) <i>Or can use Two Step</i> "Two step" NIH Consensus - Step 1: 50gm glucose load (non fasting) w/ plasma BG test at 1 hr. If BG \geq 130-140*, go to Step 2 >	One Step: GDM diagnosis when ANY of following BG values are exceeded: <ul style="list-style-type: none"> • Fasting \geq92 mg/dl, • 1 h \geq180 mg/dl • 2 h \geq153 mg/dl <hr/> Two Step -Step 2 - 100g OGTT (fasting) GDM diagnosis if at least 2 of 4 plasma BG measured fasting, 1h, 2h, 3h after OGTT are met or exceeded.*

* Please see reference for complete Gestational Diabetes Criteria. American Diabetes Association Standards of Medical Care in Diabetes. January 2019 vol. 42 (Supplement 1) S13-S28 Compliments of Diabetes Education Services www.DiabetesEd.net