

# PREDIABETES and DIABETES

## Risk Screening Tool

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_  
 Smoker? Yes No (circle one)      Gender: M F      Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ BMI: \_\_\_\_\_

Date of Visit:									
<b>ADULTS TO SCREEN</b>	All adults > 45 years of age. Check plasma glucose. Especially if BMI ≥ 25 ♦ If Normal and pt. has no risk factors (listed below) <b><u>Rescreen every 3 years</u></b>								
	Adults < 45 years of age. Check Plasma glucose: ♦ If BMI ≥ 25 and with one additional risk factor *								
	If results are abnormal, obtain 2nd test on a different day to verify diagnosis of Pre-DM or DM. <b><u>Rescreen every 1-2 years</u></b>								
<b>*RISK FACTORS</b>	Habitually inactive								
	First degree relative with diabetes								
	Member of a high risk ethnic population African American                      Native American Hispanic American Pacific Islander                      Asian American								
	Delivered a baby weighing >9 lbs or have been diagnosed with Gestational Diabetes								
	Hypertensive (≥140/90mmHg) or being treatment								
	Dyslipidemia (either) HDL < 35 mg/dl TG > 250 mg/dl								
	Has PCOS								
	Previously IFG or IGT								
	Other signs of insulin resistance (acanthosis nigricans)								
	Hx of vascular disease								
<b>DIAGNOSTIC LAB TESTS</b>	<b>PRE-DIABETES</b>								
	Impaired fasting plasma glucose (100-125 gm/dl on 2 different dates)								
	Impaired glucose tolerance (2 hrs after 75gm OGTT) (140-199 mg/dl on 2 different dates)								
	<b>DIABETES</b>								
<b>PEDIATRIC</b>	Fasting plasma glucose of ≥126mg/dl on 2 days OGTT 2 hour ≥200 on 2 days								
	Check fasting plasma glucose on at risk** youth >10 yoa, or at onset of puberty if puberty occurs at younger age:								
	**Overweight (BMI > 85th %tile for age and sex, or wt > 120% of ideal for ht. Plus 2 risk factors below)								
	**Family hx of type 2 diabetes in 1st or 2nd-degree relative								
	**High risk race or ethnicity (above)								
**Signs of insulin resistance acanthosis nigricans                      Hypertension dyslipidemia                                      PCOS									
<b><u>Rescreen every 2 years</u></b>									

Adapted from Kentucky Diabetes Network, 2006

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**Once Diagnosis of Pre-Diabetes is made, use Prediabetes Tracking Tool**