

PRE-DIABETES TRACKING TOOL

Patient Name: _____ DOB: _____ Age: _____
 Smoker? Yes No (circle one) Gender: M F Height: _____

Date of Visit: Follow-up recommended Q 3-6 months until goals are met							
EACH VISIT	Weight(lbs)						
	BMI _____ Target BMI _____						
	Goal <25						
	BP (Goal <130/80)						
	Treat borderline and high blood pressure						
ANNUAL LABS	Fasting Plasma Glucose (FPG)						
	Goal <100						
	Check A1C (normal = 4-6%)						
	Fasting Lipid Profile:						
	LDL (Goal <100, desirable <70)						
	HDL (Goal Men >40, Women>50)						
	TG (Goal <150)						
Treat borderline and overt dyslipidemia							
LIFESTYLE COUNSELING	Weight Loss: Target weight _____						
	Goal 5% 7% 10%						
	Weight loss counseling initiated:						
	Exercise/Physical Activity (Goal: For BG control and wt. maintenance 150 min/wk moderate and/or 90 min/wk vigorous + resistance 3X/wk)						
	Medical Nutrition Therapy referral						
	Tobacco Cessation						
OTHER	Flu/Pneumonia Vaccine (age/health related)						
	Assess for adequacy of sleep and sleep disorders						
	Evaluate stress and depression - treat and refer as appropriate.						
	Assess for Metabolic Syndrome (↑CVD risk)						
	Dyslipidemia (abnormal HDL and TG)						
	BP>130/85						
	Central obesity - Waist measurement >35♀ >40♂						
	Signs of insulin resistance (↑C-peptide, acanthosis nigricans)						
Assess Need for Anti-Platelet Therapy							

