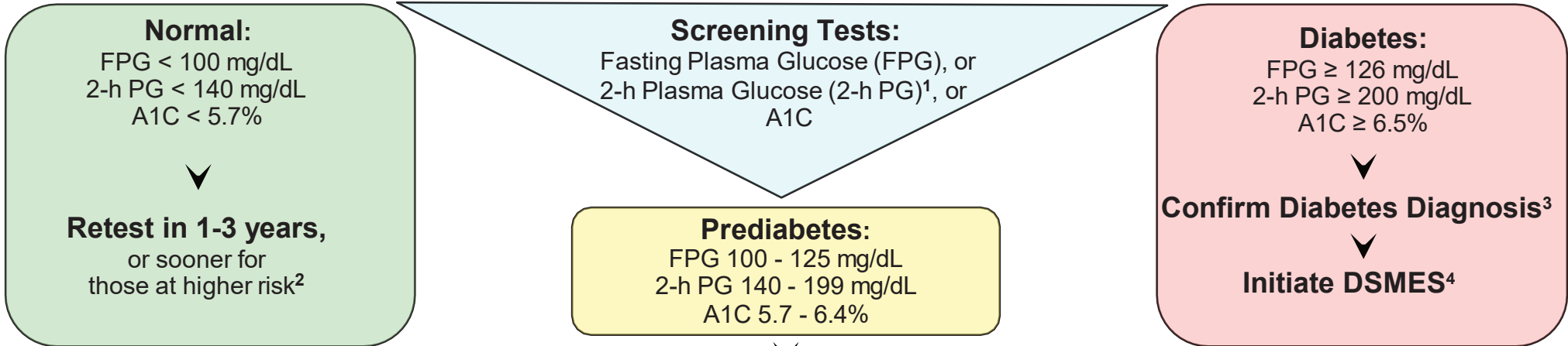


# Diabetes Screening and Prevention

Screen all asymptomatic American Indian/Alaska Native adults, and overweight or obese youth > 10 years old



**Please Note:** These prediabetes interventions are not intended for children or adolescents<sup>5</sup> or for women who are pregnant.

## Refer for Lifestyle Interventions

Goals: 5-7% weight loss and at least 150 minutes of physical activity per week

- Diabetes Prevention Curriculum: CDC PreventT2<sup>6</sup> or a program based on the National Diabetes Prevention Program
- Native Lifestyle Balance online <https://www.ihs.gov/nlb/>
- Dietitian or lifestyle coach for individualized nutrition, weight loss, and a physical activity plan

## Consider Metformin<sup>7</sup> (if Lifestyle Interventions are unsuccessful or unavailable)

Treat with 850 mg twice a day or less if unable to tolerate dosage. Side effects: diarrhea, bloating, B12 deficiency  
Metformin is particularly effective in individuals:

- History of gestational diabetes mellitus (GDM)
- Younger than 60 years of age
- BMI ≥ 35 kg/m<sup>2</sup>
- FPG ≥ 110 mg/dL

**Retest  
Annually**

1. During 75 gm Oral Glucose Tolerance Test
2. Higher risk: e.g. history of GDM, PCOS, overweight or obese, family history, or other risk concerns
3. Confirm diabetes with a second test (FPG or A1C).
4. Diabetes Self-Management Education and Support (DSMES)

5. Prevent Type 2 Diabetes in Kids: <https://www.cdc.gov/diabetes/prevent-type-2/type-2-kids.html>
6. CDC PreventT2: <https://www.cdc.gov/diabetes/prevention/resources/curriculum.html>
7. No medication is FDA approved for the prevention of diabetes.