

Diabetes Screening and Prevention

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

Normal:

FPG < 100 mg/dL
2-h PG < 140 mg/dL
A1C < 5.7%

Retest in 1-3 years,
or sooner for
those at higher risk²

Screening Tests:

Fasting Plasma Glucose (FPG), or
2-h Plasma Glucose (2-h PG)¹, or
A1C

Prediabetes:

FPG 100 - 125 mg/dL
2-h PG 140 - 199 mg/dL
A1C 5.7 - 6.4%

Diabetes:

FPG ≥ 126 mg/dL
2-h PG ≥ 200 mg/dL
A1C ≥ 6.5%

Confirm Diabetes Diagnosis³

Initiate DSMES⁴

Please Note: These prediabetes interventions are not intended for children or adolescents⁵ 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 PreventT2⁶ 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 Metformin⁷ (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)
- BMI ≥ 35 kg/m²
- Younger than 60 years of age
- 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/prevention-type-2/type-2-diabetes-in-kids.html>
6. CDC PreventT2: <https://www.cdc.gov/diabetes-prevention/php/lifestyle-change-resources/t2-curriculum.html>
7. No medication is FDA approved for the prevention of diabetes.