

Diabetes Detection Initiative
Finding the Undiagnosed



INFORMATION FOR HEALTH PROVIDERS

STEPS TO FINDING THE UNDIAGNOSED

STEP 1: COMMUNITY BASED DIABETES RISK ASSESSMENT

- People from your community will answer the 7 self-report questions from the risk assessment brochure to determine their risk status.
- The brochure will encourage people who score ≥ 10 points to see a health professional for further evaluation (go to Step 2).

(Adapted from Diabetes Care 1995;18:382-7 and the American Diabetes Association www.diabetes.org)

STEP 2: CLINIC-BASED DIABETES CASE DETECTION

Goal is to improve the specificity of the 7 self-report questions and determine the need for further testing.

Best: Use of predictive equation (algorithm)

- Please visit the Web site www.ndep.nih.gov, go to the Diabetes Detection Initiative, and click on **For Healthcare Providers**. The predictive equation calculator displayed in the Interactive Worksheet will require the following: age (yrs), sex, BMI (kg/m²), random capillary plasma glucose (mg/dl), time since last meal (postprandial time) or snack (0-8+ hr).
- Results are positive or negative. If negative, risk reduction information should be given to the patient. If positive, diagnostic testing is needed (go to Step 3).

(Adapted from Diabetes Care 2002;25:1999-2003)

If you do not have web access, two additional methods may be used to determine if further testing is needed, but these findings are not as strong as those obtained from the algorithm above.

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Good: Random capillary plasma measure adjusted by age and postprandial time, see chart below.

postprandial time (hr)	Age Group			
	20-34 yr +cutpoint	35-49 yr +cutpoint	50-64 yr +cutpoint	65+ yr +cutpoint
1	≥130 mg/dl	≥150 mg/dl	≥160 mg/dl	≥160 mg/dl
2	≥120 mg/dl	≥130 mg/dl	≥140 mg/dl	≥150 mg/dl
3	≥115 mg/dl	≥125 mg/dl	≥130 mg/dl	≥140 mg/dl
4	≥110 mg/dl	≥120 mg/dl	≥125 mg/dl	≥130 mg/dl
5	≥105 mg/dl	≥115 mg/dl	≥120 mg/dl	≥125 mg/dl
6+	≥95 mg/dl	≥110 mg/dl	≥115 mg/dl	≥120 mg/dl

OK: Random capillary plasma measure

All ages, any postprandial time: **+cutpoint ≥120 mg/dl**. If ≥120 mg/dl, diagnostic testing is needed (go to Step 3).

Round the actual postprandial time to the nearest hour. If capillary plasma value is at or above the cutpoint, the test is positive; if below, it is negative.

If positive, diagnostic testing is needed (go to Step 3).

(Adapted from Diabetes Care 1995;18:463-6)

STEP 3: CLINICAL DIAGNOSIS OF DIABETES

A single casual plasma glucose ≥200 mg/dl with unequivocal symptoms of diabetes

OR

In the absence of unequivocal diabetes symptoms:

Fasting plasma glucose ≥ 126 mg/dl or 2-hr 75 gram OGTT ≥ 200 mg/dl

Repeat measure on a different day to confirm diagnosis.

(From Diabetes Care 2003;26:S5-S20)

Thank you for participating in the Diabetes Detection Initiative: Finding the Undiagnosed.

DIABETES DETECTION INITIATIVE

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