

# 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  $\geq 10$  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](http://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 ( $\text{kg}/\text{m}^2$ ), 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.

**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	$\geq 130$ mg/dl	$\geq 150$ mg/dl	$\geq 160$ mg/dl	$\geq 160$ mg/dl
2	$\geq 120$ mg/dl	$\geq 130$ mg/dl	$\geq 140$ mg/dl	$\geq 150$ mg/dl
3	$\geq 115$ mg/dl	$\geq 125$ mg/dl	$\geq 130$ mg/dl	$\geq 140$ mg/dl
4	$\geq 110$ mg/dl	$\geq 120$ mg/dl	$\geq 125$ mg/dl	$\geq 130$ mg/dl
5	$\geq 105$ mg/dl	$\geq 115$ mg/dl	$\geq 120$ mg/dl	$\geq 125$ mg/dl
6+	$\geq 95$ mg/dl	$\geq 110$ mg/dl	$\geq 115$ mg/dl	$\geq 120$ mg/dl



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)*

**OK:** Random capillary plasma measure

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

### STEP 3: CLINICAL DIAGNOSIS OF DIABETES

A single casual plasma glucose  $\geq 200$  mg/dl with unequivocal symptoms of diabetes

**OR**

In the absence of unequivocal diabetes symptoms:

Fasting plasma glucose  $\geq 126$  mg/dl or 2-hr 75 gram OGTT  $\geq 200$  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.

