



Diagnostic criteria for Diabetes Mellitus

Diagnosis	A1C	Fasting Plasma Glucose	2 hour OGTT <small>(oral glucose tolerance test - 75 gm)</small>
Normal	< 5.7%	< 100 mg/dl	< 140 mg/dl
Prediabetes	5.7 - 6.4%	100-125 mg/dl	140 - 199 mg/dl
Diabetes Mellitus	> 6.5%	> or = 126 mg/dl	> or = 200 mg/dl

In an individual with classic symptoms of hyperglycemia or hyperglycemic crisis, a random plasma glucose 200 mg/dL. Random is any time of the day without regard to time since previous meal.

Goals for Blood Glucose in Diabetes Mellitus

Before a meal (preprandial): 80 - 130 mg/dl

1-2 hours after a meal (postprandial): < 140-180 mg/dl

(This is individualized for every patient's goals and targets)

WHO SHOULD BE SCREENED FOR DIABETES

1. Testing should be considered in adults with overweight or obesity (BMI 25 kg/m² or 23 kg/m² in Asian American individuals) who have one or more of the following risk factors:

- First-degree relative with diabetes
- High-risk race and ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
- History of cardiovascular disease
- Hypertension (130/80 mmHg or on therapy for hypertension)
- HDL cholesterol level <35 mg/dL (<0.9 mmol/L) and/or a triglyceride level >250 mg/dL (>2.8 mmol/L)
- Individuals with polycystic ovary syndrome
- Physical inactivity
- Other clinical conditions associated with insulin resistance (e.g., severe obesity, acanthosis nigricans)

2. People with prediabetes (A1C 5.7% [39 mmol/mol], IGT, or IFG) should be tested yearly.

3. People who were diagnosed with GDM should have lifelong testing at least every 3 years.

4. For all other people, testing should begin at age 35 years.

5. If results are normal, testing should be repeated at a minimum of 3-year intervals, with consideration of more frequent testing depending on initial results and risk status.

6. People with HIV, exposure to high-risk medicines, history of pancreatitis

GDM=gestational diabetes mellitus; IFG= impaired fasting glucose; IGT= impaired glucose tolerance.

