

SCREENING & DIAGNOSIS

Who to screen and what do you screen with?

Screen every 3 years in individuals ≥ 40 years of age or in individuals at high risk using a risk calculator.

Screen earlier and/or more frequently in people with additional risk factors for diabetes or for those at very high risk using a risk calculator.

DIAGNOSIS OF PREDIABETES & DIABETES

Test	Result	Dysglycemia category
FPG (mmol/L) No caloric intake for at least 8 hours	6.1 – 6.9	IFG
	≥ 7.0	Diabetes
2hPG in a 75 g OGTT (mmol/L)	7.8 – 11.0	IGT
	≥ 11.1	Diabetes
A1C (%) Standardized, validated assay, in the absence of factors that affect the accuracy of A1C and not for suspected type 1 diabetes	6.0 – 6.4	Prediabetes
	≥ 6.5	Diabetes
Random PG (mmol/L)	≥ 11.1	Diabetes

If asymptomatic, a repeat confirmatory test (FPG, A1C, or a 2hrPG in a 75 g OGTT) must be done. If symptomatic, diagnosis made, and begin treatment.