

Pre-Diabetes

The Basics of Diagnosis & Control

Diagnosis of Diabetes

Pre-diabetes:

- Fasting blood glucose between 100-125 mg/dl
- Hemoglobin A1c between 5.7%-6.4%

Diabetes:

- Fasting blood glucose greater than 126 mg/dl
- Hemoglobin A1c greater than 6.5%
- Any random blood glucose greater than 200mg/dl

* Two separate tests on 2 different days

Blood Glucose Recommendations:

For NON-diabetics

Before meals: 70-100 mg/dl
After meals: < 140 mg/dl
HgA1c: < 5.7%

For Diabetics

Before meals: 70-130 mg/dl
After meals: < 180 mg/dl
HgA1c: < 7.0%

Risk Factors for Diabetes

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG), also known as pre-diabetes
- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth