

Who is at risk for diabetes and prediabetes?[4]

- Persons age 45 and older
- Adults who are overweight (Body Mass Index ≥ 25 kg/m², ≥ 23 if Asian American, or ≥ 26 if Pacific Islander) and have another risk factor such as:
 - **Family history:** have a first-degree relative with diabetes
 - **Race/Ethnicity:** African American, Hispanic/Latino, American Indian, Alaska Native, Asian American, or Pacific Islander
 - **History of gestational diabetes** or gave birth to a baby weighing > 9 lbs
 - **Hypertension:** blood pressure $\geq 140/90$ mm Hg
 - **Abnormal lipid levels:** HDL cholesterol level < 35mg/dl; triglyceride level >250 mg/dl
 - **Impaired Glucose Tolerance or Impaired Fasting Glucose (on previous testing):** Fasting plasma glucose 100 – 125 mg/dl or 2 hr. post 75g oral glucose challenge 140 – 199 mg/dl or A1C 5.7% - 6.4%
 - **Signs of insulin resistance:** such as acanthosis nigricans or polycystic ovarian syndrome
 - **History of vascular disease:** diagnosed by physical exam and testing
 - **Inactive lifestyle:** being physically active less than three times a week