

Diabetes Numbers At-a-Glance[†]

1. Criteria for Diagnosis of Diabetes

Fasting plasma glucose	≥ 126 mg/dl*
Random plasma glucose	≥ 200 mg/dl* with symptoms (polyuria, polydipsia, and unexplained weight loss)

*Repeat to confirm on subsequent day.

2. Glycemic Control Goals for Type 1 or Type 2 Diabetes

Level of Control	Hemoglobin A _{1c}
Normal	$< 6\%$
Goal	$< 7\%$
Take additional action	$> 8\%$

Self-monitored Blood Glucose

Whole blood values

Preprandial goal:	80 - 120 mg/dl
Bedtime goal:	100 - 140 mg/dl

Plasma values

Preprandial goal:	90 - 130 mg/dl
Bedtime goal:	110 - 150 mg/dl

3. Hypertension in Adults with Diabetes

	Systolic mmHg		Diastolic mmHg
Definition	≥ 140	and/or	≥ 90
Treatment goal	< 130		< 85

4. Category of Risk Based on Lipoprotein Levels in Adults

Risk	LDL Cholesterol (mg/dl)	HDL Cholesterol (mg/dl)	Triglyceride (mg/dl)
Higher	≥ 130	< 35	≥ 400
Borderline	100-129	35-45	200-399
Lower	< 100	> 45	< 200

[†]The numbers are based on American Diabetes Association Clinical Practice Recommendations. *Diabetes Care* 23 (Suppl. 1): S32-S60, 2000

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5. Treatment Decisions Based on LDL Cholesterol Levels in Adults

	Medical Nutrition Therapy		Drug Therapy	
	Initiation Level	LDL Goal	Initiation Level	LDL Goal
With CHD, PVD, or CVD	>100	≤100	>100	≤100
Without CHD, PVD, and CVD	>100	≤100	≥130*	≤100

Data are given in mg/dl.

*For diabetic patients with multiple CHD risk factors, some authorities recommend drug therapy when LDL levels are between 100 and 130 mg/dl.

6. Management Schedule

At every visit:

- Measure weight and blood pressure.
- Inspect feet (high risk feet).
- Review self-monitoring blood glucose record.
- Review/adjust medications.
- Recommend regular use of aspirin for CVD prevention.
- Review self-management skills, dietary needs, and physical activity.
- Counsel on smoking cessation and alcohol use.

Twice a year:

- Order hemoglobin A1c in patients meeting treatment goals with stable glycemia (quarterly if not).

Annually:

- Order fasting lipid profile, serum creatinine, and urinalysis for protein and microalbumin.
- Order dilated eye exam, dental exam, and influenza vaccine.
- Perform comprehensive foot exam.



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The National Diabetes Education Program is a partnership among the National Institutes of Health, the Centers for Disease Control and Prevention, and over 200 organizations.

(Publication No. NDEP-12, revised March 2000)