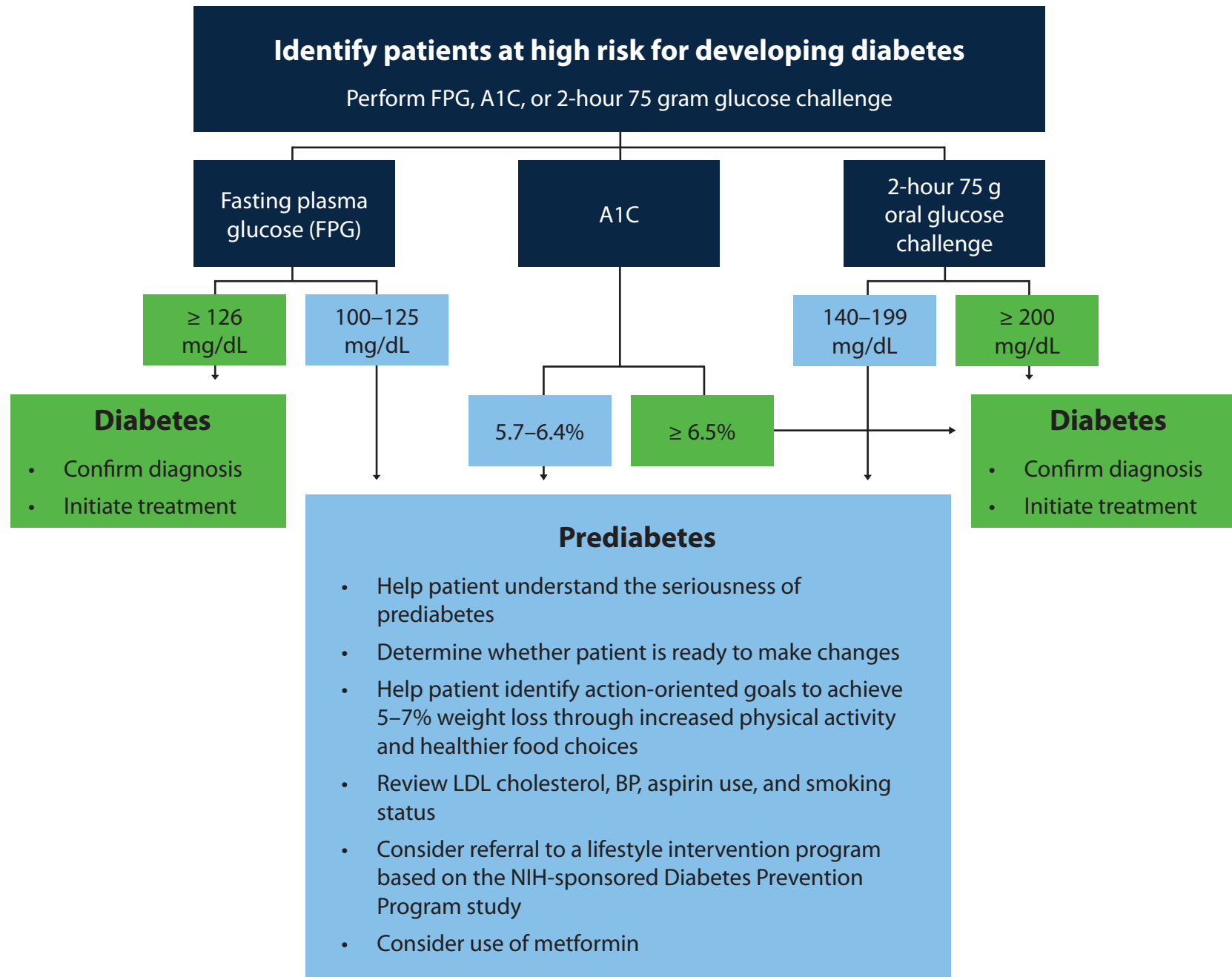


# Decision Pathway for Diabetes and Prediabetes



Prediabetes identifies an intermediate stage in the development of type 2 diabetes. It is important to intervene at this stage to prevent progression. Patients should be counseled on the need to lose weight by adopting a healthier lifestyle, including making healthy food choices and increasing physical activity. Consider referral to a lifestyle intervention program based on the principles of the National Institutes of Health-sponsored Diabetes Prevention Program such as the National Diabetes Prevention Program. Also consider metformin for patients under 60 years of age with prediabetes plus other risk factors, such as A1C > 6%, hypertension, low HDL cholesterol, elevated triglycerides or family history of diabetes in a first-degree relative and who are obese (BMI of 30 or greater).