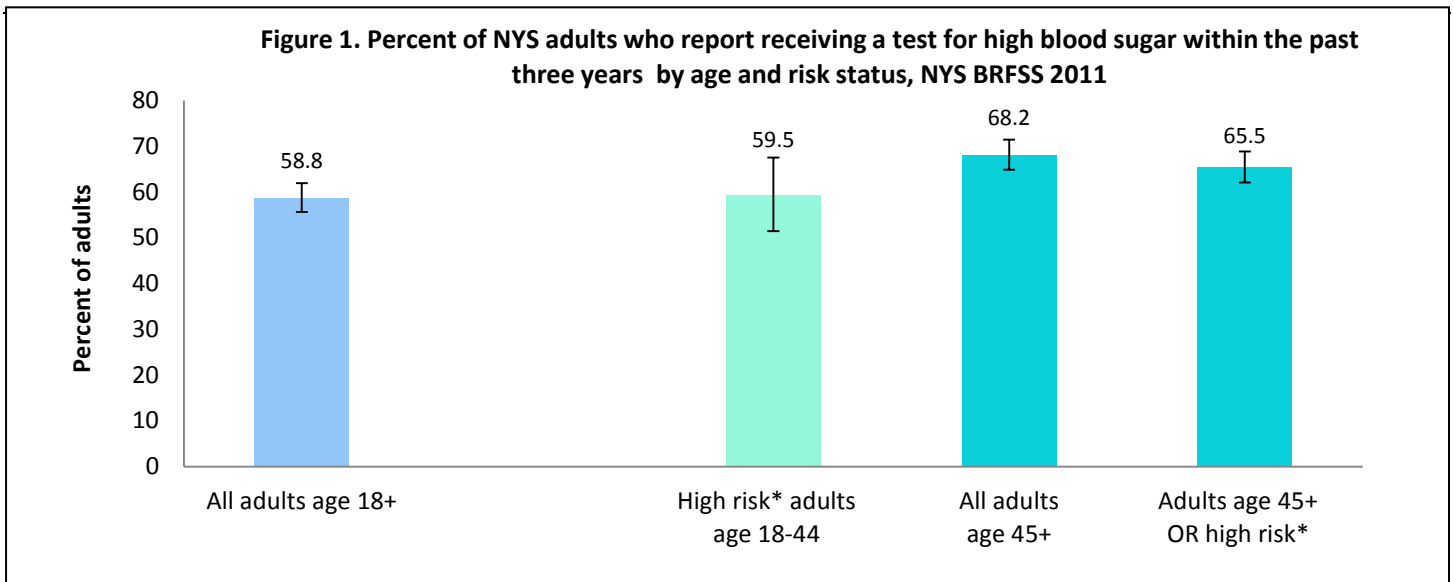


Information for Action # 2013-8

Testing for high blood sugar among New York State adults does not meet clinical guidelines.

Early identification and management of people with prediabetes and diabetes has the potential to prevent diabetes and its complications.^{1,2} The American Diabetes Association (ADA) recommends testing to detect prediabetes and type 2 diabetes be considered for **all** adults who are overweight (Body Mass Index ≥ 25 kg/m²) and who have one or more additional risk factors. Diabetes risk factors include: physical inactivity, family history of diabetes, being a member of a high-risk racial/ethnic group, and a history of gestational diabetes, hypertension, high cholesterol or cardiovascular disease. In the absence of these factors, testing should begin at age 45.²

- In 2011, an estimated 7.5 million (58.8%) New York State (NYS) adults report receiving a test for high blood sugar within the past three years (Figure 1).
- Among adults who meet the ADA criteria for screening based on age or the presence of risk factors, less than two-thirds (65.5%) report being tested within the past three years.
- In NYS, rates of reported testing for high blood sugar among high risk groups, especially among adults age 18-44 with one or more risk factors, are still below that recommended by consensus guidelines.



Data Source: New York State Behavioral Risk Factor Surveillance System, 2011.* High risk: Adults who are overweight (BMI ≥ 25 kg/m²) and have at least one additional risk factor from the following list: physical inactivity, family history of diabetes, member of a high-risk racial/ethnic group, history of gestational diabetes, hypertension, high cholesterol or history of cardiovascular disease. Adults with missing age or BMI information excluded from risk group analyses.

PUBLIC HEALTH OPPORTUNITY

- Promote **health care provider** education and clinical quality improvement to improve early detection, prevention and treatment of prediabetes and diabetes.
- Raise **public awareness** about diabetes risk factors and the importance of keeping regularly scheduled appointments with primary care providers for early detection, prevention and treatment of prediabetes and diabetes.

Contact:

For more information about the data included and their specific implications for action, please send an email to DCDIPIFA@health.state.ny.us with IFA # 2013-8 in the subject line.

References:

¹. Deedwania PC, Fonseca VA. Diabetes, prediabetes and cardiovascular risk: shifting the paradigm. *Am J Med.* 2005;11:939-947.

². American Diabetes Association. Standard of medical care in diabetes – 2013. *Diabetes Care* 2013; 36(S1): S11-S66.

