



Diagnosing Type 2 Diabetes in Your Asian American Patients

Did you know:¹

- Asian Americans have a high risk of type 2 diabetes similar to that of other racial or ethnic minority groups, even though they have a lower Body Mass Index (BMI)?
- The World Health Organization (WHO) recognized that a BMI greater than 22 kg/m² may signify overweight in Asians, versus 25 kg/m² in other racial groups?
- Asian Americans are a heterogeneous group and some, such as South Asians and Filipinos, are at even higher risk?
- Standard tests, such as HbA1c and fasting blood glucose (FBG) may not be sensitive enough to identify diabetes in Asian Americans?

Steps to follow with your Asian American patients:

1. **Determine whether any other major risk factors are present**, including -- first degree relative with diabetes, country of origin, hypertension, dyslipidemia, cardiovascular disease, past history of elevated blood glucose, and, in women, a history of GDM, baby with birth weight more than 9 pounds, or polycystic ovarian disease.
2. **Test for diabetes if they have one or more of the risk factors at BMI 23.**
3. **Think of doing a 2-hour oral glucose tolerance test**, as in Asian Americans, HbA1c and or FBG do not satisfactorily exclude diabetes.

For more information, contact Dr. Ho Luong Tran, President & CEO: htran@ncapip.org with any comments or questions or visit the AANHPI Diabetes Coalition <http://www.ncapip.org/takeaction/diabetes/>

¹ For a review of the evidence, go to Hsu, et al., Pathophysiologic Differences Among Asians, Native Hawaiians, and Other Pacific Islanders and Treatment Implications, *Diabetes Care*, May 2012.

