

Defined by the Numbers⁵

	Nondiabetes	Prediabetes	Diabetes (criteria includes both type 1 and type 2)
Fasting plasma glucose (no caloric intake for at least eight hours)	< ¹⁰⁰ mg/dL	>100 and <125 mg/dL	>126 mg/dL
75 g oral glucose tolerance test: two-hour plasma glucose	<140 mg/dL	>140 and <199 mg/dL	>200 mg/dL
A1c	<5.7%	5.7% to 6.4%	>6.5%

* To make the diagnosis of prediabetes or diabetes, only one of these tests needs to be used. Risk is continuous, extending below the lower limit of the range and becoming disproportionately greater at the higher end of the range.