Abstract

The incidence of overweight and obese people in America has negatively impacted the health of individuals and the national healthcare system. Obese individuals are at an increased risk of Diabetes Type 2. Current estimates indicate one third of diabetes is undiagnosed in asymptomatic patients.\(^1\) This article describes how the implementation of screening for pre-diabetes and diabetes can reduce both physical and financial costs and improve health care outcomes by early detection. An A1C can be cost effective by means of a single blood draw detailing the patient’s average serum glucose over the previous three months.\(^{14}\) Electronic health records have the capacity to calculate body mass index which could prompt screening of an A1c.