

Cholesterol Tested among Persons with Diabetes

Persons with diabetes are at increased risk of complications from cardiovascular disease, such as stroke, angina, and congestive heart failure. Early detection of elevated lipid levels and appropriate treatment can decrease the risk for cardiovascular complications, as well as for diabetic retinopathy.

There are currently no data sources available in Virginia for measuring cholesterol levels in persons with diabetes with a sample size large enough to calculate a state-level rate.

Healthy People 2010 Objective:

(12-13) Reduce the mean total blood cholesterol levels among adults to 199 mg/Dl or less. HP2010 data are not analyzed specific to persons with diabetes.

American Diabetes Association Recommendation:

Recommend having a total cholesterol, Triglycerides, LDL, and HDL count every year for persons with diabetes. The recommended measures are:

HDL greater than 45,

LDL less than 100,

Triglycerides less than 150, and

Total cholesterol less than 200.

Source: CDC Diabetes Indicators and Data Source Internet Tool, 2007