**Prevalence of Impaired Fasting Glucose in Healthy Middle-Aged Adults: Insight from the Primary cARE AuDIt of Global risk Management (PARADIGM) Study**

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**BACKGROUND**
- The PARADIGM study is an observational registry, the primary objective of which is to evaluate primary care physician assessment of global cardiovascular (CV) risk in healthy individuals.

**METHODS**
- The PARADIGM study enrolled 3015 generally healthy, middle-aged patients in an observational registry.
- The primary objective of the PARADIGM study is to evaluate primary care physician assessment of global cardiovascular (CV) risk in healthy individuals.
- The study was conducted in 2015.
- The study was conducted in Canada.
- The study was conducted across 105 sites.
- The study was conducted in healthy, middle-aged subjects in the PARADIGM study.
- The study was conducted in the PARADIGM cohort.
- The study was conducted in the Middle-aged Adults in PARADIGM study.

**RESULTS**
- This analysis reports on 2950 PARADIGM subjects with IFG (34%) compared to those without IFG (66%).
- Subjects with a fasting blood sugar (FBS) ≥126 mg/dl (n=53) or without a reported FBS (n=12) were excluded from this analysis.

**SUMMARY AND CLINICAL IMPLICATIONS**
- Approximately 34% of otherwise healthy middle-aged subjects have IFG.
- The majority of subjects with IFG have an increased FRS, and almost one third are at high CV risk, even in the absence of diabetes.
- The risk of IFG is highest in the South Asian population.
- Screening for IFG may uncover otherwise healthy subjects who are at substantial risk for CVD and who may benefit from preventive treatments.

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