

Your A1C Results: What Do They Mean?

If you have diabetes, you should have an A1C test at least twice each year to find out your long-term blood glucose control. The A1C test measures your average blood glucose during the previous 2–3 months, but especially during the previous month.

For people without diabetes, the normal A1C range is 4–6%. For people with diabetes, the lower the A1C value, the better the diabetes control and the lower the risk of developing complications such as eye, heart, and kidney disease. Your goal should be

to have A1C values less than 7%. That may be a hard target to hit, but it is important to try because the lower your A1C, the lower your health risk.

The table on this page shows what your A1C results say about your blood glucose control during the past few months. Some people are surprised when they have a high A1C result because when they check their blood glucose with their meter, they have relatively low numbers. But remember that checking your blood glucose gives you only a momentary sample of your

blood glucose control. The A1C test measures your blood glucose control *at all times* during the previous 2–3 months, even times such as after meals or when you are asleep, when you don't usually check your blood glucose.

Think of the A1C test as feedback to help you better control your diabetes and improve your diabetes care habits. By giving you important information about your long-term control, the A1C test can help you stay motivated to do your best on diabetes self care. Talk with your doctor and other members of the health care team about your A1C results and how you can use them to better manage diabetes.

What Your A1C Results Say About Your Blood Glucose, Diabetes Control, and Health Risk			
A1C (%)	Average Blood Glucose (mg/dl)	Degree of Control	Health Risk
≤ 6	135	very excellent	very low
7	170	excellent	low
8	205	good	good
9	240	fair	medium
10	275	poor	high
11	310	very poor	very high
≥ 12	345	extremely poor	extremely high

