

## HbA1c SIMPLY EXPLAINED

### What is an HbA1c?

The HbA1c test shows the average level of blood glucose (*blood sugar*) over the past 3 months. It is reported as a percentage (%)

THE TEST IS OFTEN CALLED A1C FOR SHORT. Your diabetes doctor/team will do this test at each 3-4 month appointment.

### Why is the HbA1c important?

It is a tool that can help you and your diabetes team manage your child's blood glucose/sugar levels which can help prevent diabetes complications in the future.

- The target A1c changes in pediatric patients based on the age of the patient.\*\*
- Targets and goals are individualized for children/young people (patients) with their health care team.\*\*

*Based on the American Diabetes Association Silverstein, et al. Care of Children with type 1 DM. Diabetes Care, 28:186-212, 2005 ADA Standards of Care. Diabetes Care, Suppl 1, 2010*

Age	Targets** A1c% **
◀ 6 years of age	7.5-8.5
6-12 years of age	◀ 8
13-18 years of age	◀ 7.5
Adult	◀ 7

IF THE A1c TEST IS...	AVERAGE BLOOD SUGAR/GLUCOSE LEVEL HAS BEEN
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	250
10.5	250
11	280
12	315
13	350
14	380

