UNDERSTANDING A1C

What is A1c?

A1C refers to glycated hemoglobin, and it tells you about your glucose levels over the past 90-120 days. It can be measured with a small blood sample from a finger stick.

What Happens in the Body?

When glucose levels are high, a larger amount of sugar "sticks" to proteins in your body. This is called "glycosylation." This can be measured by testing the percentage of hemoglobin molecules in your blood which have sugar attached.

The A1c Scale

The chart below shows how your three-month average glucose level is related to your A1c. The ADA recommends that children under the age of 18 diagnosed with type 1 diabetes strive to maintain an A1c level lower than 7.5%.

A1C	AVERAGE GLUCOSE
14	355
13	326
12	298
11	269
10	240
9	212
8	183
7.5	169
7	154
6	126

TARGET A1C
7.5% for < 18 Years
7% for 18+ Years

TO LEARN MORE VISIT: T1DTOOLKIT.ORG

T1D TOOLKIT

2019 © T1D Toolkit