








HbA1c: What's it all about?

HbA1c checks measure the amount of glucose attached to your red blood cells. Too much glucose in blood damages tiny blood vessels which can lead to complications. This check therefore helps us recognise when changes are needed to keep you healthy.

Evidence shows the ideal HbA1c for long-term good health is **48mmol/l**.

HbA1c range	Possible risks and actions
130+ mmol/l [Avg BG 14+] 91mmol/l	<ul style="list-style-type: none"> • Current problems or very high risk of future issues with: eyes; feet; kidneys; heart. • High risk of DKA.   <p>Action: HbA1c in this range suggests diabetes care has been difficult for you for a while. Please speak to the team about options to help with this.</p>
90mmol/l [Avg BG 11.1–13.9] 71mmol/l	<ul style="list-style-type: none"> • Current problems or high risk of future issues with: eyes; feet; kidneys; heart. • Risk of DKA.   <p>Action: ↓ If HbA1c has reduced: Well done!! Keep going with the positive changes you have made, and aim to add extra changes if possible. ↑ If HbA1c has increased: This suggests diabetes care is difficult for you at present. Speak to the diabetes team about options to help with this.</p>
70mmol/l [Avg BG 9–11] 59mmol/l	<ul style="list-style-type: none"> • Increased risk of future issues with: eyes; feet; kidneys; heart   <p>Action: ↓ If HbA1c has reduced: Well done!! Keep going with the changes you have made (and if you can identify more changes – even better!) ↑ If HbA1c has increased: think about what is making diabetes care difficult for you, and any ideas that could help make things easier. You can also speak to the diabetes team about this.</p>
58mmol/l [Avg BG 7-9] 	<p>WELL DONE!! This is the optimum range, with the lowest chance of any risks, and the best chances of staying healthy long-term.</p> <p>Action: Keep up the fantastic work!! Well done!!!</p> 