

Hemoglobin A1C: Know your number

This is your average blood sugar over the past two to three months:

RED	Blood sugars are high	$\geq 9.0\%$
YELLOW	Careful, high sometimes	$\geq 7.0\%$
GREEN	Great control	$< 7.0\%$



This test should be done every 3 to 6 months.



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This test measures the average of your blood sugar over the past 2-3 months. Since it is an average, it is possible to have large swings (highs and lows) in your blood sugar and still have an A1C in the green zone. The results from your daily blood sugar testing are used WITH the A1C to evaluate your actual blood sugar control.

The target A1C level is below 7% for most people. Some people may have an A1C goal of less than 8%. Talk to your health care team about what your A1C goal should be.

My A1C goal is: _____

A person with diabetes should have their A1C tested every 3 to 6 months depending on their level of blood sugar control. Research has shown that improving your A1C can result in the following:

- 35% reduction in the risk for diabetes-related complications
- 18% reduction in the risk for a heart attack

If your A1C test comes back too high your treatment plan may need adjustment. This may include one or more of the following:

1. Medication adjustments
2. Review meal plan
3. Exercise

Staying healthy with diabetes is about maintaining good blood sugar control everyday and working closely with your health care team. Remember, the most important member of the health care team is YOU.

Approved by the Inter Hospital Education Workgroup, 2006

More Information

For more information or if you have questions, contact:

Diabetes Educator: _____

Phone: _____



Diabetes Program

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www.anthc.org/diabetes
(907) 729-1125