

## HbA1C (Glycosylated Hemoglobin)

The HbA1c test is a very important measure of how well your diabetes is controlled. It provides an average of the blood sugar levels over the last three months.



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### What is the HbA1c test?

- HbA1c is a blood test that can be done in the lab every three months.

### What does the HbA1c measure?

- The HbA1c test measures the average of your blood sugar over the past three months.
- Sugar in the blood will stick to red blood cells and will remain there for three months. The amount of sugar that sticks will depend on how long and how often the blood sugar has been high.

### What is a good HbA1c result?

- For people who do not have diabetes, a normal HbA1c is usually between 4.0-6.0%. For most people with Type 1 or Type 2 diabetes, the HbA1c target is below 7%. For children or older adults with diabetes, target levels will vary.

Ideal HbA1c levels	
Less than 6 years of age	Less than 8.0%
6-12 years of age	Less than 7.6%
13-18 years of age	Less than 7.1%
Most adults	Less than 7.1%

### Is HbA1c important to measure?

- Yes. If your HbA1c level continues to be high, over time, you are at risk of developing long-term health problems. You can work closely with your health care provider or diabetes educator around diabetes management strategies to keep your levels within an ideal range.

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