Hemoglobin A1c and Blood Sugar Targets

The hemoglobin A1c blood test gives us valuable information about:

- Your average blood sugar levels for the past 2-3 months (day and night, before and after meals).
- Your risk for having long term problems from diabetes. (Eye, Kidney, Nerve damage)

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>HbA1c Level (%)</th>
<th>Average Blood Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊 Good Control</td>
<td>4.0</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>5.0</td>
<td>90</td>
</tr>
<tr>
<td></td>
<td>6.0</td>
<td>120</td>
</tr>
<tr>
<td>My HbA1c:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderate</td>
<td>7.0</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td>8.0</td>
<td>180</td>
</tr>
<tr>
<td></td>
<td>9.0</td>
<td>210</td>
</tr>
<tr>
<td>Goal:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor Control</td>
<td>10.0</td>
<td>240</td>
</tr>
<tr>
<td></td>
<td>11.0</td>
<td>270</td>
</tr>
<tr>
<td></td>
<td>12.0</td>
<td>300</td>
</tr>
</tbody>
</table>

Blood Sugar Targets:

- Before meals: 90-130
- Two hours after meals: under 180

Lowering blood sugar by only 30 points will decrease your A1c by 1 point & decrease long term problems by up to 25%!

Denver Health
Denver, CO.
### Green Zone: Great Control

- HbA1c is under 7
- Average blood sugars typically under 150
- Most fasting blood sugars under 150

**Green Zone Means:**
- Your blood sugars are under control
- Continue taking your medications as ordered
- Continue routine blood glucose monitoring
- Follow healthy eating habits
- Keep all physician appointments

### Yellow Zone: Caution

- HbA1c between 7 and 9
- Average blood sugar between 150-210
- Most fasting blood glucose under 200

**Yellow Zone Means:**
- Your blood sugar may indicate that you need an adjustment of your medications
- Improve your eating habits
- Increase your activity level

Call your physician, nurse, or diabetes educator if changes in your activity level or eating habits don’t decrease your fasting blood sugar levels.

Name: _______________________
Number: ______________________

### Red Zone: Stop and Think

- HbA1c greater than 9
- Average blood sugars are over 210
- Most fasting blood sugars are well over 200

**Red Zone Means:**
You need to be evaluated by a physician. If you have a blood glucose over ____, follow these instructions __________________

Call your physician
Physician: ______________________
Number: ______________________