

TARGET BLOOD GLUCOSE and A1C LEVELS for ADULTS and ADOLESCENTS

	Normal Range	Target Goals
A1C	4 - 6 %	Less than 7 %
Fasting or before meal glucose	4.0 - 6.0 mmol/L	4.0 - 7.0 mmol/L
2 hour after meal glucose	5.0 - 8.0 mmol/L	5.0 - 10.0 mmol/L

* Normal range should be considered if it can be achieved safely.

* Blood Glucose goals should be tailored to individual needs.

TARGET BLOOD GLUCOSE for CHILDREN WITH TYPE 1 DIABETES (12 & under)

AGE	BEFORE MEAL GLUCOSE	Hgb A1c
< 5 Years	6.0 - 12.0 mmol/L	Less than or equal to 9.0 %
5 - 12 Years	4.0 - 10.0 mmol/L	Less than or equal to 8.0 %

TARGET BLOOD GLUCOSE LEVELS for PREGNANCY and GESTATIONAL DIABETES

Fasting or before any meal	Less than 5.3 mmol/L
After meals	1 hr - less than 7.8 mmol/L 2 hr - less than 6.7 mmol/L