

# diabetes: A1C conversion table

The A1C test gives you an average of your child's blood sugar control for the last 3 months. The A1C helps tell a person's risk of having complications from diabetes.

**Target A1C:** In the Standards of Medical Care in Diabetes - 2019, the American Diabetes Association (ADA) recommends children and teens have an A1C target of less than 7.5 percent. They recommend non-pregnant adults have a target A1C of less than 7 percent. The ADA does state that A1C targets should be individualized to each person by his/her doctor. Your child's doctor will look at the following before giving a target specific to your child.

- Age
- Risk for low blood sugar and if he/she can tell when having a low
- How long has he/she had diabetes
- If he/she has complications

A1C (%)	average blood sugar	A1C (%)	average blood sugar	A1C (%)	average blood sugar
5.0	97	8.1	186	11.2	275
5.1	100	8.2	189	11.3	278
5.2	103	8.3	192	11.4	280
5.3	105	8.4	194	11.5	283
5.4	108	8.5	197	11.6	286
5.5	111	8.6	200	11.7	289
5.6	114	8.7	203	11.8	292
5.7	117	8.8	206	11.9	295
5.8	120	8.9	209	12.0	298
5.9	123	9.0	212	12.1	301
6.0	125	9.1	214	12.2	303
6.1	128	9.2	217	12.3	306
6.2	131	9.3	220	12.4	309
6.3	134	9.4	223	12.5	312
6.4	137	9.5	226	12.6	315
6.5	140	9.6	229	12.7	318
6.6	143	9.7	232	12.8	321
6.7	146	9.8	235	12.9	324
6.8	148	9.9	237	13.0	326
6.9	151	10.0	240	13.1	329
7.0	154	10.1	243	13.2	332
7.1	157	10.2	246	13.3	335
7.2	160	10.3	249	13.4	338
7.3	163	10.4	252	13.5	341
7.4	166	10.5	255	13.6	344
7.5	169	10.6	258	13.7	346
7.6	171	10.7	260	13.8	349
7.7	174	10.8	263	13.9	352
7.8	177	10.9	266	14.0	355
7.9	180	11.0	269	Over 14	<b>Too high to measure</b>
8.0	183	11.1	272		

green = goal    yellow = caution/higher than recommended    red = concern/discuss with your diabetes doctor