

Know the numbers

Every child and young person with Type 1 Diabetes has to manage their condition to live a healthy, happy life. This quick guide shows the numbers that you and your family should be aiming for.

BLOOD GLUCOSE GUIDANCE FOR TYPE 1 DIABETES

HbA1c
(Shows control over 3 months)

≤ 7%

7 DAY AVERAGE
(of daily Glucose reading)

< 8
mmol/L

% TIME IN TARGET
for CGM

80%

WHAT TO AIM FOR DURING THE DAY

BEFORE MEALS
(Including breakfast)



4-8
mmol/L

3 hrs AFTER MEALS



4-8
mmol/L

BEDTIME
(3 hrs after eating)



4-8
mmol/L

TOP 3 TIPS FOR MANAGING BLOOD GLUCOSE

1 GIVE INSULIN

15

MINUTES BEFORE MEALS

2 CHECK YOUR GLUCOSE LEVEL AT LEAST

5

TIMES A DAY

3 REVIEW YOUR RATIOS

**ICR
ISF**

CHECK YOUR MEAL RISE

Remember, many things can affect your glucose readings such as exercise, illness and worry. Do you or your family need a little help? Is there something you're struggling with? **Talk to your Diabetes Team who will be happy to help you.**

