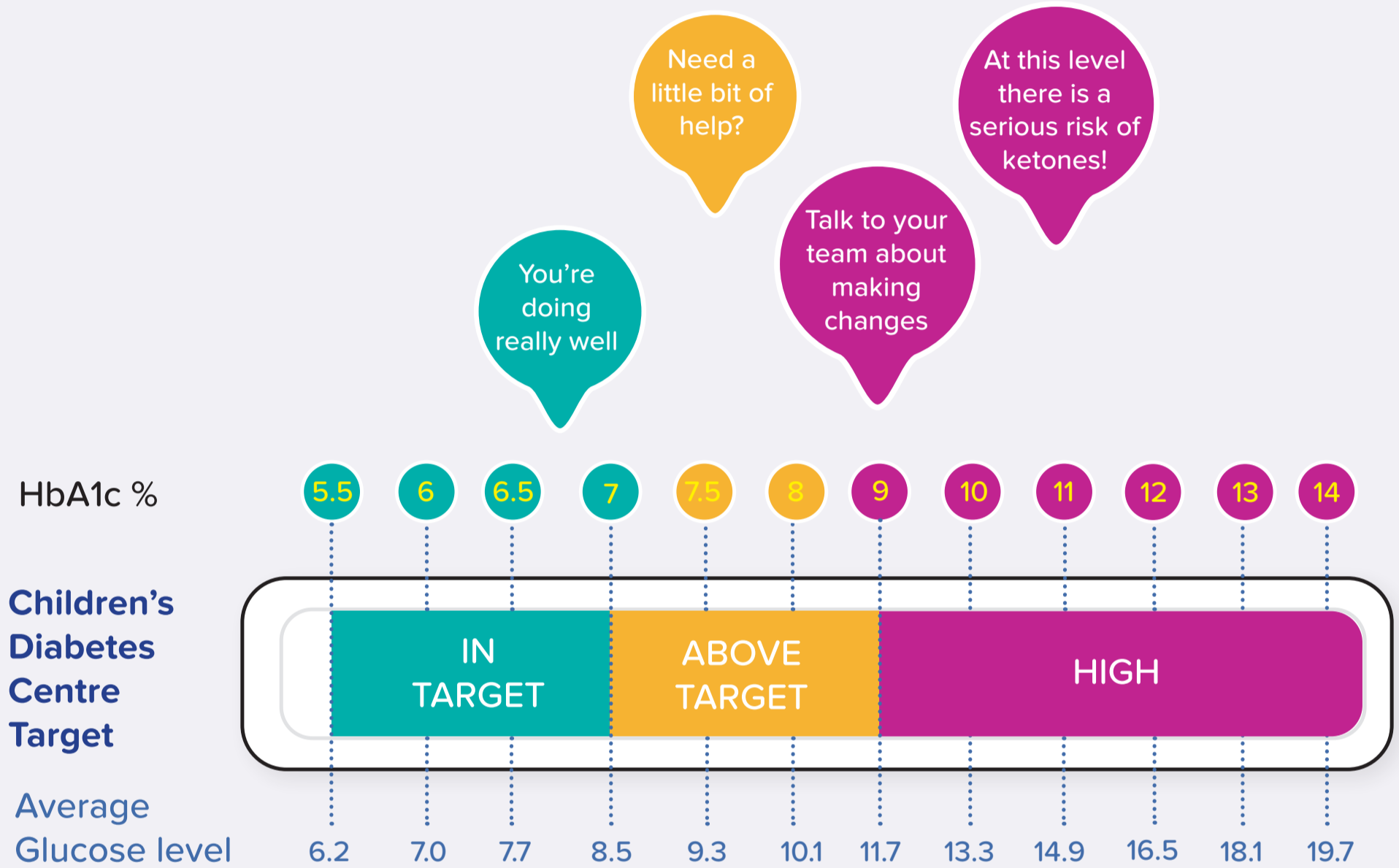


# Your HbA1c Chart



## THINGS TO REMEMBER

- Your HbA1c is a measure of your blood glucose over the last 8-12 weeks.
- The target HbA1c is 7% or lower without frequent hypos.
- High blood glucose levels affect mood, growth, energy and concentration.
- Very high blood glucose levels can cause ketones to be produced which increases the risk of a serious condition called diabetic ketoacidosis, known as DKA.
- Lowering your HbA1c reduces your risk of complications.
- If using Continuous Glucose Monitoring (CGM), aim to be in target 80% of the time.

# 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%**

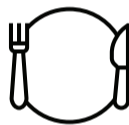
## WHAT TO AIM FOR DURING THE DAY

**BEFORE MEALS**  
(Including breakfast)



**3.9-8**  
mmol/L

**3 hrs AFTER MEALS**



**3.9-8**  
mmol/L

**BEDTIME**  
(3 hrs after eating)



**3.9-8**  
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.**

